

THE **effectology**[™]
M E T H O D

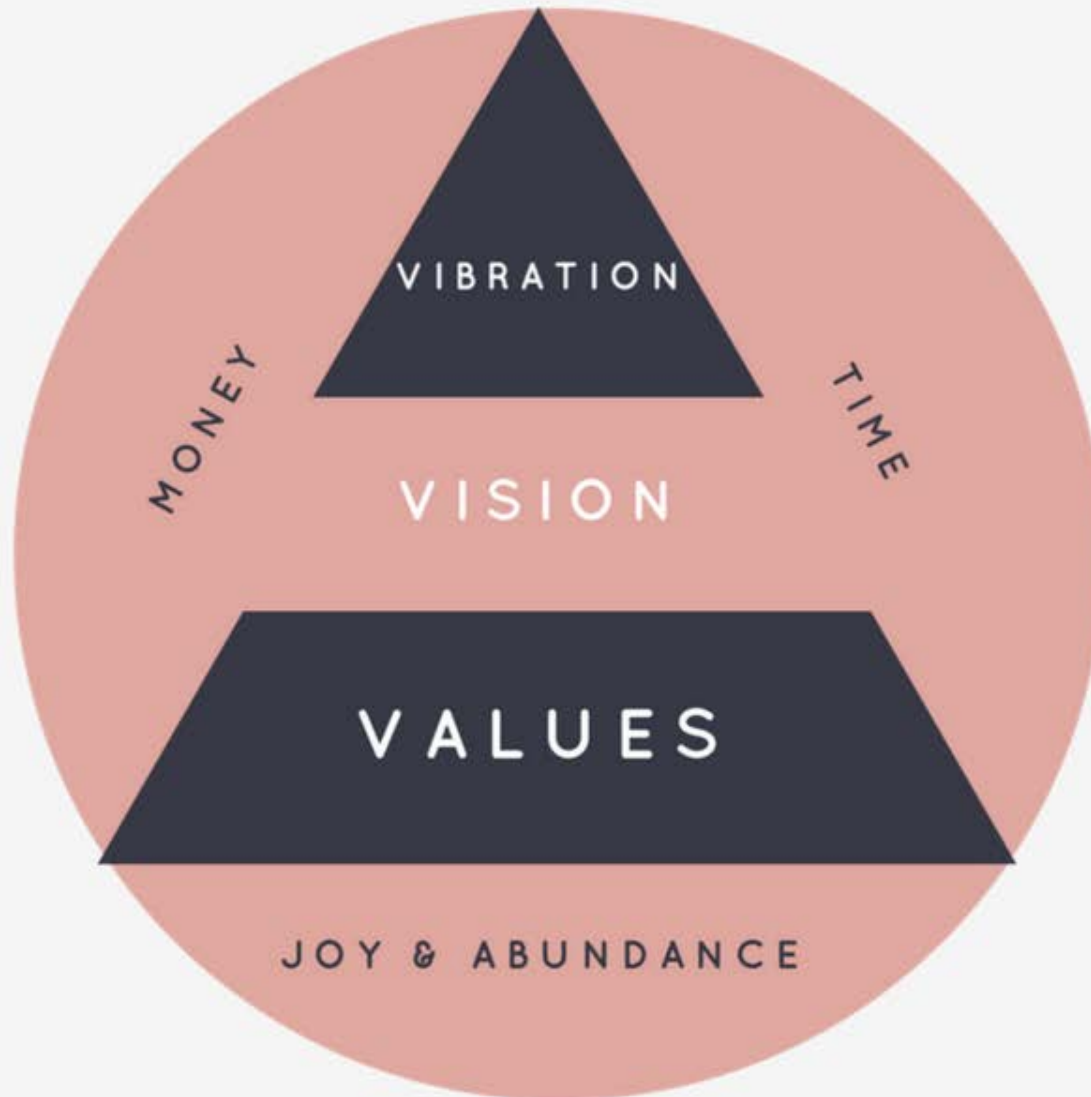
TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

THE effectology™

M E T H O D



Module 5

Make Money Flow & Multiply



5.1

GET MAGNETIC

Allow money to flow

the effectology™

MAY

the effectology™

METHOD



5.2

CLEAR THE BLOCKS

Help your money stay & play



5.3

TAKE CHARGE!

Make money grow & multiply

effectology
METHOD



5.1

GET MAGNETIC

Allow money to flow

THE effectology™
MAY

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*Money is ENERGY,
just like
everything else!*

MIRIAM CASTILLA

You have
a relationship
with money

Get OFF the topic
and ON the
vibration

What's your end game?

1. Go back to your Be-Do-Have list
2. What is the ultimate FEELING the money is a pathway to?
3. What can or do you already do that can help you generate that feeling?
4. Expand and refine your Happy Habits List

Money fun

Reinvigorate your relationship with money

1. Write a letter to your money and explain the kind of relationship you would like to have
2. Are you willing to start over?
3. Start having fun with your money again
 - a - do something fun with your money
 - b - act as if - have fun pretending & amp it up
 - c - use a fun verbal 'acting as if' / pattern interrupt

You have
more money
than you think!

...and it ALL
counts!

Celebrate
what you have

Track your abundance

- Track your income daily
- Set milestones & celebrate - #evidence
- Notice your thoughts & gremlins and use your tools!
#notice

Your current income
indicates
your current
money comfort zone

Comfort zones
are designed
to expand

Playful expansion

Play The Millionaire Money game and gently stretch your comfort zone.

1. Each week a cheque will be uploaded for you to 'pretend spend' in the FB group.
2. Download and print it
3. Comment under the post and include pics to tell us what you spent it on. How does it FEEL to spend on yourself?

RULES: Money must be spent on you, not allowed to pay bills or debt, unspent money expires after 1 week.

The Process:

#moneyfun - have fun with money, act as if, fun verbal pattern interrupt/act as if

Track Your Income - celebrate the **#evidence**

Play the Millionaire Money Game - **#expansion**

#notice what comes up and apply your tools from Modules 3 and 4

Remember the basics!

- #happyhabits
- #visualise
- #winks and #evidence
- Aligned Intention (refer audio guide)

Share in group:

#moneyfun - what fun are you & your money having?

#evidence - celebrate your milestones & abundance

#expansion - play the MMG and share how it feels

#notice - what's coming up? what tools are you using?

Buddies

- Help your buddy stay on track
- Check in on #moneyfun activities - keep encouraging & brainstorming
- Remind them to spend their MMG money in time
- Brainstorm which tools to use when you #notice - can you just up your vibe to get past it or do you need more?

Live Call:

- Discussion
- Choosing the right tools
- Bring your manifesting questions!

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