

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

Module 5

Make Money Flow & Multiply

the effectology™

M E T H O D



5.2

CLEAR THE BLOCKS

Help your money stay & play

The Process:

Answer these questions in your journal:

1. What were you told about money growing up? What's your earliest memory?
2. If someone believed that, how might they behave?
3. Can you see times in the past where you acted like that?
4. How does that fit with your Money Habit Archetype..?
5. If you had to sum up your parents belief about money in 1 sentence (each) - what would it be?
6. If you had to sum up the old belief about money that has kept you from moving forward in 1 sentence, what would it be?

The Process:

Next - write and live out a new story!

- Listen to the Money Story Keeper Meditation
- Write your new money story as YOU choose it to be. What beliefs about money, wealth, abundance and worthiness are you ready to take on and start to act out as the story of your life?
- Start NOW! What's an activity that demonstrates your belief in this new story? Take a selfie and share it using #abundanceselfie

Share in group:

#oldpattern - what feelings & words came up as your strongest associations to 'Money' ?

#oldstory - share the one sentence summary of the old money story and add "*.. but it's only a story and I'm now ready to write a new one*"

#newmoneystory - share your new money story with us

#expansion - keep playing the MMG. Notice what comes up and share which processes you're using. Ask your buddy for support and support them.

Buddies

- Help brainstorm #abundanceselfie steps
- Remind them to spend their MMG money and support them in using the tools available when they notice resistance.

Live Call:

- Money Habit Archetypes
- Ditching the old story
- Writing the new story
- Tools for clearing resistance

- Bring your manifesting questions!

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