

30 DAYS TO

IGNITE YOUR
MONEY FLOW

The 30 Day Challenge to Align Your Vibration
and Kickstart Your Financial Freedom

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Ignite Your Money Flow 2015

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Introduction

Money! What a powerful word Money is. The ebb and flow of life or is it? If you have enough of it life seems to flow a little easier and you do find yourself able to enjoy life a little more. Then when you do not have enough stress and anxiety become too familiar and life becomes a little more fear riddled, doesn't it?

For everyday people like you and me, our relationship with Money can have a surprising effect on how well we 'do' life, and I don't need to use my highly attuned psychic abilities to know that for you Money doesn't come by so easily. The very fact that you are reading a book titled 30 days to Ignite Your Money Flow tells me that.

It does however, also tell me that you are ready to change this and transform your current relationship with money into a new relationship of prosperity, truth and wisdom.

30 days to Ignite Your Money Flow is the very program that was inspired by Spirit for me to create change in my own life around money. Money seems to have been a constant concern in my life in some capacity and I now know that can be attributed to a Soul agreement I have, which I will share with you later while you work to discover if you have one too.

But first a little about me and how I came to write a book about Money, which seemingly is a little left of field for me and my work as a Soul Coach and Medium.

I discovered my love for all things spiritual and in particular my desire for Mediumship at the age of 27 after my brother, Allen took his own life. This experience helped me to recalibrate my life and begin living with more purpose and meaning. This saw my foray into developing my psychic abilities, which prior to this time were pretty non-existent. What then followed was many years of personal growth and empowerment brought about through my love of living with Spirit and owning such businesses as The Australian College of Mediumship and inSpirit Magazine, self publishing two books *A New Kind of Normal: Unlock the Medium Within* and *Wisdom of the Soul: How to Live Life Created with Love & inSpiration Made Simple*.

While there has been a great deal of success in making a difference for others with sharing what I know, throughout these years among the many highs and lows there has been the one constant challenge of Money and its lack of flow.

It wasn't until twelve years into my journey with Mediumship that I discovered the Law of Attraction and set about changing my mindset from a 'lack of' mentality into one of gratitude and positivity. This certainly made me feel vastly different about money, and has taken me to the depths of my soul in ways that studying Mediumship never could, however it didn't actually change the reality. Money was still a cause for concern.

There is one thing I know I do extremely well that not only leads to change in my life but essentially helps others to make change in their lives too. And that is to listen to Spirit, follow my intuition and write from a place of inspiration. All of my books including this one are written from a deep connection to the Spirit within my Soul. Which means that the information that rolls onto the page can at times be new, previously unknown information for me as I channel and am guided by Spirit to bring forth the help which is needed for me as much as it may be needed by you to.

So when I felt a personal need to do a 30-day challenge to Ignite my own money flow, I do it. Knowing myself quite well, one of my tricks to keep myself honest and committed is to work the challenge publicly on my social media. This way I'm committed to seeing it through, I find greater inspiration this way and it helps to serve others at the same time.

The initial 30 day Ignite Your Money Flow challenge proved to be more popular than what I usually see which indicated to me a greater need and therefore I wanted to even more to capture the essence of the program so I could keep helping people in a way that served you and me. Some of these participants have even opened their hearts and are here sharing their stories and insights they learned along the way, with you.

Initially I resisted the ebook inspiration from Spirit, which was banging me over the head in the middle of the night for a time. This was due to knowing how much work writing can be and I had just started writing my next book *Wisdom of the Soul: Manifest Your Dreams with Love & Inspiration Made Simple*. Personally, I don't see myself as an expert on Money, I am still creating change here and working to see it flow into my own life. Though as I type this, Spirit reminds me that I am an expert on energy and in particular vibrational alignment and essentially that is what this book is about. Thank you Spirit.

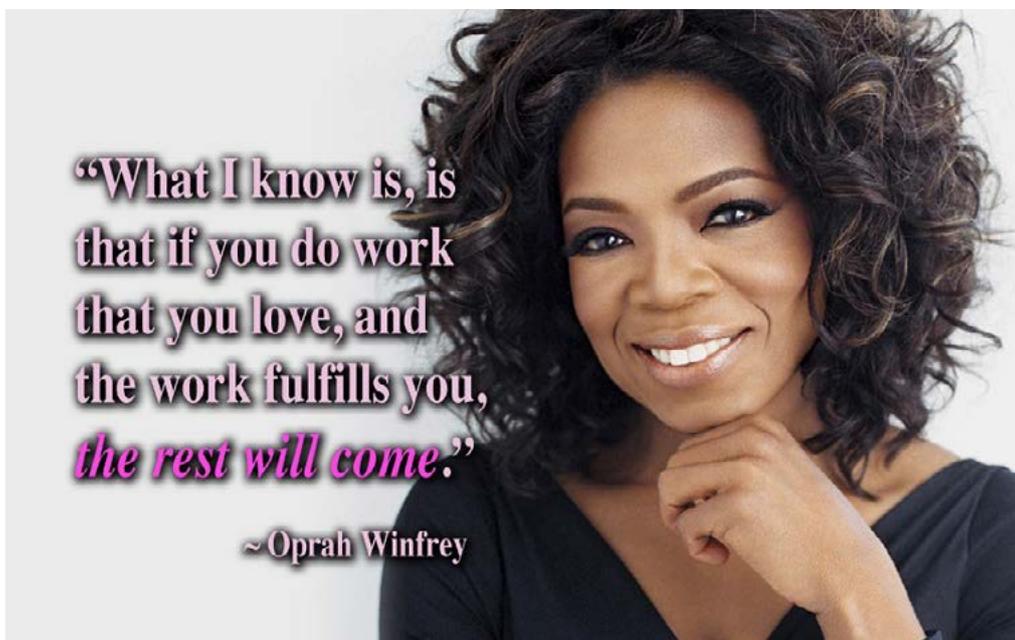
By following along and completing each of the challenges that make up 30 day

to Ignite Your Money Flow, you will bring about change and I suspect not just in the money segment of your life. The program is inSpired to create this change and all it really comes down to is how much you are prepared to give it. How committed you are to implementing change and how honest you can be with yourself. This willingness will open the door for you to see the truth of what you need to see to lead you forward to a life where money does flow with ease and grace.

This is my deepest heartfelt desire for you, for I know that when you are free from the limitations that bind you, you will enjoy a greater capacity to help and heal others.

With Love & Gratitude,

Kerrie Wearing



Readying for Ignition

A few nights before I commenced the Ignite Your Money Flow challenge, I awoke after dreaming about smudging my aura with Sage and intuited that Spirit was advising me to smudge and cleanse my aura in preparation for Ignite Your Money Flow. And so, I highly recommend that you too, take some time to ready your energy for what is to come as well.

Smudging is a Native American tradition where herbs are used to cleanse your emotional and spiritual energies. And while I am suggesting you use it specifically to assist your Ignite Your Money Flow journey, smudging can be used any time you feel the need. It can assist with depression, anger, hurt or after you have had an argument with someone. It helps to bring about balance and harmony by cleansing your auric field; much in the same way a shower cleans your body.

There are lots of ways to cleanse your aura, should this be a new experience for you, such as swimming in the Ocean, having a salt bath or using visualization while under the shower. From my experience though, I do find smudging with Sage, quick, simple and highly effective. Yes, you may find it a little woo woo, but once you try it you will feel better for it and there in lies the proof.

Being that Ignite Your Money Flow is an energetic journey where we are keen to create a shift and make a difference for you, smudging will alleviate your energy from any unnecessary debris, and negativity allowing you greater clarity and connection to the Ignite Your Money Flow journey.

All you will need is a stick of Sage, available online through ebay.com or from most Crystal or New Age shops. These bundles of Sage have been dried out and prepared for smudging, unlike the general herbs you find at the grocer. So while they are similar, it is best to use the Sage that comes prepared for you.

HOW TO CLEANSE AND SMUDGE

You will also need:

- Matches or lighter
- A heatproof bowl

Begin by opening the windows of your house to allow for the release the smoke, aroma and negative energy.

Light your Sage stick so that it burns a gentle continuous waft of smoke.

As you begin, I recommend setting your intention by way of a prayer. I have included a sample for you, however if you prefer not then please ensure your thoughts ask to set the intention of releasing negativity and creating balancing and harmony. However you ask for this will work for you, there is no right or wrong only creativity.

Sample prayer:

"Divine Spirit, please guide my hand and this smoke to cleanse all of my energies from any negativity that does not serve me and release the power of who I truly am to bring about clarity, balance and harmony. Thank you."

Using your hand or I use a feather (its more woo woo) waft the smoke around your home to begin with. Clearing your environment is helpful and will bring even greater clarity and balance for you. Go from room to room and be sure to move from floor to ceiling reaching into the corners where energy does tend to get trapped.

Once you have attended to your space its time to focus on your personal energies, your Aura.

Simply, waft the sage and its smoke around you at least a couple of inches around your body moving it slowly and gently.

The important areas to focus on are your heart center, your solar plexus and around your head. Be sure to do front and back and lifting your arms so you get along the sides of your body as well.

A key thing to note while doing this is to just follow your intuition. Once again, there is no right or wrong only what is right for you. So trust yourself to know. Have fun with it, dance and play music as you go if you like.

Lastly, pay attention to how you feel. Keep in mind how you feel after to how you felt before you started and make any notes in journal, you never know when this could be helpful.

Day 1

Let's get started

Money!!!! How does that word make you feel? Anxious, clouded with worry, concerned, numb or fired up? Any or all of these, though I bet it is a long way from JOY.

As I have mentioned earlier, you are not alone in this process. Personally money has been a challenge of mine for quite some time and one area I have been actively peeling away the layers of my Soul by confronting what it is about me that does not match the energy of money, and changing that to effect change and come in more alignment with it, so it does naturally flow into my life.

It is a slow process that's for sure!

In fine tuning this process I have come to understand vibrational alignment more intimately and this combined with knowing how much Money can be a source of disruption for so many people I have been feeling a stirring for quite a while to create this 30day challenge. Having completed the challenge myself, from experience I know you will be breaking down more of what you need to create the financial freedom you desire. So together, let's heal those blocks, eradicate your unwanted negative self-talk and create you a new personal vibration that allows money to flow into your life more freely.

Your vibration and its attraction point will be unique and specific to you. Different to anyone else and what follows over these next 30-days will help you to uncover what that is. Are you ready?

Here is what you will need:

I highly recommend the use of a journal to write your thoughts in and to help clear any emotion and clarify new directions for you.

A willingness to be open and receptive to see, what it is you need to see.

A giving heart

And lastly a heart that is also willing to receive support.

What you can expect:

Over the course of the 30-days, the program is broken down into the 5 Soul Secrets to Ignite Your Money Flow.

Soul Secret #1: Money is Energy

Soul Secret #2: Understanding Your Current Relationship with Money

Soul Secret #3: Creating Your New Money Vibration

Soul Secret #4: Engaging the Flow with Powerful Action

Soul Secret #5: The Secret to Building Momentum

Now you know a little more about what to expect, I ask you again and I do recommend using your journal to answer and let the Universe know how committed you are to making this change.

ARE YOU READY?

**If you really want to do
something, you'll find a way.
If you don't you'll find an
excuse.**

- Jim Rohn

Day 2

Soul Secret #1: Money is Energy

Soul Secret#1 will be the focus for the next 5days and to get the ball rolling when you read this phrase “Money is Energy” – tell me what does it mean to you?

Voicing this will crystalize the meaning for you helping to make it more real.

1. Write it in your journal
2. Comment below with your answer
3. Review all the comments on the thread to see what others say and take what speaks to you.

When I think of this phrase my mind conjures the thought that “my money” – the money I deserve and can flow to me has its own unique vibration and is tied to my soul work in this world – it flows from creativity and to create the financial freedom and the life I desire my own personal vibration needs to match this vibration. The wealth, the work and the life I desire already exists for me; I just need to identify what I need to do to bring about this vibrational match.

Below, I have also included a couple of thoughts from others who have completed 30 days Ignite Your Money Flow.

“Money is energy: For me it puts a positive spin on it. It becomes more than the physical notes & coins in our wallets. If money is energy, we can manipulate it to work for us & not against us. Inspiring already Kerrie!” - Paul Newton

“Money is energy - when I need it most I manifest it and ask for it - I found it is very specific a couple of times I have said I would get a certain amount either through winning it or making sales through my shop or expos and I make the exact amount I ask for. I did exactly the same thing this weekend at an Expo set a \$ limit I needed and got it exactly. Never ceases to amaze me...” - Sharon Cini

Lastly, speaking through me this is what Spirit, aka my Higher Self would have you know about the Money is Energy concept.

"Freedom – is in those words because when you become a master of your own Soul and its vibration, you have the power to create and change what does not work for you. Wealth can be yours should you seek. It is in the power of knowing your vibration that the key to freedom exists in all things."

Day 3

Soul Secret #1: Money is Energy

Question: Do you currently honour this Soul Secret already in your life? Whether you realize or not perhaps you do. How do you think the fact that money is energy might already be showing up in your life?

Answer this question honestly in your journal. You may find that right now you shy away from Money simply through the anxiety of not having enough. Or perhaps you are already doing a great job managing your budget.

This question is designed to increase your awareness around how money is reflected in your life, and one tip would be to notice any patterns that may exist such as how money flows quite well when your relationship is flourishing or perhaps it ebbs and flows as does your physical energy levels. There is no co-incidence in the congruency of these connections so the more thorough you can be, the more helpful you will find it.

Affirmation for Soul Secret #1:

Money is energy, and I feel its presence in my Soul.

In my experience, I have found the power of affirmations lay in helping to raise your awareness of both your mindset and your understanding. This then gives you greater power to create change.

You will find it extremely helpful to print the affirmation and post it on your bathroom mirror reminding you to spend some time with the affirmation while brushing your teeth or doing your hair and each time you wash my hands throughout the day.

A real key to the success of your affirmation is to generate positive emotion connected to the affirmation. Again this affirmation is designed to help you raise your awareness with the energy of Money.

Day 4

Soul Secret #1: Money is Energy

Create: Your Dream Board.

Dream boards, also known as visionboards are a fun and inspiring tool to work with, especially if you find working with visuals and imagery helpful to learn and grasp concepts. I know for me personally, I need to see a map to understand it. I am not able to process a set of directions having only heard them as well.

This exercise calls for creating a Dream board containing images, words and anything else you want to include that identifies what you will do when you have the money you desire. For e.g., Travel, a new car, trust funds for the kids and all that you desire.

When working with the Soul, a major secret to success is to incorporate what it is you would do that benefits others and makes a difference in this world. It doesn't have to be big and grand, it does however need to be given with a pure intention and wholeheartedly given in return for the blessings you have received. This is a real key and one I elaborate more on further into the challenge.

How to Create Your Dream Board:

You can use www.canva.com, [Pinterest](https://www.pinterest.com) or any software that allows you to create images such as Photoshop.

If using technology, create a jpg image and use it as your wallpaper on your computer or phone.

If you are a more hands-on type person – use a sheet of cardboard or paper even. Cut out images from magazines, words and glue them to your Dream board.

You could draw or even more simply, handwrite the words and make it appealing to you somehow. It really is what works for you, there is no right or wrong here just be sure to have some fun with it. What is important is that it inspires you and is placed somewhere that you see it regularly. Oh and this is a great opportunity to

get the rest of the family on board too.

Here is my current Ignite Your Money Flow Dream board.



Day 5

Soul Secret #1: Money is Energy

So many of people manage to attract enough money for what is needed, to pay bills and take care of the necessities, yet beyond this there seems to a consist lack money flow to ease things or enjoy life a little more and this was certainly the case during the live Facebook 30 day Ignite Your Money Flow challenge.

This led me to see that we are all simply missing something in the creative process. Mulling this over with Spirit, as I do. Over the years, I have come to seek anything I need to know from Spirit and it really is one of the greatest gifts my mediumship has given me. Anyhow, in time Spirit showed me how we can turn this around.

Firstly they explained that most people will approach trying to achieve more money with the mindset of "When there is enough money, I'll take that holiday, buy that car or treat myself etc." With WHEN being the operative word here.

Secondly, the change Spirit guided me to make and to share with you to increase your Money flow is to instead approach all with a determined mindset of "I am going to.....and therefore each week I am putting some money into my piggy bank for this". (Fill in the blank)

Here's the thing! It doesn't matter how much money you can manage to put away. Whether it is \$100 one week or \$1 the next, the amount is secondary in importance. What is important is the fact that you are feeding the creative project with energy. So put aside what you can each week.

In time the momentum will build from the creative energy you have on-goingly fed your project and the Universe will kick in with its support providing synchronicity moving you forward to achieve your dream.

So let's start with this today. Choosing something small you'd like to do or buy that you need to save for. I chose working towards buying a new \$4000 car that I could pass onto my daughter in a year or so once she has her license. Start out small if you need to and then create a bank account, money jar or similar to start filling it up.

Remember, it is not about how much money you are setting aside each week; it is the wave of energy you are creating by the weekly act of focusing your Creative Spirit.

Day 6

Soul Secret #1: Money is Energy

My all time favourite tool for obtaining guidance and wisdom from within, is to use what I call a Soul Conversation.

Soul Conversations are directed within to receive an answer from a deeper part of who you are, and for best results use your journal or that moment of slumber as you wake from sleeping before you get up for the day. You will be highly receptive at this time and starting your day with a Soul Conversation will help you to walk through your day consciously connected to and aware of the Divine Spirit within.

Use this Daily Soul Conversation today, but also when you feel inclined to. It will help you to connect a little more deeply to your Soul and in particular the wisdom and knowledge it has for you. Especially, in regards to having Money flow more into your life right now.

Trust in the words, feelings and impressions you receive and if there is action that is called for, then following through is imperative. It is the act of following through that strengthens and expands your connection to the Divine Spirit within you, and quite simply will lead to aligning your life more closely with your Soul and your Spiritual destiny.

Daily Soul Conversation:

Money is energy. What is it that my Soul needs me to know about this right now?

Day 7

Soul Secret #2: Understanding Your Current Relationship with Money

With day 7 sees you move from Soul Secret #1 to Soul Secret #2 and understanding your current relationship with money a little more deeply. It is only through awareness that change can be brought about, so this section of the program is designed to highlight new insights for you about your current connection to money.

Therefore I ask you, in one word how would you describe your current relationship with Money. (Write this word here or in your journal)

Following on from this, using one word please describe the relationship you would like to have with Money. (Write this word here or in your journal)

And lastly, here is a Soul Conversation for you:

Daily Soul Conversation:

For me to move from where I am to where I want to be with Money, my Soul says I need to.....(fill in the blank and write the answer in your journal).

Day 8

Soul Secret #2: Understanding Your Current Relationship with Money

It is quite possible that your relationship with money is linked to a Soul Agreement. Something, that is by design and part of your pre-birth plan, as it is for me.

Soul Agreements exist with yourself, with others and sometimes with one of your past lives which can influence your life experience here. For example, in my book *Wisdom of the Soul: How to Create Life with Love & inSpiration Made Simple*, I share how I have a Money Soul agreement connected to a past life where the male in that life is a cruel and vicious land owner. Lording it with cruelty over the peasants who cannot pay him. I sense he is even murderous by nature. This affected me by way of feeling unconsciously guilty about wealth and it wasn't until I achieved some awareness of this past life and its link to money in my life that I could take action to transform this energy and enable myself to shift this restriction. I am however, always going to have to counteract and heal what he is doing. This is one of the reasons I am conscious of donating to charities and paying it forward.

How do you know you have a Soul agreement concerned with Money?
Extracted from *Wisdom of the Soul: How to Create Life with Love & inSpiration Made Simple*, here is how you can tell.

- 1.You feel in your heart.
- 2.You have great strength where money is concerned.
- 3.It is a theme that runs throughout all of your life, from childhood and continues into adulthood. The circumstances may change somewhat, though it remains a focus and a concern with regular challenges.

If you are resonating with any of this, then it is safe to say you have a Soul agreement involving money and you can uncover more specifics about your agreement by setting the intention, asking your Soul to reveal the agreement to you and then allowing the Universe to whisper you.

Do you feel you have this kind of Soul agreement?

Day 9

Soul Secret #2: Understanding Your Current Relationship with Money

Today, I wanted to give you a little more help so you could uncover whether you do have a Money Soul agreement or not.

Here is a meditation extracted from my book *Wisdom of the Soul: How to Live Life Created with Love & inSpiration Made Simple*.

This meditation is in written form and will guide you to connect to any past lives that may be influencing this one. I highly suggest that before you begin you set an intention by asking Spirit to reveal anything that influences your relationship with money be it a past life or an agreement you have with yourself.

MEDITATION - Your Soul Self:

Put yourself in your meditation space and give yourself at least the next half an hour free from interruptions and distractions and set the mood with some soft music and lighting.

- Begin with relaxing your body by becoming aware and feeling from within all of your arms and legs, your neck and shoulders and then your back. Feel them gently release any tension that is being held in all of these muscles. If you feel the need to stretch, go with that and let it all go.
- As you feel the body become a little more relaxed, you will now feel more comfortable in your seat.
- Let's take a few deep breaths as you now gently close your eyes.
- With each breath, breathing in through the nose and out through the mouth, you find yourself letting go and sinking further and further into your chair as you release the awareness of the room you are in.
- In this space, you begin to feel lighter and as a wave of energy encroaches from within, you become aware of a presence making itself known to you. This presence feels soft, gentle and inviting while reminding you of your favourite colour. Take a moment to feel the energy of your visitor along

with the vibration of colour they bring with them. Feel all that the energy is communicating to you.

- If you find yourself beginning to think a little too much, that's ok. Just remind yourself that now is a time of peace and your mind can return to its ramblings later.
- Feel the Soul within you as this presence – allow it to give itself form. Does your soul self show itself as a male or female? Perhaps neither. How does your soul self look to you? Young, vibrant? Perhaps aged and full of wisdom. Recognise that you inherently know this is your soul self and feel the strength of this oneness.
- Take this opportunity to ask your soul self for some guidance and wisdom, if you need or perhaps use this question.

'Please share with me, what if anything I need to know right now to enhance my life. Thank you.'

- Embrace the warmth that is you, allowing this new awareness to seep its way into your conscious mind. Allowing you to guide yourself now from a greater place of knowing.
- In your own time, you will feel the energy start to lighten and recede. As this happens, slowly start to become aware of your body once again. Become aware of the room you are in and the chair you are sitting on. When you are ready open your eyes.

I would recommend recording your experience in your journal with as much detail as possible. Recognise the information that helps to identify your Soul self. This will assist you to recognise when you receive guidance and insights from your soul self throughout the day or when in meditation.

This meditation is also well suited to use to uncover insightful information centered on the purpose of your current incarnation. By using the following suggested questions during the meditation, they will assist in unfolding the wisdom you are ready to receive.

I would however recommend sitting with this meditation at least three times before using one of these questions. This will allow you the chance to become comfortable with this aspect of your soul affording you the highest potential to

achieve your best results.

- *How can I become more in touch with you?*
- *How do I stay in this earthly body and do right by you?*
- *Please share with me, my soul's intention for this lifetime at the point of recreation, thank you.*
- *Please share with me, any lifetime that is currently having a positive/negative (use one of these) impact on my life at this time.*
- *I am currently struggling with Please share with me any lifetime that can help me to resolve this issue.*

Experiencing a connection to one of your parallel lives through the very real adventure of finding yourself physically visiting the very place where your parallel life is occurring is a phenomenal experience, which besides having far reaching effects on your life, it will fill the holes in your soul, fill your heart with joy and leave you with an undying love for your special place. This is how I feel about Sedona, Arizona.

Day 10

Soul Secret #2: Understanding Your Current Relationship with Money

Affirmations do their best work with helping you raise your awareness and recognize where your thinking is not in alignment with your desire. For this, they are invaluable and I highly recommend using them whenever you feel it suits. There are however, a couple of tips I suggest using to get the most out of working with them.

1. Print or write out your affirmation and place it somewhere where you will see it throughout the day. I find my bathroom mirror a great place for this, as I can recite the affirmation while getting ready each morning and each time I visit the bathroom.
2. Each time you recite the affirmation, be sure to generate the feeling that lives with your affirmation. How will it feel once you achieve what you are affirming? This is a key ingredient to the creative process.

Today's affirmation is designed to help you raise your awareness of money in your life. It's energy, how it feels and how it is currently operating in your life. Print and use this affirmation and then keep your awareness high throughout the day. Oh and remember to record any new insights or signs in your journal.

Affirmation for Soul Secret #2:

I am aware of all that I need to today, in regards to my relationship with money.

Day 11

Soul Secret #2: Understanding Your Current Relationship with Money

The challenge today is designed to help you recognise where you are not in alignment with the future you desire. It is important to see and understand this. For, if you are not in vibrational alignment with your desires then you are not going to be able to attract them into your life. Manifesting your dreams really is a journey of adjusting and fine-tuning your energy to match the energy of what it is you desire. Once there, the magnetic forces of the Universe take hold and miracles can happen.

Please take your Dream board, hold it to your heart and follow each of steps below:

1. Visualize all your Dream board.
2. Picture each image individually starting with the image, which you feel most comfortable with.
3. As you hold this image in your minds eye, ask the question within "Am in I total alignment to create this right now?"

Notice how you feel and trust the answer you receive.

4.If the answer is 'No' or 'There is more to be done', follow with asking "What do I need to do right now to bring myself into vibrational alignment for creating this with success?"

5.Repeat step 1 through 4 for each of the items on your dream board, writing your answers in your journal.

6.Follow through on what is needed.

Day 12

Soul Secret #2: Understanding Your Current Relationship with Money

As you come to the end of Soul Secret #2, let's take some time to reflect on what you know and understand so far.

In your journal, please answer this question.

What have you learnt from this weeks focus on understanding your current relationship with money?

During this part of the program people generally start to awaken to new understanding and begin experience some changes with their beliefs around money, which is vital if you want to have a different experience with money.

Here is some of what former participants of 30-days to Ignite Your Money flow have said they learnt about their money relationship.

Pat said her current relationship with money *"Equals current relationship with self"*.

Vicki said, *"I have learnt that at the beginning of the week my relationship with money was negative and it has been effecting the flow of money coming into my life. BUT my relationship with money is now shifting!"*

And Sue said, *"I've learnt a couple of things but the biggest one is that I need to try and love my bills. I certainly love how it feels after I have paid them so I have been focusing on that.... it's working too."*

Day 13

Soul Secret #3: Creating your new money vibration

Now it's time to take creating your dreams to the next level.

Take your journal and with answering the following question, write out in detail what life would like for you. What does your day entail? How does it feel?

If you knew you could not fail, that money was no objection what would you be doing? What would life look like for you?

Tip: Refer to your dream board to ensure you working in alignment.

Be as descriptive as you can and plan a whole a day. How would you start your morning? What would your day entail? How would it feel? Who would you spend time with? And of course, how would money flow to you?

Remember, this is your ideal life with no limitations. Tell the Universe your deepest desires here. Go on, be Brave!

Day 14

Soul Secret #3: Creating your new money vibration

Now that you have a vision and a more detailed idea of the life you desire, here is a question that needs a little honesty with yourself.

What do you do in your life now that helps lead you to create your new life? What actions to do you take on a daily basis to work towards creating this vision you have for yourself?

Your daily choices are important and can either be working for you or against you. The saying “Where attention goes reality follows” is so very true, and to best serve your vision with the creative energy of the universe your actions need to serve your vision as well.

It is common to have “life” getting in the way so much that your daily actions right now may not be serving your vision at all. If this is the case for you, please don’t beat up on yourself, instead to lovingly make some changes no matter how small. Give yourself the permission to change the priorities in your life and create 2-3 weekly task oriented goals that lead you forward to the life of your heart’s desires.

Day 15

Soul Secret#3: Creating Your New Money Vibration

Having now firmly entrenched your vision with your Dream board and detailing the future landscape of your life it is important to ask the question within, how does all of this influence your financial freedom? What is it you need to understand right now to move you closer to your new relationship with money?

In most cases your finances are linked to what it is you do for work and there are a couple of ways that your financial freedom can be impacted by the work you do. Firstly, if you are trading your skills for a 40-hour work week this then leaves you limited to how much you can really earn in the hours you have available to trade. You, personally and physically can only do so much, which leads you to having to find new avenues and alternatives with which to attract money. With the availability of the Internet and the increasing popularity of home based businesses, new opportunities have never been more prevalent, so keep focused on your dreams and the answers to this will come.

Secondly, if your work in this world is of the Soul your financial freedom really is of little significance to your Soul. Your Soul knows you have all that you need and will prioritize making a difference for others, leaving your financial freedom to become a consequence or result of the contribution you make.

Personally for me, I know my financial freedom is linked heavily to my work as an author, soul coach and medium. There is a strong sense that all I need do is focus on the work and the rest will follow providing I have boundaries, awareness and create my financial goals from the heart with the utmost importance being a commitment to giving back and helping those less fortunate as I receive growth and abundance.

Does this resonate with you? Do you feel your financial freedom is linked to your Soul work in anyway or are the two independent of one another? Take some time to journal about this and remember we are talking about what you are creating.

Day 16

Soul Secret#3: Creating Your New Money Vibration

Let's take it a little nice and easy today with the use of an affirmation.

Affirmation for Soul Secret #3:

My new money vibration is flowing smoothly, attracting all that I need to live with JOY, abundance and the financial freedom I deserve.



MY NEW MONEY VIBRATION IS
FLOWING SMOOTHLY,
ATTRACTING ALL THAT I NEED TO
LIVE WITH JOY, ABUNDANCE AND
THE FINANCIAL FREEDOM I
DESERVE.

IGNITE YOUR MONEY FLOW BY KERRIE WEARING

WWW.KERRIEWEARING.COM

Day 17

Soul Secret#3: Creating Your New Money Vibration

Let's just check in a little and open the door to ensuring you have everything you need to know up to this point. So please feel free to join my Facebook group here and ask any questions you may have related to achieving your Money Flow.

FACEBOOK GROUP: [I live life created with Love & inSpiration](#)

Secondly, here is a little Soul Conversation to help with your new money vibration.

Daily Soul Conversation:

Today, my Soul says to keep working towards my new money vibration I need to..... (fill in the blank)

Day 18

Soul Secret#3: Creating Your New Money Vibration

With the last day on Soul Secret #3, let's take sometime to describe how your new money vibration feels. Use your journal or write below how your new money vibration feels using a minimum of one word, Feel free to be as detailed as you like. In fact, the more you can reveal to yourself the better.

Day 19

Soul Secret #4: Engaging the Flow with Powerful Action

Today you moved to Soul Secret #4, which is all about how to engage the new vibration you are sitting with and begin to have it work for you.

This is not completely in your control as the nature of co-creating with the Universe means none of this can be done alone. Yes, the Universe has your back, however how you align with the Universe and its creative principals will heavily influence your outcomes. Which could mean the difference between success or disappointment. Your actions can bring it all to a stop if your trying to control the outcomes or they can be in alignment with your Universe and allow you to reach your highest potential with the flow of life. I hope it's the later for you.

To maintain alignment, it is imperative at this time to keep your awareness high and take note of any new thoughts, ideas and intuitions that could lead you forward. Taking action and following through with your intuition will kick the new energy into gear.

Have you had any new inspirations and thoughts in this vein?

Day 20

Soul Secret #4: Engaging the Flow with Powerful Action

Daily Soul Conversation:

To engage my money flow more decisively, my Soul says the action I need to take right now is.....

Day 21

Soul Secret #4: Engaging the Flow with Powerful Action

The most definitive action you can take to engage your money flow is to pay it forward to those less fortunate. Humanitarianism is a key word here, which will engage your energy around the universal law “As you give, you also receive”.

Perhaps, you already pay it forward and give back in some way. So today, write a list of all that you already do to contribute to those less fortunate. You may surprise yourself and it all certainly deserves acknowledging.

Day 22

Soul Secret #4: Engaging the Flow with Powerful Action

Today, let's throw around some ideas as to how you can expand paying it forward and giving back. It doesn't have to be extravagant, small increments are just as valuable though it does have to be given with love and gratitude for all that you have received.

Here's a list of how I take care of this to begin with.

Pay for a stranger's coffee when I order mine.

- Worldvision gifts
- Book giveaways
- Monthly support of World Animal Protection
- For every copy sold of my book *A New Kind of Normal: Unlock the Medium Within*, \$1 is donated to Suicide Prevention Australia

Some other suggestions:

- Envelopes with small amounts of cash randomly left in your local supermarket
- Gift away your services
- Random acts of Kindness
- Feeding the homeless

Day 23

Soul Secret #4: Engaging the Flow with Powerful Action

Affirmation for Soul Secret #4:

It is when I give that money ignites and flows with the well of love.

**It is when I give that money
ignites and flow with the well
of love.**

- Kerrie Wearing

Day 24

Soul Secret #4: Engaging the Flow with Powerful Action

Lastly, the real key with Soul Secret #4 and engaging the flow is to make a commitment to paying it forward. I'm sure this is why tithing seems to work for a lot of people, there are however a few points to note with this process.

1. Your acts of paying it forward and giving back need to pre-empt your receiving, for example, give before you receive. This will have the Universe giving you more, so you can give more.
2. You need ensure you maintain the commitment for at least three months for the momentum to build and kick in. Oh and of course, for as long as you wish to see your money flow.
3. Creating a cycle to engage the flow by making it all part of your natural daily routine will see it all ebb and flow continuously for you.

Here, I personally made a commitment to give back 10% of my previous months business earnings. I chose how I distribute that 10%, whether it is through donations, my time, my services or giveaways. All of which has a value and the variety and choices I can make, allows me greater freedom to enjoy and have fun with it all.

Day 25

Soul Secret #5: The Secret to Building Momentum and our last soul secret.

Over the last 24 days and all that you learnt, what is the biggest change you are making in regards to the money aspect of your life?

Doing this program, I personally made two big changes. Firstly the insights from Day 5 saw me commit to doing accounting every week including distributing funds to pay bills, savings and more.

And Day 24, as I just explained saw me commit to giving back 10% of the previous months business earnings whether through donations, book giveaways or whatever takes my fancy.

What are your biggest changes?

Day 26

Soul Secret #5: The Secret to Building Momentum and our last soul secret.

With your changes now in place, it's imperative to allow the flow of the universe to make itself know in divine timing.

Look for the signs, synchronicity and intuitive thoughts to lead you forward. Acknowledgement and responding to the support you receive from the Universe will only lead you to seeing more of it.

What have you noticed in this vein recently?

Day 27

Soul Secret #5: The Secret to Building Momentum and our last soul secret.

Gratitude is a key ingredient to building your momentum and it is well worth creating a natural mindset of gratitude and appreciation so that if not already, it becomes an inherent part of who you are. This will help you to experience all of life positively, which will lead you to a place of greater peace, prosperity and harmony.

For our purpose here with your money flow, it is at this point in the process that your gratitude is important to keep your flow and momentum going. Learn to be mindful each day to appreciate all that you have already. Be gracious, giving and thankful for all you have and all that you are to receive.

Living with an energetic vibration with these key ingredients is a brilliant recipe for attraction the good things in life.

Fill your journal with all that you are grateful for today?

Day 28

Soul Secret #5: The Secret to Building Momentum and our last soul secret.

The key with this Soul Secret is to follow your intuition, with no expectations of the outcomes. Just simply, one foot in front of the other even if you don't fully understand why. In fact, especially if you don't understand why. For this means that you are appreciating and acting on your intuition, which does tend to operate beyond the bounds of logic.

Trust that this process will lead you forward and all will make sense in time.

Day 29

Soul Secret #5: The Secret to Building Momentum and our last soul secret.

Daily Soul Conversation:

To move forward with my new money vibration, which flows and creates financial freedom for me, my Soul says I need to.....(fill in the blank)

This last money Soul Conversation is the perfect tool for you to use at any time, you feel a need to check in and move yourself forward again with your money vibration. So keep it close and handy.

Day 30

Soul Secret #5: The Secret to Building Momentum and our last soul secret.

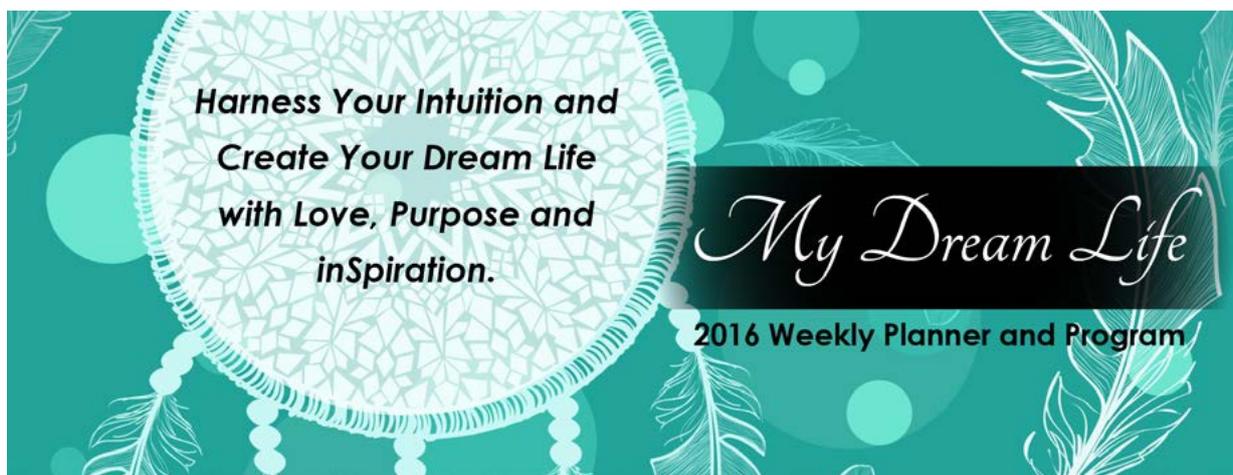
The simplest way to keep your flow going is to trust in your vibration, trust that it is attracting and moving you forward to realizing your dreams. In doing so, you allow the universe to have its way without the need to control and to love yourself to wholeness.

Love is the most powerful yet also the most under utilized form of creative energy we have access to, which is often perceived as more complicated than it needs to be. Keep it all simple with a focus of self-love and before you know it, Love will lead the way to all that you desire.

I often use this daily Soul Conversation to start my day, and I wish to leave this one with you to finish your 30-days of Ignite Your Money Flow for I know that for every dream, every desire and every challenge you have in have in life. Love is the Answer.

Daily Soul Conversation:

How can you love yourself today?



Did you know you are 42% more likely to achieve your goals just by writing them down?

My Dream Life Planner, is the Planner that Aligns Your Goals with Your Soul's Purpose and Plan.

Your Intuition is the most powerful source of guidance and wisdom you have access to. It speaks to you and guides you knowing your Soul Purpose and the life plan that is designed to support that purpose.

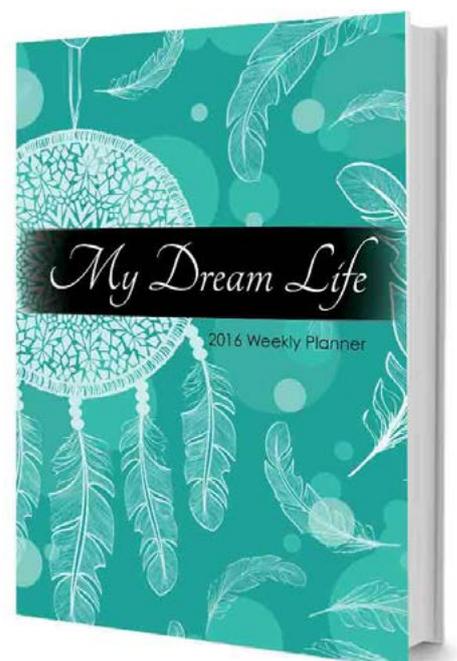
When your life goals are derived from your Intuition and having a conversation with your Soul, you can't help but become in total alignment with your true self and the very reason and purpose for your existence.

I've designed My Dream Life Planner to assist you in capturing your Intuition and providing a tool that aligns your vision, your goals and weekly actions to ensure you are walking towards your vision every step of the way.

Where Your Attention Goes Reality Follows.

Take Creative control with My Dream Life Planner and Mastery Program.

<http://www.kerriewearing.com/my-dream-life/>



About the Author

Kerrie Wearing is a soul coach, a medium and author of [*A New Kind of Normal: Unlock the Medium Within*](#) and [*Wisdom of the Soul: How to Live Life Created with Love & inSpiration Made Simple*](#). Kerrie is passionate about helping spiritually motivated people to create their dream life with love, purpose and inSpiration.

She is soon to be launching her new online Dream Clinic and is excited to be working on her third book *Wisdom of the Soul: Manifest Your Dreams with Love & inspiration made simple*.

From 2008 to 2015, Kerrie was also owner and managing editor of inSpirit Magazine. A high quality magazine offering Spiritual solutions for Soul centred living. With over 15 years of professional experience, including owning and operating The Australian College of Mediumship (2006-2008) Kerrie is highly regarded within the international spiritual community and counts appearing on HayHouse radio with John Holland in 2014 as one of her highlights.

Kerrie resides in Sydney, Australia with her husband, two young adult children, three furbabies and lives a not so secret life as a Country Music fan.

To contact Kerrie, please visit her website at www.kerriewearing.com