



the  
**ENERGY + FREQUENCY OF**  
*money*

the  
ENERGY + FREQUENCY OF  
*money*

## MONEY IS A NEUTRAL RESOURCE

We have a lot of funky energy around money. We put it on a pedestal and think it's dirty or evil. In essence everything is neutral until we give meaning to it, I call this "meaning making". We walk around making meaning to everything and money is no exception. We have A LOT of meaning around money. The meaning we give it creates the relationship we have and the results we get.

## YOU CREATE THE ENERGY

Money itself is just an exchange, an energy we use to trade and purchase goods and services. Like anything else, you create the dynamic in which you relate to each other.

It's time to get brutally honest about your relationship with money and ask yourself - What do I believe to be true about money?

This is not the time to try to be pretty, positive or spiritual - this is real talk and this honesty it will help you shift your results fast.

## EXERCISE #1 - IDENTIFY + DISMANTLE

WHAT DO I BELIEVE ABOUT MONEY?

MONEY IS...

MONEY ALWAYS...

WHAT DO I FEEL ABOUT MONEY? What comes up right away when I talk/think about income, debt and finances?

IF I HAD TO BOIL IT DOWN - WHAT IS MY PROBLEM/BIGGEST COMPLAINT ABOUT MONEY?

the  
ENERGY + FREQUENCY OF  
*money*

EXERCISE #1 - START TO DISMANTLE

ARE THESE STORIES ULTIMATELY TRUE?

Is there actually never enough? Am I starving? Am I homeless? Do I always somehow figure it out? Is money really the root of all evil?

WHO DO I BECOME WHEN I BELIEVE THIS?

WHO WOULD I BE WITHOUT THIS ENERGY TOWARD MONEY?

the  
ENERGY + FREQUENCY OF  
*money*

## MONEY IS YOUR LOVER

If money was your lover – how would your relationship be as it is right now?

Would you be acting insecure? controlling? fearful? annoyed? thinking they are the root of all evil?

## IT GETS SENT BACK TO YOU TENFOLD

Whatever you project out gets matched by the Universal law of attraction and brought back to you. In addition to this you also create momentum the more times you think, act and believe things. The more attention you put on anything, the more it grows and becomes real. Because of this I truly believe and have experienced that whatever you put out gets magnified and when held, comes back to you ten fold (ore more!)

the  
**ENERGY + FREQUENCY OF**  
*money*

## MONEY HAS A PURPOSE

Just like you and I, money has a purpose for being here. It is here to:

**1) Help us live, experience and thrive (AKA experience pleasure)**

**2) To be circulated and shared in love - it's the life of the party.**

I see it as this bubbly, excited energy that LIVES to serve us and make our dreams come true. I see money as a loving friend who helps me to flourish. I hear "it's my pleasure" when I say thank you to money. It allows us to learn, experience and enjoy pleasure.

When we pinch it off, keep it locked up, stress about it, hoard it, worry about it and fear it - we strangle it and it cannot survive in our experience.

If we do not get WHY it's here - we can't fully appreciate and utilize it's purpose and gift. You are helping money to fulfill its purpose when you spend it in love and receive it in love, allowing it to flow.

I SPEND MONEY  
IN LOVE

I receive money  
in love

## **EXERCISE #2 - PRACTICE THE ENERGY YOU WANT WITH MONEY**

Any time you spend money in the next week - try to remember to take a minute and get really present.

Put your hand on your heart and try to really become aware of the blessing that you have money to spend. Let the gratitude overwhelm you and become hyper-focused on the fact that you CAN afford this, you ARE blessed and you ARE figuring this out and allowing more in.

Also tune into the fact that you are allowing money to circulate, to support you, to be spent in love. Hear the vibrant energy of money excited as you allow it to fulfill its purpose.

## **EXERCISE #3 - A LETTER TO MONEY**

Write a letter to reset your relationship with money! Saying Hi, introducing yourself, taking responsibility for your relationship, apologize for misunderstandings, fear and doubt. Share your intentions and how you want your relationship to go.

Example on the following page

## EXERCISE #3 - A LETTER TO MONEY (EXAMPLE)

Hi money - it's me, Talia. I know we haven't formally spoken before but I really want to create a harmonious relationship with you. I am sorry that I have spent so much energy hating on you. It's unfair and I get now that my energy was harming our relationship.

I didn't realize that you have a purpose to flow, circulate and support me. Now that I understand, I will do my part in helping you to flow and help me in my life. I acknowledge that I haven't heard you, I've hoarded you, I've feared you, I've even hated you sometimes. I deeply apologize for this and see how that I was caught up in stories in my mind and projecting it on to you. You deserve better and I can't wait to create this beautiful new relationship built on trust and understanding.

Going forward I intend to come to our relationship with faith and trust. I will do my part to make this relationship flourish - I will speak nicely about you, I will think fondly of you. I will thank you and show gratitude. I will see who you truly are and allow you to support me. I will spend you in love and receive you in love. I release my resistance and allow you into my life more than I ever have. I love you - THANK YOU!!! Love, Talia

## EXERCISE #4 - SPENDING AS HER

Its really important to circulate money! This brings the energy of FLOW and movement, never stagnant, never drying up. It's important to spend money to receive money however - only when spent in alignment.

WHEN YOU ARE ABOUT TO SPEND MONEY - ASK "IS THIS ALIGNED WITH WHAT "SHE" SPENDS HER MONEY ON?"

If yes know that the Universe will take care of it. If no, it's on you. If it's aligned spending - you will always be compensated.

## EXERCISE #5 - MY NEW MONEY STORY

Create your new story. This is where you get to really solidify the relationship you want with money. This can also change - you can always create a new story. Start now by writing out how you want it to go.

Money and I are friends.

We help each other to fulfill our purpose. Because money is a blank slate, I choose to bring love, gratitude and ease to our relationship.

I now know that when I spend money in alignment, it gets brought back to me tenfold or more!

I will help it to circulate and fulfill it's purpose and I am happy to do this! I am free to spend money in alignment and receive more too.

When I spend money on myself, I will always make back more than I spent.

THANK YOU!  
Great job!



Thank you so much for being a part of this special workshop! I know with certainty that you are shifting your relationship with money - good news!

If this was up your alley and you want me to continue to help you through your Awakening journey - I invite you to join us in The Awakening Space!!

It's a monthly membership that gives you access to daily sacred rituals, monthly activations, manifesting moon circles, support from other seekers, a private community where I hang out daily, guest teachers and so much more!

I can't wait to connect in the future in whatever way Source has planned for us!

*Loving you always and in all ways,*

*Talia*

**Yes, Please!**

