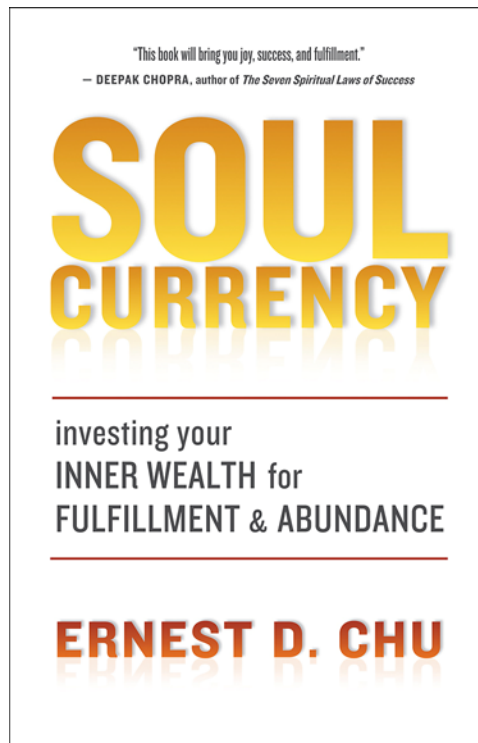


SOUL CURRENCY®

HANDOUTS FOR CLASS 3

September 4, 2008



“The Law of Circulation is the circulation of Love through us, as a higher vibration that attracts increasing Good. The universal frequency of love is sometimes tempered by our beliefs, conditions and limiting consciousness. Thus our abundance and flow is often “stuck” when love is stuck within us or cannot be easily expressed or received.” ~ Rev. Ernest Chu

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I Let Creative Thought Open Opportunities and Flow in My Life

I celebrate God as my Universal Source of Good,
Knowing that It is also an Infinite Source of Love.
In opening myself to receive love, I open myself
 To receive all that I can conceive of,
 Flowing to me easily and creatively
 Allowing me to tune into my higher vision
Of my life and every activity which expresses
 God within me.

 As I am an expression of God,
I now draw upon Divine Love as creativity
 Feeling free to imagine and create,
 Being inspired to let my thoughts go
Beyond limitation and old ways of thinking.
I let go of fear and know that as God's expression
 I am most valuable, and therefore I create
Great value – God value expressed through me.
I now celebrate and acknowledge the gift I am
 For Universal God-Mind works through me,
Drawing opportunity to me, allowing my highest
 Thoughts to have life in the material world.
God indeed works through me; creates through me;
And expresses love in its many forms through me.
 I am grateful for knowing who I am,
 And for expressing Love as my Life.
I release this knowing that it is Already
 Working in my Life.
 And so it is.

CLASS SCHEDULE
September 4, 2008

7 pm – 9:45 pm*

Welcome

Treatment

Sharing

Your Counterfeit Currency
Creating and Sustaining Gushing Flow

Break

Creating Your Spiritual Balance Sheet

Creating a Flow Group

Meditation

Closing Circle and Treatment

*classes typically finish at 9:30 PM

Love is the Law of Circulation

By Rev. Ernest D. Chu

The Law of Circulation is the circulation of Love through us, as a higher vibration that attracts increasing Good. The universal frequency of love is sometimes tempered by our beliefs, conditions and limiting consciousness; thus our abundance and flow is often “stuck” when love is stuck within us or cannot be easily expressed or received

Love is much like light. When light is cut off or dimmed, the entire beam is effected. When the Divine energy of “love” is stuck, it is because of our inability or choice not to be receptive to it. We tend to go “off frequency” in our reality, which results in our prosperity being stuck, as well. Being “off frequency” affects our energy field so much that we may feel tired, lack enthusiasm, experience simmering anger and unexpressed feelings, and know the dis-ease of creeping cumulating fear.

Fortunately, most of these manifestations are only illusions of negativity that at some level we have created out of a choice that is loved-starved. For example, if we are separated from love, we also are separated from Spirit. When we are separated from Spirit, we have no choice but to live out of our ego-self. When we shut love out, consciously or unconsciously, we choose to live out of our negative ego. Our negative ego is that part of us that is driven by fear and our

need to control. It is that part of us that sees our ultimate fate to be destitute, miserable and alone. This is the great illusion that we create when we are not receptive to circulating love in our life.

There are four major areas where love may not be circulating:

- If love is not circulating, we generally have trust issues about life, and if we have trust issues, that lack of trust also applies to Spirit.
- When we look inward, we find our inner self – how we feel about ourselves – is loved-starved. Many of us have gone for years without dealing with this issue until it becomes so critical that every part of our reality begins to show up negatively.
- When we look outward, we find ourselves unable to express authentic love. The feelings of fear and negative ego make us suspicious, needy, and looking for a short-term fix. We find it challenging to give unconditionally.
- Finally, when love is stuck, we have difficulty receiving. Often, an inability to receive is masked by an exaggerated willingness to give. But because there is little or no circulation, the gifts are all given away, and then there is little or nothing left to give. Our receiving issues are tied directly to how much we feel we deserve.

The Law of Circulation is therefore the circulation of Divine love energy that takes many forms, including bringing with it the flow or lack of flow of

opportunities, money, and the right people. A higher consciousness of love can create great circulation with focus and intention. A lower consciousness of love will bring sporadic abundance and fear of potential loss.

FIVE KEYS TO CREATING AND SUSTAINING GUSHING FLOW

Key 1: Become aware of the flow of energy around and through you.

- The flow of energy is real, not just imagination.
- At least once an hour, take a few moments to become aware of how the energy of life is flowing, whether you are driving, walking, or sitting in your office.
- Notice the times that you feel energized (e.g. when you give or serve) and the times that you lose energy (e.g. when you lie or are unloving.)
- Revealing Spirit (and manifesting) vs. “making it happen.”

Key 2: Remove impediments to flow.

- Simplify your life. Being too busy or multi-tasking often interrupts flow.
- When you feel stuck, look for the signs: cluttered home, workspace and car; out-of-control finances; burdensome debt; and even the practice of lugging clutter around (large amount of keys, lots of books and papers, etc.).
- Unfinished important commitments to self or others, unkept promises, or holding on to grudges, judgments, or uncommunicated feelings.
- Create a supportive environment – Is the TV always on? Are you constantly arguing with your significant other or family members? Do you spend your time gossiping or retelling old stories?

Key 3: When you are loving, you connect with flow.

- Catch negative thoughts or judgments and rephrase them as positive affirmations.
- Approach life with reverence and service.
- Let love shine within – when you embody love within, the world responds with love.
- Value love as a sustaining resource – by emanating love, we teach the world to mirror love and value love.

Key 4: Set Your Intention and Focus on Flow

- Create spiritual capital by adding focus and intention to your spiritual assets.
- Bring spiritual capital to life with the Source Energy of Love. Love multiplies spiritual capital exponentially.
- When you invest spiritual capital, you accelerate, enrich and intensify flow.

Key 5: Being in the flow is our natural state.

- Think service – being self-cherishing and conditional in your actions interrupts flow.
- Live in the mystery – when you are in the flow, the results are always better and richer.
- Follow your spiritual practices; build awareness of Spirit knowing itself by means of you.

Speaking Prosperously*

The following are examples of the language of struggle, self sabotage and limitation:

| | |
|--------------|-------------------|
| I want | I would |
| I need | I could |
| I should | I might |
| I hope | I wish |
| I must | In order to |
| I have to | So that |
| I've got to | If all else fails |
| I can't | At least |
| I don't know | Won't it |
| It's hard | Isn't it |
| I'm trying | Doesn't it |
| But | Wouldn't you |
| However | Can't you |
| Kind of | Didn't you |
| Almost | If/then |
| Probably | When/then |
| Perhaps | I feel that |
| Decide | I feel you did |
| Always/Never | Shouldn't you |
| I think | It looks like |

*With acknowledgement to Robert Tennyson Stevens,
author and teacher of Conscious Language

Connect With Prosperity*

I

CAN

AM

WILL

CHOOSE

HAVE

LOVE

CREATE

ENJOY

*With acknowledgement to Robert Tennyson Stevens,
author and teacher of Conscious Language

Exercises for Developing Your Spiritual Capital

Begin Each Day:

As you wake up, start the day off with a prayer. This is an opportunity to set the vibration of the day. Know that you clearly imagine what you desire without conditions, and you deserve.

Repeat into the mirror with feeling, “I am prosperous... I am prosperous” 100 times. Do this until it feels natural.

During the Day:

Whenever you have a moment, continue to affirm, “My abundant life flows effortlessly.” Give thanks.

Speaking:

Become conscious of your spoken conversation. Break the habit of using “want” and “need” as well as “would have,” “should have,” “try,” and “hope.”

Reading:

Read Chapter 4 in *Soul Currency: Investing Your Inner Wealth for Fulfillment and Abundance* (“Counterfeit Currency”).

Three-Week Project: Continue to create your own treasure map.

Prosperity Meditation (optional):

Use the *Seven Days to Prosperity and Peace* meditation CD (purchase either at the church or at www.soulcurrency.org). Set aside time in the morning and before you go to sleep to condition your mind and set your intention. Note how you receive as well as how you give in your life.

Affirmative Prayer & Gratitude

Take time out to do affirmative prayer (spiritual mind treatment) before making any big decisions and when confronting challenging situations. Use treatment also to set your intention to start your day, and before sleeping. Focus the treatment on your intention, but create openness to accept the “miracles” of Spirit.

