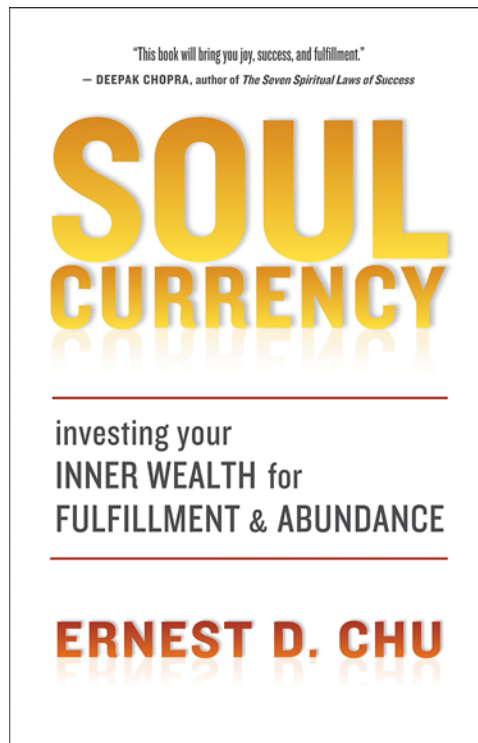


SOUL CURRENCY®

HANDOUTS FOR CLASS 4
September 18, 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

I LET DIVINE PRESENCE SUPPORT MY LIFE

I celebrate and acknowledge the One Infinite Presence,
Which is All Loving, Present in every part of my life,
I know this as my Source of All Good and Support,
For Divine Love fills my life with richness, abundance
Creativity, joy and a loving zest for creative enterprise,

For I know that it is through the gift of Love manifesting
As Creativity in my life, I joyfully express myself as a
Wondrous aspect of God, through the opportunities
I create and the enterprises which come into form
Through my relationship with the Infinite Presence.

I create a prosperous, creative and joyous life expressing
As ventures, companies, ideas to be developed, and
Other businesses, fully knowing that I create these
As part of my wholeness with Spirit and my personal
Expression of Universal God Mind in action.

I give great thanks, knowing gratitude also as Love,
And release this to become a part of my experience
And God's support and Love.

And I let it be so.

CLASS SCHEDULE
Sept. 18, 2008

7 pm - 9:45 pm

Welcome

Opening Affirmative Prayer

Sharing

What Are You Attracting?

Meditation

Break

Small Group Exercise:
Affirming Your Worth

Sharing

Closing Circle and Treatment

WHAT ARE YOU ATTRACTING?

Clarity through Contrast

Often we become clear about what we choose to have in our lives by seeing what isn't working in our lives. Our soul creates these experiences so that we can let go of them by embracing feelings of self-love, worthiness, forgiveness, and faith. We learn to see that we have never been separate from Spirit, and that, indeed, it is Spirit that moves through us. By releasing any self judgment, we free ourselves to choose what empowers us, and, as we do, we attract that experience as well.

What Is Contrast?

The first step in making the Law of Attraction work *for you* is to be clear about what you want. You can do this by first becoming clear about what you don't want. We call this "dislikes" contrast.

Contrast, as it applies to the Law of Attraction, is whatever does not feel good and puts you in a negative mood. The moment you identify something in your life that feels like contrast, and you spend time complaining about it, talking about it, or declaring that you don't want it, you are offering it to the Law of Attraction.

By observing the contrast and identifying it as something you don't want, you become clearer about what you do want. Simply ask yourself, "So, if I don't want that, what do I want?" In other words, you'll find clarity through contrast.

Take your first boyfriend or girlfriend, for example. Chances are you're no longer with that person and because of that relationship you have a long list of things that you'll never put up with again. This is your list of contrasts. It is this list that will help you be clear about what you do want in a partner. In other words, when it comes to ex-boyfriends and girlfriends, observing contrast creates clarity.

How Long Should I Observe Contrast?

The key to getting what you want, without getting stuck focusing on what you don't want, is to observe contrast briefly.

Only you can decide how long briefly is. For some, experiencing contrast in a relationship may last for years; for others, contrast is observed for a short time. You might decide to end a relationship on the first date.

Notice that when you experience contrast around smells, sounds, or tastes, your tolerance is minimal. In other words: How long would you smell something that doesn't smell good? How long would you listen to music that doesn't sound good? How long would you eat something that doesn't taste good?

In these cases, you are observing contrast and changing it to clarity, FAST. There are, however, a few areas of your life where you may observe contrast for far too long: relationships, money, career.

Generally, the less time you spend putting your energy, attention, and focus on contrast, the better.

Raise My Vibration

Desire Statement

My Ideal Picture of Prosperity

I'm in the process of attracting and allowing all that I need to do, know and have to attract and allow my ideal prosperity to manifest in my life NOW.

The Law of Attraction is unfolding and orchestrating all that needs to happen to bring my desire(s).

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What Is Allowing?

In Law of Attraction terms, "allowing" is simply the absence of doubt. It is the most important element in the Deliberate Attraction process. One of my clients, Danny, asked me why he did not attract his desires. He had built a great Clarity List of his ideal clients and made an awesome Desire Statement that felt great. So why didn't he attract his desires?

The process didn't work for him because it was not enough to just identify his desire and really want it. He also had to remove any doubt surrounding his belief that he would attract it. This doubt-removing process is called Allowing.

Allowing is the most difficult step for most people. First of all, they don't understand its definition. Second, they become frustrated when people say, "Just allow it." You may have heard the expression, "Just allow it." But telling yourself this does not make it happen. If you doubt you can have something, then you are not Allowing it. You know you are Allowing something when you hear yourself say: "Ah, what a relief; this is possible."

OPENING TO ALLOW FLOW

STEP 1

Reread your Desire Statement and take information from it and give it life by taking the step of allowing this to happen in your life.

STEP 2

Start by asking yourself whether there is anyone currently doing what you want to do or having what you want to have. If so, then how many people have been doing this today? Yesterday? Last week? Last month? Last year?

STEP 3

Write your statements in the third person because making reference to yourself only creates more doubt. Ensure that the statements are plausible. Here are examples of Allowing Statements:

Millions of people have jobs they love.

Millions of people are working in careers where their creativity is nurtured.

Millions of people are balancing their private lives with their professional lives.

I Now Allow Abundance and Flow

I KNOW THAT I AM ABLE TO CREATE AND RECEIVE MY IDEAL PROSPERITY BECAUSE:

1.

2.

3.

4.

I OPEN MYSELF TO ACCEPT THIS NOW FOR MYSELF AND I KNOW THAT SPIRIT WITHIN ME SUPPORTS THIS IN EVERY WAY.

Sign Your Name

COUNTERFEIT BELIEFS ABOUT MONEY WORKSHEET

LIST FOUR NEGATIVE BELIEFS ABOUT MONEY:

(e.g. hard to get, resent people who have money, unspiritual, etc.)

1.

2.

3.

4.

WHAT WAS THE ATTITUDE OF YOUR FAMILY AND MONEY?

(e.g. never enough, didn't talk about it, always talked about it, etc.)

1.

2.

3.

4.

WHAT ARE YOUR DEEPEST FEARS ABOUT MONEY?

1.

2.

3.

LIST FOUR POSITIVE BELIEFS ABOUT MONEY:
(e.g. makes more money, can be invested, buy necessities, etc.)

1.

2.

3.

4.

IN WHAT WAYS DO YOU ALLOW THE ENERGY OF MONEY
TO CONTROL YOU?

(e.g. type of job, where I live, what I buy, what I think, etc.)

1.

2.

3.

4.

WHEN HAS THE ENERGY OF MONEY BROUGHT YOU JOY?

1.

2.

3.

REMEMBERING YOUR SOUL CURRENCY®

In parts of Africa, there is a tribal tradition. When an individual has committed a crime or engaged in an anti-social act that goes against tribal law, the offender is seated in the center of a circle, in full view of everyone in the tribe. One by one, each person comes up to the offender and speaks to him about what he remembers best about the good that the offender has done. Each person relates his or her own experience about a good deed, kind act or even an encouraging word about the offender. No matter how long it takes, each person in the village comes up to the offender, reminding him of the goodness that is within him.

We all need to be reminded about how magnificent we are. We sometimes take a kind word or a good deed for granted. With an encouraging word, we may have no idea what a difference we may have made in other people's lives. Only through the connection with others are we reminded. And, in that reminder, we are reminded that it is Spirit both speaking to us and knowing itself through us. Indeed, Spirit is always magnificent, but it is the separation that we feel at times that requires us to be reminded.

In this workshop, we have created a mini-village, to remind us not because we have broken any rules, but because we have forgotten who we really are. The circle is best with five or six people, sitting closely knee-to-knee. But even a circle of three people will do. One person receives, and each person in the circle holds his hands and looks him in the eye as she speaks authentically from her heart. Each person reminds another of the greatest God-given qualities he expresses ~ through instances remembered (if each knows the other) or through an intuitive sense. We speak from the heart, and we give each other a gift of love, and we receive love in return.

If you are wondering what this has to do with prosperity, remember that love is the raw material of the Law of Circulation. An exercise such as this will not only stir the Law of Circulation, but it will uproot any forgiveness issues, especially the forgiveness of oneself. As we rise to the higher vibration of love, our "reality" around us changes to harmonize with the higher frequencies. It is important to remember that

there is nothing to “do” when it comes to loving or forgiving; there is only something to remember. We remember and open to our magnificence, abundance and love.

WORKSHOP NOTES

Exercise #1: Write down words that describe how you felt as you were connected together as a group. Notice what your mind, body and emotional responses were to the situation.

Exercise #2: As you praised others, how did you feel? Write down words that describe your experience.

As you were being praised, how did you feel? Write down words that describe the experience for you. Note any resistance, skepticism or other feelings that come up.

EXERCISES FOR OPENING TO FLOW

Begin Each Day

As you wake up, start the day off with a prayer, or, if it is easier, the prosperity CD. This is an opportunity to set the vibration of the day. Know that you clearly imagine what you desire without conditions, and you deserve. See yourself as an eternal being — filled with the essence of love — and know that everything that has happened has brought you to now.

During the Day

Remember that we create our physical world from the inside out. Make a special effort today to allow yourself to respond lovingly to every situation (not just some). Give without conditions or judgment, and be grateful and unattached for all that flows back to you.

Opening to your Soul Currency

The resonance of prosperity comes from the flow of love, which is your soul's currency. Allow yourself to truly love yourself by focusing on forgiving yourself for anything you may have done. Choose one or two affirmations for the day, and repeat them whenever a negative thought creeps in.

Speaking

Be conscious of what you say, especially about yourself. Notice when you use “I want” or “I need.” Notice whenever you express judgment or have a negative, limiting thought. If you are unclear as to what to replace this with, check on the Chapter 3 handouts, and make a copy of that section and carry it with you. Give a friend or loved one permission to point it out whenever you are expressing judgmental or limiting thoughts. Write everything down and review at the end of each day.

At-Home Reading and Treasure Map

Read Chapter 6 in *Soul Currency*. If you haven't finished the Treasure Map, complete it and bring it to class.

Your Relationship with Spirit

Set aside a specific time to meditate or to commune with Spirit. Use the prosperity meditation CD at least once a day. Take time out to do an affirmative prayer twice each day, and ask for clarity when making decisions. Express gratitude when things go well. Focus the affirmative prayer on your intention, and do it with a faith that Spirit provides. If you have doubts, pray for clarity and openness to receive.

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