



Welcome to 7 Steps to ExtraOrdinary
Money Alignment

WARNING!
Will Create Discomfort and Vibrational Shift!

With
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SOUL WHISPERS



Step 1 - pay a bill

This is a starting exercise to help you take the first step in realigning your money intentions.

Pay the universe, the universe pays you back.

- *Pick one bill you've neglected - what is it?*

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- *How long have you left it, and why?*

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- *Now pay it. How do you feel? What's changed?*

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Why?

This is the perfect way to start realigning your intentions around money, because it will make you uncomfortable - and that's the point.

In order to change our lives or create a new reality, we need to become energetically uncomfortable. There is power in the things we're neglecting, especially when you put them together with the person you aspire to be.

Alternatives:

- *Renegotiate a contract or payment plan that you've been putting off.*
- *Talk to someone who owes you money.*
- *Check your bank account*
- *Call your accountant to talk about getting ready for your next tax return.*



Step 2 - set your intention

*how much
money do you
intend to make?*

Anyone familiar with the idea of universal intention will find this step easy. For those that aren't - this is a space to declare your financial intention. 3 months is a good timeframe to start with.

*when do you
intend to make it by?*

*what
would be better?*

*what would be
phenomenal?*



Step 3 - give the money a home

You now need to tell that money you plan to manifest exactly where it's going to go. What's it going to do for you? How will you invest it?

Money is creational energy manifest. It loves to know what it's going to do for you - whether that's an experience, a physical thing, responsibilities, or a step towards another goal.

Pick 4 key needs or desires you intend to use this money to fulfill.

1

2

3

4



Step 4 - find your target energy

We're ready now to try and find our target energy...

1. close your eyes, and make yourself still
2. imagine that the intentions you described earlier have come true

~ *What does this new reality look like?*

~ *What does it feel like to make your intention reality?*

~ *What does a day in your life look like?*

~ *Where is this energy in your body?*

~ *What one word could you use to describe it?*

3. Make this energy bigger, allow it to fill your body. Surrender to it, let it fill the room. Become as familiar with it as an old friend.

Now, take a few minutes to try and describe this energy below. This doesn't need to make sense to anybody but you:



Step 6 - release something

The chances are you have a to-do list of stuff that's not high priority enough to get done, but too important to forget, and you've been letting this list hang over you for a while now. This might be in your life, your business, or even your wardrobe - there's just no space.

Here's what to do:

1. What task or business obligation is getting in the way of you pursuing your new intention and new reality?

2. How could this task be made easier? Could you let it go? Could you ask for help? Could you delegate it to someone else?

3. What would your reality look like if you let go, delegated, or asked for help? Does that energy align with the intention you're ultimately pursuing?

4. What one action can you take today to move towards this?



Step 7 - self-care

for your mind...

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for your body...

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for your relationships...

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Why?

If you don't take care of yourself, or you only do self-care out of obligation or guilt, you're only going to reflect that guilt back at yourself.

A lot of us have trouble asking for help. Sometimes the first step with this is to ask for help from ourselves - to listen to what our souls, minds, bodies, and relationships need.

Aligning yourself with your target energy means looking deep into your personal life too - it's all connected.

Step 7 in increasing your money flow is to look after yourself!

Pick three things, state your intention here, then go do them!



What's Your Next Step?

Are you *FINALLY* ready to activate unlimited and aligned abundance in your business? Yes? Get in touch with me and we'll connect you to the true potential that your Soul has in store!

<https://app.acuityscheduling.com/schedule.php?owner=13920630&appointmentType=4338180>

Wanna join me and hundreds of other inspirational women already aligning to their true potential?

https://www.facebook.com/groups/988389884594305/?ref=group_browse_new

" Karen joined my high-end mastermind some time ago, and not only I loved seeing her to grow, but was amazed at the depth of her knowledge when it comes to energetic abundance ~ So much so, I HAD to hire her - One of the best decisions I've made!

Karen helped me to get aligned with one my biggest business goals, and make any changes necessary (in my business, life, health and other areas of life) for me to fully step into that woman who LIVES those big goals.

This process has been absolutely priceless - so many (positive) changes, in such a short time!!

If you believe that your energy has everything to do with the results you get in business, I'd say working with Karen is a MUST "

.....Lenka Lutonska