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# MOVING INTO ABUNDANCE & OVERFLOW

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MONEY ZONE CLUB  
*Unleash your inner Millionaire*

MONTH 13

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# MOVING INTO ABUNDANCE & OVERFLOW

Having abundance and overflow is having more than enough. More money than you can spend or use!

Having an overflow of abundance allows you to do everything you've ever imagined for yourself & your loved ones, AND lift others, inspire, and raise the collective vibration. It's both a fun place to be and a generous inspiring place to live from.

This topic explores and releases any blockages, resistance, patterns or beliefs which are holding you back from moving into this overflow and abundance.

# HOW TO

STEP 1

## QUESTION

Ask your sway questions. Use the ones given, and also ask any others that pop to mind. Allow your body to sway forward for yes, and back for no.

STEP 2

## CHECK

Once you find resistance, ask "Can I release this now?". If you get a no, ask other questions to find areas you can release. If you get a yes, release.

STEP 3

## RELEASE

Follow the release statements given, or use your own if other words come to mind.

REPEAT 3x *"I am ready to release [what you are releasing].  
I release it now. I release it now. I release it now"*

STEP 4

## CONFIRM

Ask "Have I released this now?". If no, go back to question/check/release. If yes, move forward to align.

STEP 5

## ALLOW

Use the allowing statements given, or use your own if other words come to mind.

REPEAT 3x *"I am ready to allow [what you are allowing].  
I allow it now. I allow it now. I allow it now"*

# WEEK 1

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

Do I believe that living in abundance and overflow is possible for me?

I am ready to release any and all resistance to the possibility of me living in abundance and overflow.

I am ready to align to and allow myself to live in abundance and overflow.

Am I holding onto any fears about what it means to have more money than I can spend?

I am ready to release any and all fears about having more money than I can spend.

I am ready to align to and allow the joy and freedom of having more money than I can spend.

Do I have any guilt associated with experiencing financial abundance and overflow?

I am ready to release any and all guilt associated with experiencing financial abundance and overflow.

I am ready to align to and allow myself to experience financial abundance and overflow.

Are there any limiting beliefs I hold about the morality of possessing great wealth?

I am ready to release any and all limiting beliefs about the morality of possessing great wealth.

I am ready to align to and allow the ethical and moral possession of great wealth.

Do I feel unworthy of receiving an overflow of abundance?

I am ready to release any and all feelings of unworthiness towards receiving an overflow of abundance.

I am ready to align to and allow myself to feel fully worthy of an overflow of abundance.

# WEEK 2

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

Am I resistant to the idea that I can attract more money than I need?

I am ready to release any and all resistance to the idea that I can attract more money than I need.

I am ready to align to and allow attracting more money than I need with ease and grace.

Do I have concerns about how my relationships might change with significant financial abundance?

I am ready to release any and all concerns about how my relationships might change with significant financial abundance.

I am ready to align to and allow positive changes and growth in my relationships through financial abundance.

Are there any patterns of scarcity thinking that prevent me from embracing abundance?

I am ready to release any and all patterns of scarcity thinking that prevent me from embracing abundance.

I am ready to align to and allow an abundance mindset, fully embracing prosperity.

Do I doubt my abilities to manage and sustain abundance and overflow in my life?

I am ready to release any and all doubts about my abilities to manage and sustain abundance and overflow.

I am ready to align to and allow my capability to manage and sustain abundance and overflow.

Is there a part of me that fears losing my identity or values with too much wealth?

I am ready to release any and all fears of losing my identity or values with too much wealth.

I am ready to align to and allow my identity and values to flourish with wealth.

# WEEK 3

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

<input type="checkbox"/> Do I subconsciously sabotage opportunities that could lead to financial overflow?	I am ready to release any and all subconscious sabotage of opportunities that could lead to financial overflow.	I am ready to align to and allow seizing opportunities that lead to financial overflow.
<input type="checkbox"/> Am I anxious about the responsibilities that come with having a lot of money?	I am ready to release any and all anxieties about the responsibilities that come with having a lot of money.	I am ready to align to and allow embracing the responsibilities of wealth with confidence.
<input type="checkbox"/> Do I resist changing my lifestyle even when I have the means to do so?	I am ready to release any and all resistance to changing my lifestyle when I have the means to do so.	I am ready to align to and allow lifestyle changes that reflect my financial abundance.
<input type="checkbox"/> Am I stuck in a cycle of just enough or barely enough, unable to envision more?	I am ready to release any and all cycles of just enough or barely enough.	I am ready to align to and allow envisioning and achieving abundance and wealth.
<input type="checkbox"/> Do I have blockages around giving generously from my abundance?	I am ready to release any and all blockages around giving generously from my abundance.	I am ready to align to and allow giving generously from my abundance.

# WEEK 4

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

<input type="checkbox"/>	Are there societal or cultural beliefs I've absorbed that limit my financial potential?	I am ready to release any and all societal or cultural beliefs that limit my financial potential.	I am ready to align to and allow transcending societal or cultural financial limitations.
<input type="checkbox"/>	Do I fear the impact of wealth on my humility or spiritual growth?	I am ready to release any and all fears of the impact of wealth on my humility or spiritual growth.	I am ready to align to and allow wealth to enhance my humility and spiritual growth.
<input type="checkbox"/>	Am I hesitant to dream bigger due to past disappointments or failures?	I am ready to release any and all hesitation to dream bigger due to past disappointments or failures.	I am ready to align to and allow dreaming bigger.
<input type="checkbox"/>	Do I limit my financial aspirations to what I've experienced or seen in my immediate environment?	I am ready to release any and all limitations set by my financial aspirations based on past experiences or environment.	I am ready to align to and allow setting new, expansive financial aspirations.
<input type="checkbox"/>	Do I believe that achieving financial abundance and overflow is too good to be true?	I am ready to release any and all beliefs that achieving financial abundance and overflow is too good to be true.	I am ready to align to and allow the reality that financial abundance and overflow are within my reach.