

REBECCAJPAGE.COM

RAISING YOUR MONEY VIBRATION

MONEY ZONE CLUB
Unleash your inner Millionaire

MONTH 24

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RAISING YOUR MONEY VIBRATION

Every 3 months we will be raising your money vibration.

Each week has a Part 1 to release limiting money beliefs, and a Part 2 exercise to raise your money vibration. Some beliefs & parts of the exercise may be repeated or sound similar. Trust it is for a purpose and check each one.

You will notice Week 4 looks at any gap between your current reality and your energetic numbers. You may find you are energetically aligned to a far higher number than your current reality displays. This gap can attract opportunity, ideas and more. Allow all in it's perfect time!

P.S. If you are playing the Energetic Max Game, you'll find your tracking sheet on the last page.

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 (PART 1)

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION

RELEASE

ALLOW

<input type="checkbox"/> Do I believe: I'm not disciplined enough to save money?	I am ready to release the belief: I'm not disciplined enough to save money	I am ready to align to and allow the belief: Discipline in financial matters is a cultivated skill that brings freedom.
<input type="checkbox"/> Do I believe: It's hard to be wealthy and spiritual?	I am ready to release the belief: It's hard to be wealthy and spiritual	I am ready to align to and allow the belief: Spirituality and wealth coexist in harmony within my life.
<input type="checkbox"/> Do I believe: Wealthy people don't deserve their fortune?	I am ready to release the belief: Wealthy people don't deserve their fortune	I am ready to align to and allow the belief: Every fortune has its story of perseverance and contribution.
<input type="checkbox"/> Do I believe: I don't have the drive to be rich?	I am ready to release the belief: I don't have the drive to be rich	I am ready to align to and allow the belief: My motivation for wealth is rooted in positive intentions and actions.
<input type="checkbox"/> Do I believe: Financial planning is too complicated?	I am ready to release the belief: Financial planning is too complicated	I am ready to align to and allow the belief: Financial planning is an empowering tool for shaping my future.

WEEK 1 (PART 2)

DATE _____

EXERCISE - RAISING YOUR ENERGETIC MAXIMUM

Work out what your **current monthly Energetic Maximum income** is. To do this, start by picking a gut feel number and ask:

- *"Is my current monthly Energetic Maximum [insert gut feel number here]?"*
- If you get a No, then ask *"Is it higher?"*
If you get a Yes it is higher, then ask *"Is it [insert higher number here]?"*
If you get a No it is not higher, then ask *"Is it [insert lower number here]?"*
- Continue questioning to find your current monthly Energetic Maximum.

Once you know what your current Energetic Maximum is, it is time to **release resistance to increasing** it. Complete the following Question & Release steps.

- *Do I have any resistance to increasing my Energetic Maximum?*
I am ready to release any and all resistance to increasing my Energetic Maximum.
- *Do I have any repeating patterns, beliefs or generational vibrations stopping me from increasing my Energetic Maximum?*
I am ready to release any and all repeating patterns, beliefs and generational vibrations stopping me from increasing my Energetic Maximum.

Use the same questioning process to find out what you can **raise your Energetic Maximum** to.

- *Can I raise my Energetic Maximum to [insert gut feel number here]?"*
- If you get a No, then ask *"Is it higher?"*
If you get a Yes it is higher, then ask *"Is it [insert higher number here]?"*
If you get a No it is not higher, then ask *"Is it [insert lower number here]?"*
- Continue questioning to find how much you can raise your monthly Energetic Maximum to.

Once you know what your new Energetic Maximum will be, **check for any resistance** to the new number:

- *Do I have any resistance to increasing my Energetic Maximum to [insert new number here]?"*
I am ready to release any and all resistance to increasing my Energetic Maximum.

When you are ready, now **allow your new Energetic Maximum**.

- *I am ready to allow my new Energetic Maximum to be [insert new number here].*

MY NEW ENERGETIC MAXIMUM IS _____

WEEK 2 (PART 1)

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION

RELEASE

ALLOW

Do I believe: I'll always be in financial turmoil?

I am ready to release the belief: I'll always be in financial turmoil

I am ready to align to and allow the belief: Financial stability and peace are my constant states.

Do I believe: Money management is overwhelming?

I am ready to release the belief: Money management is overwhelming

I am ready to align to and allow the belief: I am more than capable of managing my money, and have access to help at any time.

Do I believe: I'm not interested in learning about finances?

I am ready to release the belief: I'm not interested in learning about finances

I am ready to align to and allow the belief: Engaging with finances is an empowering act of self-care.

Do I believe: Wealth is unattainable for me?

I am ready to release the belief: Wealth is unattainable for me

I am ready to align to and allow the belief: Wealth creation is within my reach, step by step.

Do I believe: My career choice won't make me wealthy?

I am ready to release the belief: My career choice won't make me wealthy

I am ready to align to and allow the belief: My career is a channel for abundance and fulfillment.

WEEK 2 (PART 2)

DATE _____

EXERCISE - YOUR ENERGETIC MINIMUM

Work out what your **current monthly Energetic Minimum** income is. To do this, start by picking a gut feel number and ask:

- *"Is my current monthly Energetic Minimum [insert gut feel number here]?"*
- If you get a No, then ask *"Is it higher?"*
If you get a Yes it is higher, then ask *"Is it [insert higher number here]?"*
If you get a No it is not higher, then ask *"Is it [insert lower number here]?"*
- Continue questioning to find your current monthly Energetic Minimum.

Once you know what your current Energetic Minimum is, it is time to **release resistance to increasing** it. Complete the following Question & Release steps.

- *Do I have any resistance to increasing my Energetic Minimum?*
I am ready to release any and all resistance to increasing my Energetic Minimum.
- *Do I have any repeating patterns, beliefs or generational vibrations stopping me from increasing my Energetic Minimum?*
I am ready to release any and all repeating patterns, beliefs and generational vibrations stopping me from increasing my Energetic Minimum.

Use the same questioning process to find out what you can **raise your Energetic Minimum** to.

- *Can I raise my Energetic Minimum to [insert gut feel number here]?"*
- If you get a No, then ask *"Is it higher?"*
If you get a Yes it is higher, then ask *"Is it [insert higher number here]?"*
If you get a No it is not higher, then ask *"Is it [insert lower number here]?"*
- Continue questioning to find how much you can raise your monthly Energetic Minimum to.

Once you know what your new Energetic Minimum will be, **check for any resistance** to the new number:

- *Do I have any resistance to increasing my Energetic Minimum to [insert new number here]?"*
I am ready to release any and all resistance to increasing my Energetic Minimum.

When you are ready, now **allow your new Energetic Minimum**.

- *I am ready to allow my new Energetic Minimum to be [insert new number here].*

MY NEW ENERGETIC MINIMUM IS _____

WEEK 3 (PART 1)

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION

RELEASE

ALLOW

<input type="checkbox"/> Do I believe: I don't have the mindset to attract wealth?	I am ready to release the belief: I don't have the mindset to attract wealth	I am ready to align to and allow the belief: Attracting wealth aligns with my positive mindset and actions.
<input type="checkbox"/> Do I believe: Financial success requires sacrificing my values?	I am ready to release the belief: Financial success requires sacrificing my values	I am ready to align to and allow the belief: Upholding my values enriches my path to financial success.
<input type="checkbox"/> Do I believe: I'm too cautious to take financial risks?	I am ready to release the belief: I'm too cautious to take financial risks	I am ready to align to and allow the belief: Financial risks are calculated steps towards growth and are a choice I can make or not make.
<input type="checkbox"/> Do I believe: It's not in my fate to be wealthy?	I am ready to release the belief: It's not in my fate to be wealthy	I am ready to align to and allow the belief: My destiny is abundant and financially fulfilling.
<input type="checkbox"/> Do I believe: Making money is not in my skill set?	I am ready to release the belief: Making money is not in my skill set	I am ready to align to and allow the belief: I am more than capable of learning anything I want or need to.

WEEK 3 (PART 2)

DATE _____

EXERCISE - YOUR ENERGETIC HOURLY RATE

Work out what your **current Energetic Hourly Rate** is. To do this, start by picking a gut feel number and ask:

- *"Is my current Energetic Hourly Rate [insert gut feel number here]?"*
- If you get a No, then ask *"Is it higher?"*
If you get a Yes it is higher, then ask *"Is it [insert higher number here]?"*
If you get a No it is not higher, then ask *"Is it [insert lower number here]?"*
- Continue questioning to find your current Energetic Hourly Rate.

Once you know what your current Energetic Hourly Rate is, it is time to **release resistance to increasing** it. Complete the following Question & Release steps.

- *Do I have any resistance to increasing my Energetic Hourly Rate?*
I am ready to release any and all resistance to increasing my Energetic Hourly Rate.
- *Do I have any repeating patterns, beliefs or generational vibrations stopping me from increasing my Energetic Hourly Rate?*
I am ready to release any and all repeating patterns, beliefs and generational vibrations stopping me from increasing my Energetic Hourly Rate.

Use the same questioning process to find out what you can **raise your Energetic Hourly Rate** to.

- *Can I raise my Energetic Hourly Rate to [insert gut feel number here]?"*
- If you get a No, then ask *"Is it higher?"*
If you get a Yes it is higher, then ask *"Is it [insert higher number here]?"*
If you get a No it is not higher, then ask *"Is it [insert lower number here]?"*
- Continue questioning to find how much you can raise your monthly Energetic Hourly Rate to.

Once you know your new Energetic Hourly Rate, **check for any resistance** to the new number:

- *Do I have any resistance to increasing my Energetic Hourly Rate to [insert new number here]?"*
I am ready to release any and all resistance to increasing my Energetic Hourly Rate.

When you are ready, now **allow your new Energetic Hourly Rate**.

- *I am ready to allow my new Energetic Hourly Rate to be [insert new number here].*

MY NEW ENERGETIC HOURLY RATE IS _____

WEEK 4 (PART 1)

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION

RELEASE

ALLOW

<input type="checkbox"/> Do I believe: I'm not aggressive enough to be financially successful?	I am ready to release the belief: I'm not aggressive enough to be financially successful	I am ready to align to and allow the belief: My approach to wealth is unique and perfectly suited for success.
<input type="checkbox"/> Do I believe: My financial goals are unrealistic?	I am ready to release the belief: My financial goals are unrealistic	I am ready to align to and allow the belief: My financial goals uplift and inspire me.
<input type="checkbox"/> Do I believe: I'm bound to fail in any financial venture?	I am ready to release the belief: I'm bound to fail in any financial venture	I am ready to align to and allow the belief: Every financial endeavor is an opportunity for success.
<input type="checkbox"/> Do I believe: I'm uncomfortable talking about money?	I am ready to release the belief: I'm uncomfortable talking about money	I am ready to align to and allow the belief: Conversations about money are pathways to clarity and empowerment.
<input type="checkbox"/> Do I believe: Money only brings more stress?	I am ready to release the belief: Money only brings more stress	I am ready to align to and allow the belief: Wealth diminishes stress through freedom and choices.

WEEK 4 (PART 2)

DATE _____

EXERCISE - YOUR ENERGETIC NUMBERS

Go back and look up each of your new Energetic Maximum, Energetic Minimum and Energetic Hourly Rate. Do the following for each, one at a time:

- “Am I **aligned to and allowing** my new Energetic [Maximum / Minimum / Hourly Rate] of [insert number here]?”

If you get a No, then release using “I am ready to release any and all resistance to being aligned to and allowing my new Energetic [Max / Min / Hourly Rate] of [insert number here]”

Check again if you have released the resistance. If yes, move on. If not, go back and redo the relevant exercise from Week 1, 2 and / or 3, including the Allowing step.

- Are each of my **Money Containers** expanded enough to hold my new Energetic [Max / Min / Hourly Rate]?

I am ready to release any and all resistance stopping my Money Containers from being able to hold my new Energetic [Max / Min / Hourly Rate].

I am ready to allow my Money Containers to expand to hold my new Energetic [Max / Min / Hourly Rate] with ease.

- Are each of my **Money Streams & Paths** expanded enough to hold my new Energetic [Max / Min / Hourly Rate]?

I am ready to release any and all resistance stopping my Money Streams & Paths from being able to hold my new Energetic [Max / Min / Hourly Rate].

I am ready to allow my Money Streams & Paths to expand to hold my new Energetic [Max / Min / Hourly Rate] with ease.

- Is there **any gap** between my current reality and my new Energetic [Max / Min / Hourly Rate]?

I am ready to release any and all resistance creating a gap between my current reality and my new Energetic [Max / Min / Hourly Rate], and the gap itself.

I am ready to allow my current reality to expand to my new Energetic [Max / Min / Hourly Rate].

ENERGETIC MAX GAME

For some people, playing a game with money can really empower them.

- If this is you, then see if you can increase your Energetic Numbers in line with the Game Numbers below!
- Track your current new numbers each time you raise your Money Vibration.
- If you get off track, release resistance again and see if you can align to the new number.
- Don't make it mean anything... have fun with it and see what happens!
- Add your own currency symbols

	GAME ENERGETIC MAXIMUM		MY ENERGETIC MAXIMUM	
	Monthly	Yearly	Monthly	Yearly
MONTH 3	2.1k	25k		
MONTH 6	4.1k	50k		
MONTH 9	6.2k	75k		
MONTH 12	8.3k	100k		
MONTH 15	10.4k	125k		
MONTH 18	10.4k	125k		
MONTH 21	10.4k	125k		
MONTH 24	10.4k	125k		
MONTH 27	20.8k	250k		
MONTH 30	20.8k	250k		
MONTH 33	20.8k	250k		
MONTH 36	20.8k	250k		