

REBECCAJPAGE.COM

RAISING YOUR MONEY VIBRATION

MONEY ZONE CLUB
Unleash your inner Millionaire

MONTH 3

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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: Money is the root of all evil?	I am ready to release the belief: Money is the root of all evil	I am ready to align to and allow the belief: Abundance supports the well-being and happiness of all.
<input type="checkbox"/> Do I believe: I'm not good with money?	I am ready to release the belief: I'm not good with money	I am ready to align to and allow the belief: I am skilled and confident in managing my finances.
<input type="checkbox"/> Do I believe: Rich people are greedy or dishonest?	I am ready to release the belief: Rich people are greedy or dishonest	I am ready to align to and allow the belief: There are good, wonderful, generous and honest people in all walks of life.
<input type="checkbox"/> Do I believe: I'll never be wealthy?	I am ready to release the belief: I'll never be wealthy	I am ready to align to and allow the belief: I am on my path to abundant wealth.
<input type="checkbox"/> Do I believe: You have to work extremely hard to make money?	I am ready to release the belief: You have to work extremely hard to make money	I am ready to align to and allow the belief: Earning money can be easy and joyful.

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: Money doesn't grow on trees?

I am ready to release the belief: Money doesn't grow on trees

I am ready to align to and allow the belief: Resources flow to me in abundance.

Do I believe: I don't deserve to be rich?

I am ready to release the belief: I don't deserve to be rich

I am ready to align to and allow the belief: I am deserving of wealth and prosperity.

Do I believe: There's not enough money to go around?

I am ready to release the belief: There's not enough money to go around

I am ready to align to and allow the belief: There is more than enough abundance for everyone.

Do I believe: Having a lot of money will change me for the worse?

I am ready to release the belief: Having a lot of money will change me for the worse

I am ready to align to and allow the belief: Wealth enhances my positive impact on the world.

Do I believe: It's selfish to want a lot of money?

I am ready to release the belief: It's selfish to want a lot of money

I am ready to align to and allow the belief: Desiring abundance allows me to offer more to the world.

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: Money can't buy happiness?	I am ready to release the belief: Money can't buy happiness	I am ready to align to and allow the belief: Happiness and wealth complement each other in my life.
<input type="checkbox"/> Do I believe: I must save every penny, or I'll end up broke?	I am ready to release the belief: I must save every penny, or I'll end up broke	I am ready to align to and allow the belief: Saving is a joyful practice that enhances my financial freedom.
<input type="checkbox"/> Do I believe: I'm just not lucky with money?	I am ready to release the belief: I'm just not lucky with money	I am ready to align to and allow the belief: I attract luck and prosperity easily.
<input type="checkbox"/> Do I believe: My family has never been rich?	I am ready to release the belief: My family has never been rich	I am ready to align to and allow the belief: Generational wealth starts with me.
<input type="checkbox"/> Do I believe: Wealthy people are not spiritual?	I am ready to release the belief: Wealthy people are not spiritual	I am ready to align to and allow the belief: My spiritual growth and wealth are harmoniously aligned.

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

Do I believe: If I become wealthy, my friends will be jealous?

I am ready to release the belief: If I become wealthy, my friends will be jealous

I am ready to align to and allow the belief: My wealth is a source of joy and harmony in my relationships.

Do I believe: If I get more money, I might lose it?

I am ready to release the belief: If I get more money, I might lose it

I am ready to align to and allow the belief: Abundance flows to me, increasing my wealth sustainably.

Do I believe: It's hard to make money?

I am ready to release the belief: It's hard to make money

I am ready to align to and allow the belief: Creating wealth is an effortless and rewarding process.

Do I believe: I have to hold on tightly to what I have?

I am ready to release the belief: I have to hold on tightly to what I have

I am ready to align to and allow the belief: I generously share my wealth, knowing more is always coming.

Do I believe: Money is a limited resource?

I am ready to release the belief: Money is a limited resource

I am ready to align to and allow the belief: The universe is abundant, and so am I.

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		