

Financial Sovereignty

Own Your Money Power

Section 7: Use Nature's Rhythms to Boost Your Conscious Wealth Creation



Practical “Money Goddess” daily system for financial clarity and focus.

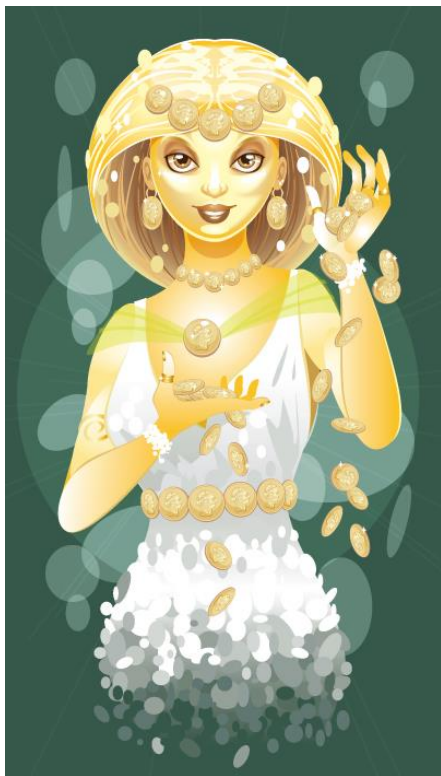
5 Minute Daily Tracking All Income and Expenses

Planning Your Purpose for the Money

Be rhythmic

How do I need to improve in this area?

Turn up your “Money Set Point” and start consciously creating wealth.



1) Make Clear Decisions. Decide how much money you want to make and by when.

How do I need to be clearer about what I truly choose to generate, save, and invest, and instead of going on default with how much I “think” I can create?

2) Make Money a Priority and Focus on Income

If you want to create more money you have to make it a priority!
Energy flows where attention goes.

Do I make generating income enough of a priority?

“And not to worry, making money a priority won’t turn you into a greedy person. What it WILL do is support you in creating the spiritual and financial richness you’ve been longing for.”

- Kendall Summerhawk

3) Give Yourself Full Permission to be Financially Successful

Have I given myself full permission to be financially successful?

4) Release Perfectionism

Imperfect action beats perfect inaction every time!

Where have you been stopping yourself financially because you are not perfect?

5) Ground each day in GRATITUDE!

In what ways do I need to focus more fully in gratitude each day?

6) Make Your Buying Decisions not from fear of spending -- make them from a clear place of Power of Choice

Watch this carefully because fear is tricky and it can hide beneath the surface.

Also, clearly decide if you want something or not. If you do, then stop saying you can't afford something and find a way to create it.

Insights:

7) Consistently ask yourself what would a woman standing in her "Money Goddess Power" do? What would you attempt to do if you knew you could not fail?



8) Honor the Art of Practice: Be supportive of yourself as you practice standing in your feminine financial power. You wouldn't try to become a professional ballet dancer with one lesson.

In what ways do you need to practice your money dancing skills?

9) Deepen the Ways You Honor and Value Your Assets, Skills, and Talents

In what ways do I need to more fully honor and value my assets, skills, and talents?

10) Anytime you want business or financial clarity, do it the Divine Feminine way and spend time in silence, in nature, and/or dancing. Rest, honor your body, rejuvenate, take good care of yourself.

Do I need more self-care and time in nature?



“Once you commit to change, everything in your life that does not work about money will arise. Your old patterns will try to make their last claim on you. Stay committed to your transformation, it occurs in layers.

Changing your relationship to money is a big step. Many people never get conscious around money. Fear gets in their way and keeps them stuck. Getting conscious is hard work, but it is the only path to having the money life you really want.

You have chosen to take a leap of faith. Faith in your ability to create your own future. Faith that you can look at what you don't want to see and choose again. Faith that you know how to take care of yourself. Faith that you are enough.

For money isn't just money. It may represent how you keep score, how you measure your self-esteem, or how secure you feel. By becoming more conscious and choosing your future, you create a new money foundation”

*- Mackey Miriam McNeill, *The Intersection of Joy and Money**

Step-by-step how to apply the rhythms of Nature to your personal, professional, and business financial creation.

- 1) Use a creation journal. See <http://lisa-michaels.com/video> for complete instructions on how to utilize creation journaling.
- 2) Actively align and utilize the New Moon each month for the most powerful energetic boosts to rhythmically feed your creations.
- 3) Re-energize every full moon and Wheel of the Year point.

Natural Rhythms



From the book - *Natural Rhythms: Connect the Creatonal Dance of Your Life to the Pulse of the Universe* by Lisa Michaels
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My Core Program Insights

