



Module 3

STEP 5: RECOGNIZE AND REFRAME

“Miracles bear witness to the truth. They are convincing because they arise from conviction.” -A Course in Miracles

Once you have done the exercises in steps 1-4, you will have removed much of the emotional baggage around these false beliefs. You will also have begun to let go of them and reprogram your mind to embrace your value and worth. This will make this next step much easier.

1. Pick a false belief that came up in your work last week. It doesn't have to be a heavy one. It can be something like: "I don't deserve to have what I want, because..." Write it below or in your Journal.

2. Then pray: *“I humbly ask for a miracle. Please, help me to see things differently. I am willing to see differently.”*

3. Ask yourself, is this true? If not, what is the truth? Let the answer pour out on the page.

STEP 6: THINK AND BELIEVE THE NEW THOUGHT

“I am now writing into my subconscious mind the idea of Love’s Wealth.”

“I know that God-Goddess is the Source of my supply. I know that God-Goddess is the Life Principle within me and I know that I am alive, and all my needs are met in every moment of time and in every point of space. God-Goddess’s wealth flows freely, joyously and ceaselessly into my experience and I give thanks for God/Goddess’s riches forever circulating in my experience. God-Goddess is my instant supply, meeting all of my needs right now.”

“I am born to succeed. I am born to create miracles. The infinite wisdom within me cannot fail. Divine law and order govern my life. Divine peace fills my soul. Divine Love saturates my mind. Infinite intelligence guides me in all ways. Divine Creator’s riches flow to me freely, joyously, endlessly, and ceaselessly. I am moving forward in all ways, spiritually, financially, physically, mentally and emotionally.”

“I know these truths are sinking into my subconscious mind and I know and believe they will grow. Divine Source is my supply. I am infinitely guided in all ways. The Goddess always opens a new door.”

You can also support yourself with short simple affirmations that you can recite throughout the day whenever you think about it. What to supercharge your practice? Do these on a mala! Here are some examples:

- I am worthy of receiving every desire in my heart.
- I am here to do sacred work, and that work is always supported.
- The Universe is conspiring to manifest my desires always.
- I am ready for the next step.
- I know that I am always supported.

- I am worthy of my every desire.
- I know I am being guided.
- I was made for miracles.
- I create miracles every day.
- There is always more coming in than going out.
- I deserve all the health, wealth and abundance the world has to offer.
- I am enough.
- Making money comes easy to me.
- My divine right partner is with me now.
- I deserve love.
- This is my time.
- I joyfully receive money into my life.
- I love money and money loves me.
- I always have more than I need.
- My work is of high service and worthy of massive compensation.
- I am offering my gifts to the world and being generously rewarded.