

Beyond Affirmations— Achieving Money Mastery

By
Barbara Wilson

“It is impossible to solve a problem at the same level of consciousness that created it.” —Albert Einstein

Anyone actively involved with their personal growth knows, at least intellectually, that our thoughts determine our choices—as much as we might resist acknowledging this truth. But are you aware that our subconscious programming can block our healing and forward movement if we aren't working with our beliefs to change our feelings? According to the fundamental spiritual *Law of Attraction*, that to which we give our attention is what manifests. And since studies show that most people cannot go fifteen seconds without thinking about money, it is evident that we need help in practicing the *Law of Attraction*. What is your internal dialogue around money? Worry? Fret? Discouragement? Despair? Have you done forty days of affirmation mantras expecting to see a shift in your finances, only to hit the wall of hopelessness yet once again? You're not alone.

Affirmations are a good practice. But the fact is, unless we *feel* the passion for what we're affirming, the words don't penetrate. Why? *Because they can't.* We reach our feelings by *believing* in what we're saying. Our beliefs are controlled by the subconscious mind. Many of those beliefs were formed early on—even before birth—and are deeply embedded. Only through belief change can shift occur. Affirmations without belief change and action are what Maria Nemeth, Ph.D., calls “metafizzling” in her book *The Energy of Money*. She also says, “We bring all of our doubts and fears, hopes and expectations with us every time we deal with money. How you do money is how you do life.”

Einstein succinctly and aptly captured the essence of consciousness in his quote above. Since consciousness is ‘the mind or mental faculties as characterized by our collective thought, feelings and volition’ (Random House Unabridged Dictionary, Second Edition), the only way to move from where we are to where we want to be, out of fear and into faith, is to shift our beliefs and thoughts, beginning with our being willing to do it. According to Lynn Grabhorn in *The Excuse Me Your Life is Waiting Playbook*, problems give us our identity and the belief creates the problem.

So, how does one become a conscious conduit for the flow of money and embody ease in the dance with finances? In her workshop, *Money and Your Life*, Betty Smith says you need two basic things:

1. A belief system to support what you desire in life
2. Technical money skills

In polling her students over the years, she has discovered that the three primary endowments people most want from money are: *Power, Freedom and Security*. Smith begins by working with belief systems because, without the shift in the subconscious, the technical skills won't be learned and applied. Her work with the Power of Beliefs and The Law of Attraction is the beginning of the shift to prosperity consciousness. Beliefs are to the subconscious as programs are to a computer. If you have a large-capacity, high-powered hard drive, but limited and inadequate software, the system cannot perform to its potential. The inferiority of the programs can greatly compromise the overall success. The same is true of people. We cannot function without beliefs. It is part of being human. The quality of our beliefs determines the quality of our lives. Smith's work with her clients in developing the "mental equivalent" that will implement beliefs accepted by our subconscious, heals past wounds and opens us to accepting, appreciating and loving ourselves unconditionally.

A simple practice that can be done individually to raise awareness and clarify intention about our personal beliefs around abundance is the Observation and Awareness Exercise.

Step One

- Sit in a relaxed position and breathe deeply.
- Now close your eyes and allow each part of your body to release tension. Feel the support of the chair beneath you.
- Notice the intervening thoughts. Observe the pattern.
- Do these thoughts support your stated desires?

Step Two

- Understand and accept, without judgment, that at a very early age you accepted messages which became embedded in your subconscious as truths, creating beliefs and negative mind chatter that sabotage your unlimited prosperity.

Step Three

- Consider your options. Lay all possibilities on your mental table.
- *Play* with them. (Note: fear and playfulness cannot co-exist).
- Choose the option that most supports what you desire.

- Focus your energy on what you do want, creating positive dialogue and clear intention.
- Take action!

Betty Smith, *Results Coaching*, employs her diverse techniques and skills in ushering individuals and couples to the **RESULTS** they are seeking. Through muscle testing and re-posturing, Betty reaches the subconscious mind where beliefs are stored and re-programs the operational convictions, shifting people in remarkable new directions. Betty also teaches a workshop called *Money and Your Life*, which moves people from mere awareness into constructive action with their money issues. Time permitting, she offers a complimentary session to give people an experience of the dynamics of profound change. She can be reached at **707-575-7726** or at **bsetnow@sonic.net**.