SPIRITUAL PSYCHOLOGY AND MONEY

“The real purpose of money is to assist us in fulfilling our dreams.”
◆ Ron and Mary Hulnick

“Our life always expresses the result of our dominant thoughts.”
◆ Soren Kierkegaard

“Life is like a fine restaurant. You always get what you order.”
◆ Ron and Mary Hulnick

1. Briefly and honestly identify at least five limiting messages you received about money as you were growing up. What were the “rules” you learned (through what was said or done by your parents and others) about money/wealth and what you “can” or “can’t” have?

Example: “There is never enough money. It took every cent my dad made to pay the bills.”

1) ________________________________

2) ________________________________

3) ________________________________

4) ________________________________

5) ________________________________

2. Utilizing your list of limiting messages, reformulate each of them into a positive perspective that will better serve you.

Example: “I can gracefully meet all my expenses, pay myself 10% or more first, and use a portion of my income to support good works of my choice.”

1) ________________________________

2) ________________________________

3) ________________________________

4) ________________________________

5) ________________________________
3. Take each of the positive perspectives you have reformulated and turn them into positive statements or affirmations, beginning with “I am … .”

Example: “I am easily meeting all my expenses, joyfully building wealth by saving 10% or more each month and supporting good works!”

1) __________________________________________________________________________

2) __________________________________________________________________________

3) __________________________________________________________________________

4) __________________________________________________________________________

5) __________________________________________________________________________

4. List any actions you could take, if you choose, to bring these statements into your current reality.

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5. Identify and write down five statements of what you’re most Grateful for in your life.

Example: “I’m Grateful for my family and the Love and support we share.”

1) __________________________________________________________________________

2) __________________________________________________________________________

3) __________________________________________________________________________

4) __________________________________________________________________________

5) __________________________________________________________________________

“A good gardener does not only cultivate flowers — he cultivates soil.
The thoughts which you are always sending out compose the soil of your life.
If you are constantly projecting thoughts of lack, you will have barren soil.
If you project thoughts of prosperity, your soil will be rich in the humus of success,
and it is that soil in which your Seed Money grows best.”

◆ Jon Speller