

MBB Wealth Multiplier: Tapping into Abundance

BRAD: Just close your eyes, take a deep breath, and just allow yourself to get grounded. Allow yourself to become focused and present to where you're at right now, right at this moment. And recognizing that there is an abundance out there for all of us, and the extent to which we're not experiencing it, is the extent to which we're resisting it. And recognizing that there are certain beliefs or thoughts that you're holding onto that are giving some reason as to why an abundance of money is not okay at this point – and recognizing that the only reason for that is because some part of your subconscious mind has decided that that's what's safe. And allow yourself to appreciate the efforts of your subconscious mind to keep you safe and, at the same time, recognizing that those old beliefs are out of date and are no longer necessary, and it *is* all right to let them go. It is safe to let them go. It is safe to experience abundance. So allowing those thoughts and beliefs to come to the surface – those “yeah – but” whenever you think about having a lot of money – those thoughts about not deserving, not being worthy, not being good enough, not being smart enough – whatever it is – or the fears about what other people would think about you or say about you, or how people would look down upon you for having a lot of money – or the fear that money might turn you away from your good works – that money would make you less spiritual, which just isn't true. And allowing yourself to become aware of any thought along those lines, any thought that might tell you that it's not okay for you to have a lot of money. And allow yourself to come back to the call, and tell me what's going on.

MAN: As a young child, I decided that I saw money – lack of – made mommy cry, so I decided that money causes problems. I don't want anything to do with it.

BRAD: Yeah.

MAN: I've got that floating around in me.

BRAD: Okay.

WOMAN: I have the fear that what I have accumulated, we might lose somehow.

BRAD: Um hmmm.

WOMAN: Funny thing is I feel like I have to fight for whatever money I want. Like I can just walk into a store and just – oh, okay, this is the price tag, and I'll just pay for it. But when it comes to me receiving money, I have to like fight and kind of take it to the Supreme Court.

BRAD: Okay.

WOMAN: I have a strange thing going on here. I just got home from work, and I work for tips. I have all my cash sitting in front of me, which is very bizarre, and yet as I'm looking at it, I feel like it was a fluke that I made any money – like it was just luck – it had nothing to do with me deserving it or any skill that I have – even though it's kind of like nice to have it all sitting here in big piles – like it's just coincidence because of the timing of this call.

BRAD: Right. *Of course* it's just a coincidence. There are no such things as coincidences – just for your information – at least that's my own belief.

WOMAN: And what word do you use in place of that that lay people would understand?

BRAD: Synchronicity.

WOMAN: Okay, so divine synchronicity has me here with my money.

BRAD: Yep. We'll have to launch into our first round of tapping with some things that people have come up with. So, I'm just going to throw it out there, and round and round it goes, and where it stops nobody knows.

(Side of the Hand) Even though money just causes a lot of trouble,
I deeply and completely love and accept myself.
Even though money just causes a lot of trouble,
I deeply and completely love and forgive myself,

Even though money just causes a *lot* of trouble,
There are so many problems involved,
It is so hard to get it,
I have to fight for every penny,
It's a struggle to get it,
And when I do get it,
I'm amazed,
It doesn't seem like it's easy,
It's hard to get,
And surprising when I do get it,
And once I've gotten it,
There're more problems,
I'm sure I'm going to lose it,
Someone's going to take it away,
Someone's going to want it,
People are going to be bugging me,
Wanting my money,
Friends,
Relatives,
The Government,
There's going to be someone wanting my money,
It was so hard to get it in the first place,
And now it's a struggle to hang onto it,
No matter how you look at it,
Money is problematic,
And there's a part of me,
That understandably,
Doesn't want problems,
And if it doesn't want problems,
And money is problems,
Then there's a big part of me,
That doesn't want money,
That doesn't want to have anything to do with it,
I don't want the problem of making it,
I don't want the problem of keeping it,
I don't want to have anything to do with money,
And I can see evidence in my life,
That this kind of thing is going on,
However,
It's not necessarily so,
The belief that money is hard to get,
Is just a belief,
The belief that I'm going to lose it,
Is just a belief,
There are plenty of people out there,
For whom getting money is easy,
And they seem to be able to hang onto it just fine,
And they are no better than I am,
And no more worthy than I am,
So I choose to have it be easy,
And there may be some challenges with money,
There're challenges with everything,
There're challenges with teeth,
I have to brush them and floss them every night,
I don't look at that and say,
"Teeth are too problematic, I might as well lose them,"
There're some things in life,
That require a little bit of effort,
The idea that that makes it a problem,

Is just a belief,
And I'm letting go of that now,
Even though I think money is a problem,
I deeply and completely,
Love and forgive and accept myself,
And anyone else,
Who has contributed to this belief,

(Eyebrow Point) Money is problematic,
(Side of the Eye) Money is problematic,
(Under the Eye) Money is so problematic,
(Under the Nose) Money causes so many problems,
(Under the Mouth) It may not be true,
(CollarBone Point) That money is the root of all evil,
(Under the Breast) However,
(Under the Arm) The way my life has been going,
(Top of Head) I might as well say,

(EB) That money is the root of all problems,
(SE) Money is the root of all my problems,
(UE) It's a problem getting it,
(UN) It's a problem keeping it,
(UM) So many money problems,
(CB) It's so hard to get,
(UB) It's so hard to get,
(UA) I have to fight for every penny,
(TH) It doesn't just flow to me,

(EB) It certainly doesn't just flow to me,
(SE) I have to go looking for it,
(UE) I have to fight for every bit of it,
(UN) I'm not sure it's worth the effort,
(UM) I don't have that much,
(CB) And what I have,
(UB) Was so hard to get,
(UA) When I think of having a lot of money,
(TH) That seems like a lot of work,

(EB) A lot of money,
(SE) Equals a lot of work,
(UE) All this work,
(UN) All this work,
(UM) All this work,
(CB) It'll be such hard work,
(UB) I don't want to work that hard!
(UA) I don't want to work that hard!
(TH) I really don't want to work that hard!

(EB) I'd rather *think* about having a lot of money,
(SE) It's easy to think about,
(UE) It's easy to fantasize about
(UN) Fantasy money isn't a problem,
(UM) I can imagine it being there,
(CB) Without a lot of effort,
(UB) And since it's just imaginary,
(UA) No one can take it,
(TH) They can't put a tax on imaginary money,

(EB) At least not yet,

(SE) They might figure out a way to do that,
(UE) But for the time being,
(UN) I can pretend I'm a millionaire,
(UM) And never pay taxes,
(CB) So imaginary money is not problematic,
(UB) So I'm settling for that,
(UA) And avoiding the real money,
(TH) That people will want to take,

(EB) All those people with their hand out,
(SE) All those freeloaders in my family,
(UE) The moment I get money,
(UN) All my long-lost relatives,
(UM) Will be knocking on my door,
(CB) "You know, I was just thinking about you,
(UB) And regretting that we haven't seen more of each other,
(UA) And I'm a little behind in the rent – could you help me out?"
(TH) You know what they say,

(EB) "Where there's a will,
(SE) There's a relative,"
(UE) All these people showing up,
(UN) I just don't want to see them,
(UM) So the most effective way to keep them away,
(CB) Is to not give them a lure,
(UB) They'd be lured by my money,
(UA) They're kept away by my lack of it,
(TH) They're kept away by my lack of money,

(EB) So my lack of money is serving me,
(SE) It's keeping away the problems,
(UE) My life is so problem-free,
(UN) With this lack of money,
(UM) I don't have to worry about the struggle of making it,
(CB) I don't have to worry about the struggle of keeping it,
(UB) This fear of losing my money,
(UA) This fear of losing whatever money I get,
(TH) This fear of losing whatever money I get,

(EB) This fear of losing my money,
(SE) It's so hard to hold onto,
(UE) Even if I got it,
(UN) It wouldn't be mine for long,
(UM) It would end up in someone else's hands.
(CB) And given how hard it was to get,
(UB) That just isn't fair,
(UA) It's just not fair,
(TH) I work so hard for my money,

(EB) And someone takes it away,
(SE) I'd rather just not have any,
(UE) And while that sounds ridiculous,
(UN) There's a part of me,
(UM) That thinks that way,
(CB) And is controlling my finances,
(UB) It's keeping me safely away from money,
(UA) Part of me is keeping me safely away from money,
(TH) This belief that money causes problems,

(EB) This belief that money causes problems,
(SE) All these fears of money problems,
(UE) All these fears of money problems,
(UN) All these fears of money problems,
(UM) The truth is,
(CB) I don't really have money problems,
(UB) Any so-called money problems,
(UA) Are just symptoms,
(TH) Of something deeper,

(EB) Some deeper fear,
(SE) A fear that I'm inadequate,
(UE) A fear that I'm undeserving,
(UN) A fear that I'm not good enough,
(UM) Because if I'm smart enough,
(CB) I'll know how to make money,
(UB) If I'm smart enough,
(UA) I'll know how to keep it,
(TH) If my personality was strong enough,

(EB) I could handle the relatives showing up,
(SE) If I had enough money coming in,
(UE) Paying taxes wouldn't be a problem,
(UN) I could pay them whatever they asked,
(UM) And still have far more than I have now,
(CB) I could still have plenty,
(UB) I could make so much money,
(UA) That I could give away to everyone who wanted some,
(TH) And still have everything I want,

(EB) There are people who live that way,
(SE) But I don't see myself that way,
(UE) I don't think I'm that good,
(UN) I don't think I'm that deserving,
(UM) All these money problems,
(CB) They're just delusions,
(UB) They're just simple excuses,
(UA) It's easy to see them,
(TH) So that's what I believe is going on,

(EB) I have this belief,
(SE) That money is hard to get,
(UE) But there're plenty of people out there,
(UN) Who are proving that wrong,
(UM) I think that money is hard to hold onto,
(CB) But there're people who aren't having a problem with that,
(UB) Bill Gates doesn't seem worried about his relatives,
(UA) And the truth is,
(TH) I could do my relatives a big favor,

(EB) Not by giving them money,
(SE) But by showing them how to attract it,
(UE) Then they wouldn't need to hit me up for money,
(UN) I could show them,
(UM) That they don't have money problems either,
(CB) All these so-called money problems,
(UB) All these so-called money problems,
(UA) They're just symptoms,
(TH) Of my low self-esteem,

(EB) All this low self-esteem,
(SE) All this low self-esteem,
(UE) All this low self-esteem,
(UN) All this low self-esteem,
(UM) What was I told,
(CB) When I was a child,
(UB) That made me believe,
(UA) That I wasn't good enough,
(TH) Particularly in the area of money?

(EB) I'm not good enough for money,
(SE) I'm not good enough for money to be easy,
(UE) Who said it?
(UN) When did they say it?
(UM) What did they say?
(CB) Why do I believe them?
(UB) Were they that smart?
(UA) Were they that successful?
(TH) Were they that scholarly?

(EB) Were they such a genius?
(SE) Whatever I was told,
(UE) When I was younger,
(UN) That suggested,
(UM) That I wasn't good enough,
(CB) And that I wasn't good enough to have money,
(UB) Is crap,
(UA) The person who said it,
(TH) Had low self-esteem,

(EB) They had been told lies,
(SE) And they believed *their* lies,
(UE) And they knew no other way,
(UN) Than to pass it on,
(UM) Which is why the world is suffering,
(CB) There're a lot of people out there,
(UB) Suffering at the hands,
(UA) Of a lot of misinformation,
(TH) There're people being killed out there,

(EB) Because of misinformation,
(SE) I could consider myself lucky,
(UE) That at least I'm not dying because of it,
(UN) But I am losing out,
(UM) Because the truth is,
(CB) There's unlimited abundance,
(UB) It belongs to all of us,
(UA) Including me,
(TH) And I'm not allowing myself,

(EB) My fair share,
(SE) Because of someone's misinformation,
(UE) That kind of pisses me off,
(UN) All this anger,
(UM) How dare they say that to me,
(CB) How dare someone mis-teach me,
(UB) How dare someone lower my self-esteem,
(UA) How dare someone tell me I'm not good enough,

(TH) It is so wrong,

(EB) It was so wrong,

(SE) All this anger,

(UE) All this anger,

(UN) Bringing it up,

(UM) And clearing it out,

(CB) Clearing this anger out,

(UB) I've held it for so long,

(UA) And I wasn't even aware of it sometimes,

(TH) Because I didn't even deserve to be angry,

(EB) I didn't know it was misinformation,

(SE) I thought it was the truth about me,

(UE) I believed it was the truth about me,

(UN) I forgive them,

(UM) Because they were doing the best they could,

(CB) Based on what they believed,

(UB) They had been hurt themselves,

(UA) They had been hurt themselves,

(TH) They didn't know any better,

(EB) And I'm angry at myself,

(SE) For spending so many years,

(UE) Believing these lies about myself,

(UN) I'm so mad at myself,

(UM) For doubting my self-worth,

(CB) All this doubt about my self-worth,

(UB) All this doubt about my self-worth,

(UA) All this doubt about my self-worth,

(TH) I choose to forgive myself,

(EB) Because I didn't know any better,

(SE) I've been doing the best I can,

(UE) I've been doing the best I can,

(UN) And now that I know the truth,

(UM) That I am, in fact,

(CB) A magnificent child of God,

(UB) Worthy and deserving of great abundance,

(UA) And plenty smart enough,

(TH) Plenty good enough,

(EB) I choose to forgive myself,

(SE) I can do much better now,

(UE) I can look at money,

(UN) And see that there's no real problem there,

(UM) There may be challenges,

(CB) There may be some effort necessary,

(UB) I have the same issue with my teeth,

(UA) I want to keep my teeth,

(TH) That's why I floss them,

(EB) I take care of what I want,

(SE) Everything I have,

(UE) Requires some effort,

(UN) To maintain it,

(UM) Why is it,

(CB) That when I look at the effort necessary for money,

(UB) I see that as a problem?

(UA) That's based on my old beliefs,
(TH) Now that I know that I'm worthy and deserving of great abundance,

(EB) And that I'm good enough to have it,
(SE) I can look at money,
(UE) And recognize the possibility,
(UN) That there's no real problem,
(UM) There's no problem with money,
(CB) Especially when there's no problem with me,
(UB) And I'm doing just fine,
(UA) And getting better every day,
(TH) Every day,

(EB) In every way,
(SE) I'm getting better and better,
(UE) I'm getting smarter and smarter,
(UN) Up till now,
(UM) I've only allowed myself,
(CB) To be just so smart,
(UB) I wouldn't allow myself,
(UA) To be smarter,
(TH) Than what I believed myself to be,

(EB) I've held myself in a cage,
(SE) With imaginary walls,
(UE) Those walls are gone now,
(UN) There's no telling,
(UM) What my true potential is,
(CB) My potential for being smart,
(UB) My potential for making money,
(UA) My potential for allowing an abundance of all good things,
(TH) I'm pretty fantastic,

(EB) I'm pretty darn smart,
(SE) Chances are,
(UE) I'm a heck of a lot smarter than I even know,
(UN) I'm looking forward to finding out,
(UM) I'm looking forward to the future,
(CB) Because I'm allowing so much more good,
(UB) Because I know I deserve so much more good,
(UA) And I'm even allowing it to be easy,
(TH) Joyfully and gratefully allowing an ever-greater abundance of health, wealth and happiness.

And take a deep breath!

BRAD: Take another deep breath. Just close your eyes, and just sort of check in with yourself, and just see where you can feel if and how and where things are shifted. And just share with me what thoughts or comments or questions – things that came up. Yeah, I have this poster someplace that's, "Why not me?" And it has this list of things – "Today, someone's going to wake up and someone's going to serve them breakfast in bed – why not me?" There are just a whole list of things like that – "Today someone's going to drive to work in a luxury car – why not me?"

WOMAN: Does it have negative things too, or just the positive?

BRAD: No, just – it's just all positives.

WOMAN: Okay. Because I immediately am thinking, "Today somebody's going to be in a car accident – thank goodness it's not me." Like – take it in the other direction.

WOMAN: It's such a pleasant feeling going through this experience and to feel that I'm moving forward in my abundance thinking – but I felt so wonderful as I was going through the experience.

BRAD: Good.

WOMAN: One of the things for me that's kind of surfacing – not just today, but has lasted awhile – is that I'm more aware of other people's fears that I'm fighting with. And almost kind of frustrated with having to – “Okay, I've cleared my stuff, now I've got to clear their stuff,” – or attract people around me that don't have the same stuff. It's like, okay, aside from me fighting my fears or my limited thinking or whatever it is, I've now got to deal with the fears and concerns of others around me. It's like, “Oh, we can't – this is a no.” It's kind of like, “We can't afford that,” – no, no, no, I can afford this – we've just got to get your thinking aside.

BRAD: Yeah.

WOMAN: That kind of energy of taking it beyond myself.

BRAD: Um hmm. And, you know, life is a mirror. So if it's going on outside of us, then to some extent, it's still going on inside of us. When we clear it up inside, it won't show up outside of us. So there's always – you know, it's just a recognition of, “Okay, there's still more stuff for me to clean up inside.”

WOMAN: But it feels more removed – like I'm aware of that, but at least now – I feel like it's now...

BRAD: Yeah, well, and – yeah, and it's definitely – you know, it means that it's getting more and more cleaned up inside, that it doesn't feel so immediate. So it's now – you know – when we see it – you know.....

WOMAN: It's also two things – as much as – I'm also getting – like in talking to people, they say, “Oh, you'll be able to handle that. Oh, you can find a way of doing that.” And not just – like there's about five or six people that say, “Oh, you'll find a way to just resolve that issue.”

BRAD: Um hmm.

WOMAN: And there's one person saying, “Are you sure you can – you know – handle this?”

BRAD: Um hmm.

WOMAN: So I'm conscious that overall – when I – kind of – if I do a scorecard of all the different people that are saying things, overall, the scorecard is saying, “Some where there's a way.”

BRAD: Yeah, the mirror image is becoming much more positive.

WOMAN: Right.

BRAD: Yep. Yeah – that's a great sign of forward movement.

WOMAN: And we just need the reality to show up.

BRAD: You know – and then it's also recognizing that the reality is showing up, and it's – there's a patience thing. You know – we can sometimes get on ourselves and go, “It's not showing up fast enough.” And unfortunately, that then becomes a blocking energy. And – what was it I heard? – I think it was Wayne Dyer once said, “Infinite patience brings immediate results.”

WOMAN: However, isn't what you're doing with us showing us how to create our own reality?

BRAD: Um hmm. Yeah. It's – yeah – we are – I mean – we are creating our own reality. We are always creating our reality. We create our reality out of what we think and believe. So, we're clearing out the old beliefs that have been controlling us, so that we're now free to create whatever we want. It's the freedom to create – or rather – the freedom to create consciously. Deliberate creation is what Abraham Hicks would call it. So, we would like to be able to deliberately create our circumstances, but for most of us, we operate on defaults. And that's out of the limiting beliefs that we have of “I'm not good enough,” or “I can't have this,” or “This will never

work.” So, we’re clearing that out so that now it’s like – the thought just came to mind – imagine if you’re – if – the analogy that just came to my mind is imagine if you’re driving your car and somehow it got stuck – the steering wheel got stuck turning right. Let’s say you’re making a right-hand turn and then suddenly the steering wheel got jammed, or something like that. Then your car could only go to the right. So, that’s kind of how we operate. And so it’s figuring out – what we’re doing with the tapping is finding out, “Okay, what’s going on with the steering wheel?” – and correcting that so that, once again, you’re free to steer.

WOMAN: Okay.

BRAD: How’s that for an analogy?

WOMAN: Perfect.

BRAD: I don’t know where I get this stuff!

WOMAN: Just because the right-hand turn worked once doesn’t mean the right-hand turn is always going to work.

BRAD: Right. Exactly. Yeah. You know – there are some places where it works and – but for the most part – you know – if we want to be moving forward down the road of life, being stuck turning right is – you know – and there’s generally some belief that it’s like, “You don’t want to go down the road! Turn off now! Let’s go to the right! Turn off now!” And that’s a part of us that’s based on some old programming that says it’s not safe. It’s like, “Yeah, but you know what? It is safe. It is fine to move down the road. That’s what I’m here for. That’s what I came to this life for.” So – it’s like going up on the cliff tops in Yosemite. There’s an internal voice going, “This isn’t safe.” And it’s like, “Yeah, but this is what I – I choose to be up here and see this kind of stuff. I don’t want to live a sheltered life and miss out on life.” Other thoughts or comments or things that were triggered by that?

MAN: Well, I got a little sharing thing. Our name – human beings – human means – hu and man means animal and angel. We’re a combination. And the being is being whatever they choose – we choose. That’s what our name means.

BRAD: How interesting. The Cherokees or one of the Indian nations – their name meant the human beings.

WOMAN: All the – all the – well – yeah – all the tribes – their basic names for themselves means “the people.”

BRAD: The people – yeah – yeah, actually I think I just read something like that in the history of Yosemite. It had the name for the Native Americans – what they called themselves – it meant “the people” or “human beings” or something like that. Side of the hand – we’re going to do a quick little round here:

(Side of the Hand) Even though I’m afraid this good feeling won’t last,
I deeply and completely love and accept myself,
Even though I’m afraid this good feeling won’t last,
I deeply and completely love and forgive myself,
Even though I’m afraid this good feeling won’t last,
A lot got cleared in that round,
There are a number of shifts,
I feel lighter,
I feel better,
I feel good!
And I’m so afraid,
That it’s going to wear off quickly,
And maybe it didn’t do anything at all,
Maybe it hasn’t created any change in my life,
It just gave me a temporary high,
And it *is* true,
That other feelings will show up,
That it is likely,
That I won’t feel this magnificent,
Every single moment,

Of every single day,
Because other challenges will come up,
Because that's part of life,
But I have the option,
To get upset about that,
Or to look at it,
And say,
"Hmmm,
Isn't that interesting,
I still have some issues,"
Good thing I've got tools,
And it's also true,
That the shifts that have taken place,
Have taken place,
The shift that happens,
Happens for good,
There maybe stuff to shift still,
But I'm feeling good right now,
And I'm moving up from this place,
And even though I'm afraid this won't last,
I deeply and completely,
Love and forgive and accept myself,
And anyone else,
Who might contribute to this fear,

(Eyebrow Point) This fear that it won't last,
(Side of the Eye) This fear that it won't last,
(Under the Eye) This fear that it won't last,
(Under the Nose) This fear that I won't keep feeling this good,
(Under the Mouth) I feel like a lot got shifted,
(CollarBone Point) I'm feeling pretty darn good,
(Under the Breast) I'd feel even better,
(Under the Arm) Except for this concern,
(Top of Head) That this feeling won't last,

(EB) I'm on a temporary high,
(SE) And I'm going to come down,
(UE) This fear that I'm going to come down,
(UN) And my life won't have changed at all,
(UM) This fear that my life hasn't changed at all,
(CB) This fear that my life hasn't changed at all,
(UB) I choose to know,
(UA) That EFT,
(TH) Always works,

(EB) When it cleans up a stain,
(SE) That stain is gone,
(UE) There may be other stains,
(UN) I choose to recognize,
(UM) That it's not the same stain coming back,
(CB) What's been cleaned up,
(UB) Is cleaned up,
(UA) My psyche is a lot cleaner,
(TH) My energy system is a lot cleaner,

(EB) What's been cleaned up,
(SE) Has been cleaned up for good,
(UE) There may be more work to do,
(UN) I'll find out,

(UM) And if I find out,
(CB) That there's more work to do,
(UB) I choose to find that interesting,
(UA) And know that I have the tools,
(TH) There're a lot of people out there,

(EB) Complaining about their circumstances,
(SE) Because they don't have these tools,
(UE) They don't know that there's a way to feel better,
(UN) And the truth is,
(UM) Feeling good,
(CB) Is what we really want,
(UB) As human beings,
(UA) We want to feel good,
(TH) My desire for money,

(EB) Is hinged on the fact,
(SE) That I believe,
(UE) That a lot of money would make me feel good,
(UN) And that's not necessarily wrong,
(UM) With a lot of money,
(CB) I could buy a lot of luxuries,
(UB) I could do a lot of good work,
(UA) There's a lot of good I could do for myself and others,
(TH) So it's okay for me to want a lot of money,

(EB) It's okay for me to have a lot of money,
(SE) In fact, I choose to allow it,
(UE) And what I really want,
(UN) Is to feel good,
(UM) And I'm grateful that I'm feeling good,
(CB) I choose to give myself this gift,
(UB) On a daily basis,
(UA) I choose to feel good,
(TH) And I know,

(EB) That I have the tools to do so,
(SE) And it doesn't even cost me anything,
(UE) I can tap every day,
(UN) For free,
(UM) I know how to make myself feel better,
(CB) Any time, any place,
(UB) And every time I do so,
(UA) It has lasting benefits,
(TH) It has lasting benefits,

(EB) I'm keeping the good stuff,
(SE) I'm keeping these good feelings,
(UE) And I know,
(UN) That I can recreate them,
(UM) I can allow myself to feel this good,
(CB) And I deserve it,
(UB) I have the power to do so,
(UA) I have the willingness to do so,
(TH) Joyfully and gratefully letting myself feel wonderful.

And take a deep breath!

MAN: I feel much lighter.

BRAD: All right. Let's do a really quick guided imagery. I think we're close to the hour. Close your eyes; take a deep breath and hold it. Let it go. Take another deep breath and hold it. And let it go. And take a third deep breath in and hold it. And let it go. Just keeping your eyes closed and just breathing comfortably now. And imagine that with every breath you take in, you breathe in relaxation and positive energy – maybe imagining a healing light surrounding your body – and with every breath you take in, your lungs comfortably draw in that healing light. It flows in, healing and cleansing any part of your body that needs a little extra care. Clearing out your energy system. Clearing out anything that would keep you from feeling absolutely magnificent. Healing your body, mind and spirit. And allowing relaxation to flow through you and over you – relaxation flowing over the top of your head, down over your neck and your face, down over your shoulders, down your arms, all the way down over your fingertips, down your upper back and lower back. Allowing yourself to remain comfortably in whatever position you're in, and otherwise relaxing, relaxing, relaxing. Allowing that relaxation to wash over your chest and your stomach. And as your torso relaxes, your internal organs comfortably do whatever they need to do to maintain your optimal level of health. Relaxation flowing down over the hips and down through your thighs, over the knees, into the lower legs, and finally down through the ankles and into the feet. And finally, that relaxation flows over your toes as you allow yourself to relax twice as much with each number as I count backwards – five – four – three – two – one – and zero is deep sleep (snap fingers).

Remembering that each and every time you hear me say the words “deep sleep” (snap fingers), with your permission, and only with your permission, you allow yourself to return to this depth or even deeper, quickly, soundly, deeply. And the physical body relaxes, and with that relaxation comes that wonderful sense of calm well-being of both body and mind. Going deeper, deeper, deeper – five – four – three – two – one – and zero is again, deep sleep (snap fingers). And in this calm, comfortable state of relaxation, allowing your mind to take you to some beautiful place in nature – and be moving forward, walking forward – always moving forward. From this moment on, you have one direction in life, and that is forward (snap fingers), forward towards an ever-greater abundance of health, wealth and happiness. And just allowing yourself to have it – allowing yourself to enjoy it – knowing that you deserve it – moving forward and looking around in this beautiful place, and just seeing examples of abundance. Just look around in this beautiful place or imagine abundance however it shows up, recognizing that abundance just is. And it's really quite simple to just see that there is abundance – just recognize the abundance all around. It's right there, and it's all energy. The energy is just there. There is no effort involved. It's not problematic at all. It's just there – and moving forward and recognizing that abundance is there. You are entitled to it. You are worthy and deserving of it. Just allow yourself to know that you are worthy and deserving of an abundance of good things – and recognizing that they are all around. And one of the greatest ways to allow it is to just allow yourself to be grateful for it. Looking around at the abundance that you see, and allowing yourself to feel gratitude washing through every muscle, nerve, fiber, tissue, cell and atom of your being. Just saying thank you for all the abundance that you recognize is easily within your grasp – and recognizing that all abundance is a manifestation of energy, and that all energy is likewise within your reach. And money is another manifestation of energy, and you are likewise worthy and deserving of it. And allowing yourself more and more as you move forward to leave old ideas about that in the past – all these limiting beliefs about money – leaving them in the past and moving forward – recognizing that money is yet another form of energy and that you are worthy and deserving of energy. Just allowing more and more of it into your life. And going even deeper now – five – four – three – two – one – and zero is deep sleep (snap fingers).

In a moment, I'm going to count you back out from zero up to five. Five will be wide awake, alert, focused, and energetic, powerfully moving forward toward that ever greater abundance of health, wealth and happiness. Tonight when you choose to go to sleep, don't be surprised when you fall asleep quickly, soundly, deeply, and sleep very well for the night. In fact, don't be surprised when you find yourself sleeping better and better each night. And during the night you'll dream. And the more you dream, the stronger you'll become, because your dreams are clearing out old beliefs – clearing out old injuries – healing past pain and hurts – refreshing you and rejuvenating you. And I would ask your subconscious mind to allow at least one of your dreams tonight to be a very healing dream, healing some past limiting belief about money – some past injury – some comment, perhaps, or some incident from the past that may have damaged your self-esteem – that may have misinformed you about how magnificent you really are. Allowing that to be completely healed and cleared out, so that in the morning at the time you've chosen to wake up, you wake up easily, feeling refreshed, energetic, more and more free to deliberately create the life that you want – knowing that you are, in fact, always creating your life – and now having the freedom – having more and more freedom each and every day to create the life exactly the way you want it. And now we go back down to zero, which is always deep sleep (snap fingers), allowing your mind, body and spirit to digest all these positive thoughts and images, and taking them in at a very deep level, so that these positive changes occur easily, effortlessly and naturally. Coming up to one – feeling physically relaxed –

breathing in relaxation and positive energy with every breath you take. Coming up to two - feeling emotionally calm and confident. Three – health, well-being, enthusiasm, love, joy and gratitude flowing through every muscle, nerve, fiber, tissue, cell and atom of your being. Four – becoming more and more alert and aware of your surroundings. And five is eyes open, wide-awake. One – two – three – four – five – eyes open – wide, wide-awake. One – two – three – four – five – eyes open – wide, wide-awake.

MAN: Feeling fine and better than before!

BRAD: Any final thoughts, comments or questions?

WOMAN: Thank you.

BRAD: My pleasure. Thank you.