

MBB Wealth Multiplier #1: The Limiting Beliefs Healer (Part 1)

JOE: Alright – Joe Vitale reporting in. We’re doing two teleseminars. This is the first one. We’ll be doing another one on Friday. What we’re here to do is to find and release the beliefs that keep us from having the prosperity that we want. Most of the people that are on this call have read my book, “The Attractor Factor” and they all know about Step 3, which is about getting clear. And what I have found is when we get clear we tend to almost instantly manifest the things that we want. What is usually going on when we don’t pull in the things that we are going after, whether it’s money or a new car or anything else, is that we’ve got our own internal struggles going on. We’ve got these beliefs that get in the way and we end up self sabotaging ourselves. So, I wanted to focus on money, because I – like everybody else – want more. Even though I have a tremendous level of success, and I actually have my second BMW in the driveway right now. I picked it up just a few days ago, so I have two BMW’s now after listening to the last series on how to attract a new car. For those who don’t know, it’s at www.attractanewcar.com. We went through that four part teleseminar and the people are attracting new cars. Somebody earlier said that they got a flat tire and that enabled them to get a new car. I don’t know the story behind that one. It sounds pretty intriguing to me. But the whole point here is that we want to release the beliefs that are in the way of us having anything; whether it’s a new car, new health, relationships, whatever it happens to be. Tonight’s call and the one next Friday are focused on money. I love the title “Money Beyond Belief.” This is something I’ve been wanting to write about for some time, because it has kind of a double meaning. I mean there’s everything from thinking that money beyond belief means that you have more money than you can imagine. It also means that once you get beyond your belief you can have money. As I started to say, I want more, just like everybody else, and as I get more wealth, I find that not only is my life enriched, but so are the lives of others. I’m able to contribute to causes I believe in, I’m able to make donations to cancer research, or to animal rescue places. What I’m trying to say is, the more money that comes in, the more that it helps you, the more that it helps your family, the more that it helps friends, the more that it helps the planet. But it’s all a matter of getting past the belief that stops us from having money to begin with. We all seem to have some sort of invisible feeling that’s coming from inside of ourselves. So, we end up attracting to ourselves what we permit to be in our lives. I’m not an expert on getting clear. I am smart enough to know that when I need help, I reach out to somebody that knows about getting clear more than me. What I’ve been doing – I did it on the Attract a New Car call – is I go to Brad Yates, who is standing in the wings. I’ll bring him on stage here in a second. Brad Yates is at www.brad Yates.net. Brad is a wonderful guy, a wonderful friend; he is an EFT (Emotional Freedom Techniques) expert. I’ll have him explain EFT in a moment. I’ve known about EFT for year, way back when it was called Thought Filled Therapy, and originated by Roger Callahan. It’s evolved, it’s become much more fine- tuned, much more refined, and much more effective. Brad is one of the foremost practitioners of it. So, Brad, let me say welcome and you want to introduce yourself or say a little bit more about you and your skills.

BRAD: No, I’m just going to bask in that introduction for awhile.

JOE: I like it – bask in that introduction. Well, you just take your time. I'll sit here quietly.

BRAD: My self-esteem is just flying right now.

JOE: Now, haven't you written something? You have a book on EFT or on abundance, what is it that you have at the site?

BRAD: The book on my site is called "The Key to Success." The key being that what we think about, we become, and it introduces EFT and teaches how to do the process for clearing the blocks, which is what these two teleseminars are going to be all about.

JOE: Alright. Well, I'm pretty much going to turn this over to you and I'll just be around, and I'm going to participate just like everybody else. For those of you who have read my book "The Attractor Factor", you probably remember reading a line in there when I semi-jokingly said I wanted to be the world's first trillionaire, and here I am working on myself to get to that level, because as we keep going up, at least for me, I continue to have to do the clearing process to allow more to come into my life. So, Brad I want you to take me by the hand, I want you to take the people that are listening by the hand, and I want you to help us all get money beyond belief.

BRAD: And I am darn glad to help. If you have not been to the site that Joe sent out in the email that describes how to do the EFT process, I'll take you through that in just a moment, before we start actually doing the tapping. So, the idea of course, as Joe was saying, I'm limiting beliefs block us. When we talk about money beyond belief, it's like what is the money beyond our limiting beliefs about it? What we're going to do in the two separate teleseminars is today we are going to work on limiting beliefs about money in particular. Things like money is bad, people who have money are bad, those kinds of negative associations we have about money, because as long as we have negative associations to money, money is not going to want to show up around us. We want to be able to attract it with positive energy about money. On Friday, in the second teleseminar, we are going to talk about the main beliefs about ourselves in terms of money: I'm not good enough, I'm not smart enough, I don't work hard enough – things like that. We are going to clear all of those ideas out, because we might think "gee, money is just great, I'm just not good enough for it." So that will be the second part of this that we will do on Friday. So, the idea of EFT is based on acupuncture. For thousands of years in Chinese medicine, we've talked about a flow of energy that runs through the body along the meridians and in acupuncture when the body is unwell it's because this energy flow is disrupted, and acupuncture is to stick needles in certain points in order to stimulate the meridians and get the energy flowing again, to get it balanced, and then wellness happens. Roger Callahan, who Joe just mentioned, was a psychologist working on phobias, and he had learned a little bit about acupressure and was working with a woman with a lifelong phobia of water. In an attempt to relieve the stomach cramps that were associated with this fear, he was tapping on the meridian point right under her eye, which is the stomach meridian point, and her fear of water disappeared instantly. He thought this was very interesting and started trying this with other clients and found that with

different issues, he needed to tap different points. Within a year, he put himself out of business, because all of clients were cured of their issues, just by tapping on different parts of their body. He had a lot of complicated algorithms for different issues and a gentleman by the name of Gary Craig came along who was trained as an engineer and started doing this work and found if you tapped certain key points along the body in a certain order, that seemed to clear up almost all of the issues, and made the process that much more simple. That is the process that we now know as EFT, and that's the process I'll be taking you through.

Limiting beliefs are just beliefs. All these ideas that we have about money, there's no truth to them. The only truth that I believe is that there is limitless abundance in the universe. You can see examples of it through all kinds of things. You can walk out and see a tree and see an abundance of leaves. You can see an abundance of blades of grass. There is limitless abundance, but for some reason, there doesn't seem to be an abundance of money in our lives. Money is just energy like anything else. So it's these beliefs that we've learned over time. Now what happens is, we want to be right, and we want to be safe. Our subconscious mind is designed to keep us safe. Whenever we get into a situation that doesn't seem safe, our subconscious will disrupt the energy system and we will feel uncomfortable and we will experience it as an emotion. If you're a sales person, and you go to make a sales call you might get nervous. Your heart might start pounding, and that's your subconscious mind saying, "Remember when you were three years old and you got rejected when you wanted to go to somebody's party. Don't do that again. Don't get rejected. Stop now." We have these beliefs that we're not good enough or that we don't deserve something. If we tap on these certain meridian points, we clear our energy so that we are now free to do whatever we want. In terms of the attractor factor, we are now clear and free to attract the money that we want. We can relieve the negative associations that we have to money, the negative beliefs we have about it and about ourselves in terms of it.

So, let me jump right into the process – unless I'm leaving anything out. What do you think Joe? Is that clear?

JOE: You're doing fantastic. In fact, you just gave one of the best explanations of this whole process that I've ever heard, and I mean that sincerely because I've been reading all of the books, I go all the way back to Roger Callahan. I actually worked with him and his daughter at one point, and what you just explained was clearer and more articulate than anything I've come across in years. So, I'd say you're right on track and you are – no pun intended – right on the money!

BRAD: This man is so good for my ego.

JOE: Are you basking again?

BRAD: I'm basking.

JOE: I have to stop giving you compliments because they throw you off track. I'll save them all until after the call, and I'll call you up and we can just spend time having you bask. Anyway, you're doing great. I'm all set for this. I'm going to mute myself so I can be doing the tapping myself, as well as everybody else as you guide us through this.

BRAD: Ok. Great. So, EFT, how does it work? What do we do? What is this funny little technique that some of you have already seen on the page that Joe sent out describing EFT, with a picture of Michelangelo's David. There are key points along the body that we are going to be tapping on with our fingers. Generally you tap with two fingers, and I'm going to go through those points right now just to begin with. The first point that we are going to tap is at the beginning of the eyebrow, right where the eyebrow starts, next to the nose. If you have a unibrow – it's to either side of the nose. The next point is right at the corner of the eye, you can feel right there on the edge of the eye socket. Go ahead and tap these points as we're going through them just so you get a sense of where these points are. The next point is right under the nose, between the nose and upper lip. The next point is on the chin; it's right there in the crease between the lower lip and the chin. The next point is the collarbone. Now, the easiest way to do this is to feel your collarbones and see where they come together and there's a little U-shape right there where they come together. The best way to do this is either with an open hand, or with a fist, tap right over that U-shape so that you're tapping both ends of the collarbones. This is not an exact science; there is percussion, so you're going to get the area, but if you can be right over both ends of the collarbones, that is what's most effective. The collarbone point is a very effective point for most people. The next point is going to be under the arm; this is about four inches down from the armpit. I like to use all four fingers to tap this point. That's right about bra-strap level for you gentlemen. The last point we're going to tap is right on the top of the head and if you are wearing a beanie cap or a yarmulke, that's where the point is. I use all five fingers and I tap around in a circle in that area. So those are the points we're going to be tapping, and I'll tell you which point to be tapping as we go through the process.

What we want to do to begin with is we come up with a set up phrase. The set up phrase is generally the belief that is holding us back, or the fear. We haven't come up with a comprehensive list of what EFT can clear, though we're having a hard time finding what it can't clear. It clears all kinds of emotions. Pretty much any negative emotion is also cleared; also physical issues. I used it to help people clear headaches and migraines, and backaches. Very often emotional issues and physical issues will come together. I can be tapping with someone for a stiff shoulder, and they'll say, "You know what, the sadness I had about something that happened recently is gone too," or vice versa.

Like I said, today we will be talking about negative beliefs about money. The set up phrase will start out with "even though I have this belief...I deeply and completely love and accept myself." Because the idea is, we want to accept ourselves to make a statement of acceptance whether we believe it or not at that point, to accept ourselves in spite of having this limiting belief. Because we have what's called psychological reversal, which is our self sabotage mechanism. Every issue that you have, every problem that you have, you have because your subconscious mind thinks it is serving you. It may not make

logical sense, but every issue that you have, particularly around money, if you're having money issues, it's because part of you does not feel safe having more money. Part of you is being very meticulous about keeping you safe from having too much money. A lot of people talk about the financial thermostat, and whatever your financial thermostat is set to, you know, at a certain point, if you get above that amount of money, it's going to kick in and cool you down. If you're not having quite that much money, it's going to kick in and bring your income up again, but you're going to be stuck pretty much at that level, because that's where your subconscious mind thinks you're safe. What you do is clear out those beliefs that say you're only safe at that level, so you now have the freedom to attract as much money as you want. We'll go through and clear that out to set up, we'll actually be tapping on the karate chop point, which is right there on the side of your hand, if you were going to karate chop somebody, right there on the knife edge of your hand, below the pinky. That's the first place that we'll be tapping. When I do EFT, I do a little bit differently than a lot of people. You're going to be tapping along that side there, and I'll be making a number of statements. That's where I sort of gather my themes for the round, and then we'll start going around the points. As I said, I will tell you which points to tap. So, I'll say eyebrow point, this belief about money, side of the eye, this belief about money. You don't need to say the name of the point, but I do want you to say out loud the words that I'm saying. The more emphatically you say them, the more effect they seem to have. Because what we want to do is bring up the emotions around these issues so that our energy system is disrupted. If there's any disruption around that belief, we want to bring that up so that by tapping, we clear that out, so you no longer have that physical reaction; that uncomfortable feeling around that belief. Here's the good news – a lot of times I'm going to be saying negative statements and a lot of people are very much into affirmations and they'll say, "Whoa, wait a minute – why are you having me say things like I don't believe I can have money? That's not an affirmation, that's a negation." It's only going to have an affect if you believe it. If you already have this belief, then that feeling will come up and by tapping on it, you will clear it. As long as you are tapping on our energy system we are clearing that out, because our higher self knows that that's not true. The higher self will always bring us to the positive, and I will always end up putting in positive beliefs. I always want you to feel good at the end of this. It's like if you have a stain on the kitchen floor, you don't go get the mop and say, "I don't want to look at that stain, I'll go over mop the part that's clean, and I'll just avoid that part of the kitchen." Because it's going to control your life, and the more stains you get until finally you're just confined to one small part of the kitchen. We need to go where the issues are. We need to clean up those issues and that's why I'll be saying negative things, because we want to bring that up in the energy system and then we clear it out to the point where it just seems ridiculous. I was working with a client this morning and some comment that her father had made years and years and years ago that was still causing her all kinds of emotional grief. She said at the end, "It just seems silly now." That's what we're going for, to become clear that these limiting beliefs about money are really just kind of silly, because we deserve an abundance of all good things. So let's jump right into it. And I'm going to start off with one my favorite statements that is often misquoted, the idea that money is the root of all evil. The real statement is "the love of money is the root of all evil." And when I first said that to somebody in a teleclass, a woman started crying because she had never heard the true/full statement. A

lot of us have been raised with beliefs like this, from supposedly caring elders, and clergy, and all kinds of people like that who have tried to keep us safe from money because money is the root of all evil. So, we're going to clear that out. So go ahead and make that statement out loud – Money is the root of all evil, and just see if there's an emotional reaction to that and rate that emotional reaction on a scale of 0 to 10. Also notice if there's any physical reaction. If you notice a discomfort in any part of your body; sometimes it's the shoulders or the chest or stomach. I often get a lot of stuff in the solar plexus. Sometimes it will bring up a headache or a desire to cry. Just notice if there's a physical sensation that comes up around that belief. I'm going to launch into this, so just follow along because we never know where it's going to go. I totally am guided in this work so I'm never quite sure where we're going to land.

(Side of the Hand) Even though money is the root of all evil,
I deeply and completely love and accept myself,
Even though money is the root of all evil,
I deeply and completely love and forgive myself,
Even though money is the root of all evil,
That's what I was told,
That's what I have heard
And at some point, I started to believe that,
Which is why I don't have much,
Because I don't want evil in my life,
And if I don't want evil,
And money is the root of all evil,
I sure don't want any of that,
But it's also true,
That the real line says,
That the love of money is the root of all evil,
And I don't need to love it,
I just choose to love,
What money can bring me,
Money is just a channel,
It's a symbol of energy,
And I can have as much energy as I like,
And since it's just energy,
How could it possibly be,
The root of evil,
So I choose to let go of that old belief,
I choose to remove it completely from my life,
I recognize that there's nothing evil about money,
It is a means to an end,
A wonderful end,
All the good things I desire,
All the positive things that I need,
I want to need these things,
So I might as well allow money,

And I might as well feel good about it,
So, even though I believed that money was the root of all evil,
I deeply and completely love and forgive and accept myself,
And anyone else,
Whoever gave me this belief,
They were told a lie, just like I was,
(Eye Brow Point) This belief that money is the root of all evil,
(Side of the Eye) Money is the root of all evil,
(Under the Eye) Money is the root of all evil,
(Under the Nose) Money is the root of all evil,
(Under the Mouth) Money is the root of all evil,
(Collarbone Point) Money is the root of all evil,
(Under the Arm) Now that I say it,
(Top of the Head) And I tap while I say it,
(EB) It sounds kind of silly,
(SE) How could money be the root of all evil?
(UE) Especially when I see the good it can do?
(UN) There are a lot of philanthropists,
(UM) There are a lot of people,
(CB) Doing a log of good,
(UA) With a lot of money,
(TH) So do I now believe,
(EB) That money is the rood of all good?
(SE) I don't need to do that,
(UE) Good is at the root of all good,
(UN) Here's the root of all evil,
(UM) Money is just a form of energy,
(CB) Money is just a middleman,
(UA) It's not the root of anything,
(UA) It has no attachment,
(TH) Money can serve people doing evil,
(EB) Money can serve people doing good,
(SE) So money won't make me evil,
(UE) If I'm a good person,
(UN) Money will do good in my hands,
(UM) If I'm an evil person,
(CB) Money's not going to make me any worse,
(UA) But if I were evil,
(TH) I wouldn't be on this call in the first place
(EB) I wouldn't have been attracted to it,
(SE) I'm a good person,
(UE) I deserve money,
(UN) Money would be good in my hands,
(UM) I can do good things with money,
(CB) I choose to release,
(UA) My negative associations to money,

(TH) And as I think about it,
(EB) I'm kind of angry,
(UE) At anyone, who gave you this negative association to money,
(UN) Who told me that money was evil,
(UM) How dare they do that to me?
(CB) They've robbed me,
(UA) But only because they were robbed themselves,
(TH) They were robbed before me,
(EB) I feel sorry for them,
(SE) I choose to forgive them,
(UE) I choose to forgive them.
(UN) I don't need,
(UM) To spend anymore time,
(CB) On this old belief,
(UA) Release me completely,
(TH) Money is not the root of evil,
(EB) Money is not a good or bad,
(SE) What it can be used for is,
(UE) And what I want to use it for,
(UN) Is wonderful,
(UM) For me,
(CB) Money is a means to wonderful things,
(UA) Money is the means to wonderful things,
(TH) Which gives me a wonderful feeling about money,
(EB) I have a wonderful feeling about money,
(SE) I release my old beliefs,
(UE) And any discomfort I had around them,
(UN) Any negativity I had about that,
(UM) Any fear I had about having money,
(CB) I'm releasing that old fear,
(UA) I'm allowing myself to feel good,
(TH) Joyfully and gratefully allowing money,
Take A Deep Breath!

And go ahead and check in with yourself and if there was any negative association you had to money before, if you had any feeling or discomfort coming up around the idea that money was the root of all evil, go ahead and see how that feels.

So, once again for those of you who got on the call after I made this announcement, you can hear some of the voices, but you don't hear your voice, that's just because it makes it easier for me when doing this work to hear other voices coming back, however, as long as you're saying the words out loud and you're tapping the points, you're getting just as much benefit at the people who you hear. They're not getting anything more out of this; everyone is getting the same clearing that's taking place. I also want to make a comment. For some people as we go through the tapping, it might bring up some more negative emotions, and you might feel triggered by that. That sometimes happens when we clear

something, EFT often is like peeling layers of an onion. So we might clear what seems to be a tolerable fear, and once we've cleared that, something worse is underneath. It doesn't often happen, because usually when we do the clearing we just tend to feel better and better and better, but sometimes something ugly comes up. Please keep tapping, it will be cleared.

JOE: I just wanted to say that was great. Is it true that because we're doing this as a group, and there's people calling from everywhere from New Zealand and Australia, and Switzerland, and all over the country, that we are adding to the power of this? I think I'm kind of probing for a metaphysical, quantum physics area here, but I can't help but feel that there's a mastermind that's going on in this very moment. So that even though you may be guiding us to be tapping, and the people listening hear four or five people speaking out loud, but we're all doing it at the same time on the planet as a group. Is there more power to what we're doing at this moment?

BRAD: Absolutely. That's a wonderful point, Joe. And folks, while I'm talking, just keep the tapping going. You can be tapping different points, or just be tapping the collarbone point. It's just good to keep the clearing going while we're on the call. Absolutely, we are all energy. We are all connected. We are all one. That's not just a new age kind of lovey dovey concept anymore. It's quantum physics. It's quantum physics that we are all connected to the energy. Any disruption that we have in our bodies is a disruption in the entire energy field. And as we're clearing, we are clearing all energy. The work that we're doing right now – you know, I want to thank you all for being on the call, because the clearing that you're doing right now benefits everyone. And because the collective unconscious, yes, the things that come in through me are coming from everyone's consciousness. That's why often when I'm working people say, "how do you come up with the words? Those are exactly the words going through my head." It just channels through. So, there may have been something that I said that you thought, "wow, how did he know to say that?" or "that was right on the money." It's nothing that I'm doing. I'm just being open to what's coming through from all of you. We are all doing this together.

JOE: Let me ask you a question that could be on – I'm trying to mind read the folks that are on this call. So, this question may be on other people's minds. Right now I feel slightly spacey, and I noticed that in the past when I've done EFT with you or others, or by myself, I've had that feeling. So, for people that are feeling that right now, what's going on? What do you think is happening or what is happening?

BRAD: There are a couple of things that could be happening. A lot of times people will get very spaced, or they'll get very tired, and what my sense is on that, is that very often that is a part of our mind – as I've said, all of the beliefs that we have are designed because the subconscious mind wants to protect us. So, when we go in there and we start messing with our comfort zone, there's a part of us that wants to shut down. It says, "Wait a minute, run away, run away! Don't come in here. Don't go messing with the comfort zone. This has been working for us for years." It will try to shut us down. So, what I would say at that point is to keep tapping, because there's something there when

you feel the most resistance, and that's what that is. To the extent at which we're not experiencing abundance in any area of our lives, is the extent to which we are resisting it, because part of us thinks it's safe to resist it. A checking out feeling, a spacey feeling, a tired feeling is very often resistance. It's a desire to move away from the clearing that is just about to happen.

JOE: I think it's partly that, and also - I'm going to check with you and see if this is true – that I also have seen that there's a spaciness that happens when there's a clearing because you've reprogrammed yourself and for a little bit, it's all new to you. You've released a belief and probably taken on a new belief and for a little bit there, it's like putting on new clothes. You're a different person and that's slightly disorienting at first.

BRAD: Yeah, I think there is a period of adjustment. Like getting a new pair of shoes, and it feels kind of funny walking in them the first couple times, or when you've gotten new brakes or a clutch in your car, you know it's new and improved, but there's an adjustment period.

JOE: Well, that's good, because I have a new car and there's an adjustment period to it.

BRAD: Very much with a new car, is you're getting used to the new feeling...

JOE: Yeah. And in this case, the car is smarter than me, so I feel a little bit unnecessary.

BRAD: And it's a beauty. Joe sent me a picture of it the other day.

JOE: There's a picture of it at the top of www.attractanewcar.com, if anybody gets curious, but I don't want to swing this in a different direction. I just wanted to ask a couple questions, and you just keep going.

BRAD: Absolutely. The questions that are coming up are you channeling the questions from the group too, so I want everybody to be clear. Another belief about money is often around the people that have it. We have a lot of beliefs about, and Randy Gage talks about this a lot, where the media gives all these negative images. Talk about Gilligan's Island and how the Howls were these awful people. It seems like in the media, the people who have the most money, are the ones that we dislike the most. They're the most awful people, the most greedy people. We'll often look at that as, "oh well, it's just entertainment, ha ha ha, it's very funny." But, as Randy says, it very definitely sends a message to our unconscious mind that rich people are bad, or greedy, or evil. Therefore, the subconscious mind, which is designed to protect us, says "well, I don't want to be rich. I don't want to be evil, or greedy, therefore, I should also not be rich. I don't want to have that association in my life." So, there's another thing to be cleared, another eliminating belief. So, if you all please join me again, tapping on the side of the hand,

(Side of hand) Even though I think rich people are bad,
I deeply and completely love and accept myself,

Even though I think rich people are bad,
I deeply and completely love and forgive myself,
Even though I think rich people are bad,
I've seen it on the news,
I've seen it on TV,
I've seen it in movies,
The media has made it very clear,
Rich people are bad,
They're greedy,
They're evil,
They're mean,
And part of my mind,
Has decided,
That money made them that way,
Or that that's how they got their money,
It's the only way to get money,
So, either money is the root of evil,
Or evil is the only way to get money,
Either way, I don't want any part of it,
I don't want to have evil in my life,
I don't want to be rich,
I don't want to be rich,
And have people looking for my downfall,
And have people hoping for my comeuppance
Who needs that kind of stress?
Better to have a lack of money,
That's what part of me has been saying,
I choose now to listen to the same part of me,
That knows that money is just money,
And people that are mean,
Were mean before they got money,
And there's plenty of rich people,
Who are perfectly wonderful,
So the money's got nothing to do with it,
And as long as that's true,
I might as well be rich,
And even though I've had this idea,
That rich people were evil,
I deeply and completely love, and forgive, and accept myself,
And I'm even willing,
To forgive those people,
Who I've perceived as evil rich people,
(EyeBrow Point) Rich people are bad,
(Side of the Eye) Rich people are bad,
(Under the Eye) Rich people are bad,
(Under the Nose) Rich people are bad,

(Under the Mouth) I've seen that in so many shows,
(CollarBone Point) Whenever I watch those shows,
(Under the Arm) I can't wait to see the rich person get it,
(Top of the Head) I want to see them brought down,
(EB) I have such a sense of satisfaction when that happens,
(SE) I love seeing the rich person get it,
(UE) And that comes from my lack of mentality,
(UN) A part of me is afraid,
(UM) That if I were rich,
(CB) People would want to see me get it,
(UA) They'd want to see me be hurt,
(TH) It always excites me,
(EB) To hear,
(SE) When Donald Trump goes bankrupt again,
(UE) It serves him right,
(UN) And if I had money,
(UM) If I had his kind of money,
(CB) Maybe I'm afraid,
(UA) That it would serve me right,
(TH) Much better to be on the poverty side,
(EB) Hoping for the downfall of the rich person,
(SE) Than to be rich,
(UE) And have other people praying for my downfall,
(UN) I'm so caught up in the media,
(UM) I'm so hypnotized,
(CB) I've fallen for this line so many times,
(UA) I have such a strong association,
(TH) Between rich people and evil,
(EB) It's also true,
(SE) That I can look in the media,
(UE) And see many examples,
(UN) Of rich people,
(UM) Who are really good,
(CB) And are doing really wonderful things,
(UA) And being wonderful benefactors,
(TH) Being wonderful philanthropists,
(EB) I'm not hoping for their downfall,
(SE) Why not?
(UE) They're rich,
(UN) Doesn't that automatically make them bad,
(UM) Oh no,
(CB) There's something wrong with my thinking,
(UA) I'm allowing some people to be rich,
(TH) I'm saying it's ok for some people to be rich,

(EB) As long as they're good people,

(SE) Wait a minute,
(UE) I'm a good person,
(UN) So if I had more money,
(UM) I'd be a good rich person,
(CB) I could be good,
(UA) And rich,
(TH) I could be good and rich,
(EB) I could be good and rich,
(SE) It doesn't have to be,
(UE) That rich people are bad,
(UN) That's just a plot line,
(UM) Of some writer,
(CB) Who has poverty consciousness,
(UA) It may be true,
(TH) There are people who are rich,
(EB) Who are not very nice people at all,
(SE) The truth is,
(UE) There are a lot of very poor people,
(UN) Who are not very nice at all,
(UM) But I can't hope for their downfall,
(CB) That would just be mean,
(UA) It's nice to know,
(TH) That I'm not mean,
(EB) So I could be good and rich,
(SE) And as I acknowledge,
(UE) That there are good rich people,
(UN) And mean poor people,
(UM) Then I must realize,
(CB) Money has nothing to do with it,
(UA) It just gets them into the media,
(TH) Which brings them to my attention,
(EB) I'm watching too much TV,
(SE) I can watch movies,
(UE) I like Titanic,
(UN) It shows the rich people are evil,
(UM) And that poor people are happy,
(CB) It's just a storyline,
(UA) It's not necessarily true,
(TH) This idea,
(EB) That rich people are bad,
(SE) Has no truth to it,
(UE) It makes me angry,
(UN) At all those writers,
(UM) And all those other people,
(CB) Who have created this image,
(UA) Because they robbed me,

(TH) They may not realize it,
(EB) But they have created these negative associations,
(SE) So that I've robbed myself of riches,
(UE) So as not to be bad,
(UN) And now I have to realize,
(UM) That it's all rubbish,
(CB) That I could have been good and rich all these years,
(UA) I'm kind of angry at myself,
(TH) Having fallen for that,
(EB) For being hypnotized,
(SE) I'm breaking the chain now,
(UE) Money has nothing to do with whether someone is good or bad,
(UN) I am a good person,
(UM) I can be good and rich,
(CB) And the truth is,
(UA) If people are going to have money,
(TH) It better be the good people,
(EB) I owe it to the world,
(SE) To be as rich as I can,
(UE) So I can do good things with my money,
(UN) For myself and others,
(UM) And I can be a positive role model,
(CB) For the next generation,
(UA) Who can look at me and say,
(TH) What a wonderful example,
(EB) Rich people are so wonderful,
(SE) I choose to be that role model,
(UE) I choose to teach the world,
(UN) That rich people are wonderful,
(UM) That rich people can do wonderful things,
(CB) I am free to be rich,
(UA) It is safe for me to be rich,
(TH) Joyfully and gratefully allowing myself to be rich,
Take A Deep Breath!

Just close your eyes and take a deep breath and just check in with yourself and see what comes up.