
Money & YouTM Access to Cash

Wealth is Having Access to Cash, Resources, Networks,
Investments, Experts, Knowledge, Wisdom & Support!



Dame DC Cordova

CEO / Owner Excellerated Business Schools® for Entrepreneurs / Money & You® Program
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Money & You® Series

Access to Cash

*Wealth is Having Access to Cash, Resources, Networks,
Investments, Experts, Knowledge, Wisdom, & Support!*

MAGICAL EXERCISES – CHAPTER 7

GIFT FROM DAME DC CORDOVA

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READING the entire e-book will support YOU in having greater success
in the application of these exercises!

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Chapter 7

Magical Exercises

There isn't anything that I am asking you to do in this book series that I haven't done myself! I can't help myself calling these exercises "magical" because they are! If it wasn't for this work, I would not be financially independent, and own a business that I absolutely love, that generates royalties. The freedom is exquisite, and it allows me to be involved in other businesses and support many humanitarian causes.

I have a licensing business model that is based on sound business principles, and working on my self, being disciplined (meditation and other practices) and continually doing the type of clearing exercises that I am introducing you to here. All those practices support me in staying clear so that my "deservability" level keeps expanding and allowing me to receive more wealth to grace my life and support many others.

A little history of where these came from... My first spiritual teacher, Sondra Ray, took me under her wings (yes – plural – she is an Angel ☺) when I was only 27 years old. She was my first teacher of prosperity consciousness. I learned these exercises at her basic *Loving Relationships Training (LRT)* and many of her advanced programs, including retreats in India. I have developed further distinctions through the years, which I will continue to share in this book series.

I got so many extraordinary results from these exercises, that I have not stopped doing them. I continue to recommend them globally and they are now part of my *Money & Me* online and live courses.

Not only they positively affected me but I can tell you for a fact that Robert Kiyosaki, Jack Canfield, Harv Eker of *Millionaire Mind* fame, and many other wealth experts that are household names have done these exercises. They work!

Actually, when I first got the job of being a promoter for the first *Money & You* programs in 1979, my friends that knew that I was doing all these exercises and affirmations, couldn't believe that the program that was launching

my new career was called *Money & You*. It was really uncanny. The fact that I ended up becoming a partner, and later inherited all the Intellectual Property rights to the work, is no accident either!

And let's get to it!

First, I need your commitment that you are willing to look at your programming about money, finances and wealth. Okay? Just commit to yourself that you are willing to release all those old thoughts and beliefs that may be keeping you from the wealth that your heart desires... Commitment is important... and let's see what comes up for you as you do the exercises.

Please get some sheets of paper and it's okay if they are recyclable since you will be discarding the sheets once you are done. This has to be done by hand because you are going to tear up the sheets later. It will be a symbolic tearing of your old consciousness!

This is an experiential exercise – and it would be best done by yourself or with a “buddy” that could be your BFF, spouse – someone who is also committed to the clearing of negative money patterns. It will give you a sense of the power one gets from consciously clearing negative patterns about any subject. It just so happens that we are dealing with money and finances right now. This could be about sales, health, addictions – you name it!

BTW, these are not to replace you attending live programs like *Money & You* since the networking and human touch with a group committed to clearing their consciousness, and learning powerful, proven business tools are extremely powerful and effective. These exercises are not in that program. And this is a great start!

I am going to have you write on the clean sheets of paper YOUR SUBCONSCIOUS THOUGHTS that are being elicited by the questions. This is not true about the people that you are writing about! This is what you perceived and stored in your mind. Don't be afraid to offend the people mentioned. You never have to tell them about this. This is a clearing process that I am encouraging you that once are done, you tear the sheets, and do not keep them. We are releasing them from your subconscious and your energy field!

Now, allow yourself to write as fast as you can without taking the pen off the paper; do this for about 2 to 5 minutes or as long as you need to write.

Don't stop, don't judge, just write!

On the top of the clean sheet of paper write:

“My Mother’s Most Negative Thoughts About Money Are...”

Here's are some examples of possible responses:

We don't have enough money to buy new clothes.

We don't have enough to buy the food.

We don't have enough to buy extra things for the kids.

We don't have enough for going out.

There is never enough money to take a holiday.

There is never enough to take the children out to dinner.

There is never enough to buy the right house.

Just look at those thoughts for a moment before continuing on...

Now on a new page: “My Father’s Most Negative Thoughts About Money are...”

Examples:

I work too hard for my money.

If I don't work hard now, I may die.

Working hard caused me to have three open-heart surgeries.

I can't spend much time at home – I have to keep working. ..

You continue writing until you get no new negative thoughts.

Now that you have practiced, let's go to other areas that are very important – and, remember, no judgement.

The most negative thoughts I learned about money in SCHOOL are...

Then you do separate sheets for the following subjects (be sure to write the initial sentence):

...CHURCH, BUSINESS environments, and any other places that you may have spent considerable time in as a child, including FOSTER HOMES, HOSPITALS, YOUR PARENT'S SHOP/BUSINESS.

Then write:

“The Most Negative Experiences I Have Had Around Money, Investments, Finances and Business are...”

This is one of the most powerful statements. This is when you really start reaching into your subconscious, and hopefully, the unconscious. The clearing can be permanent because you are reaching deep inside of your consciousness. Be courageous. Don't justify. Don't try to defend anyone. These are just thoughts! Some are memories of real experiences, and some are decision or assumptions that you made out of the circumstances that your mind perceived.

You are releasing your past conditioning!

Once you have written all those lists (there should be quite a few pages), let's look for those subconscious thoughts of the most important person: **YOU!**

MY Most Negative Thoughts About Money Are...

Sample:

There is never enough.

Money doesn't grow on trees.

Every time I get money, I have to spend it on something.

I never have enough to spend on advertising, so that I could get more money.

I give it all away when I have it, to people who need it more than I do.

I have to waste all my money on clothes ... to look good.

And you finish this exercise by writing:

THE MOST NEGATIVE THOUGHT I HAVE ABOUT MONEY IS:

That is the most important phrase that you are now going to work with.

As you can see, you are now beginning to have a picture of your money programming and the most negative thoughts that are running your money consciousness.

The next step is transform that last most negative thought you have about yourself to be an empowering affirmation. Mine was that “I have to work hard for money” so I started to say: *“Money and many business opportunities come easily to me, and I prosper from all my business endeavors”*.

Out of that clearing process I started creating leverage in all of my business endeavors. The stories that I could tell you of what happened are short of amazing, including my bringing in US\$80,000 of business on my last year as a court reporter at the age of 28, which allowed me to retire for the first time and go look for my life purpose! (I have retired 3 times!) Less than a year later, I attended the *first Burklyn Business School for Entrepreneurs* which was the start of my new career, and the rest is history.

In earlier chapters I have been speaking of the power of knowing your subconscious (and unconscious) thoughts. These exercises will bring them up to your awareness and you will have an opportunity to transform your thinking to a more empowered mindset. Even if you don't believe this can happen, you will begin to see results! This is very powerful work, so the next thing for you to do is your *money biography!*

Money Biography:

The assignment is to write the story of your life in terms of your relationship to *money*. Begin with another sheet of clean paper. Go back into your earliest memories about money. Write down anything that is related to money. Write down your very first experience around money; things that happened to you around money – good and bad. Write down any memories of shame, guilt, negative thoughts and judgments you heard about *money*. Anything you can remember.

This could be a bit of an emotional memory for some of you, specially if you had a lot of upsets, even violence in your home or business environments around the subject of money. Keep breathing, be courageous, and clear your subconscious of these unnecessary, disempowering thoughts that affect your every moment of your financial (and personal) life!

These questions may help you to get started:

What were your most powerful negative money memories?

When was the first time you understood what money was to the people in your family?

Did your mother or father ever take you to a bank and explain the banking system or were there upsets when you all went to the bank?

When and how did you begin to understand money as a medium of exchange?

When, and how, did you learn about how money works?

When, and how, did you learn that you have to do something in exchange for something else, and how you get paid for that?

When, and why did you start to earn money?

What happened to that money when you got it?

What did your family teach you about the rules of money, and how to become wealthy?

What messages did you get regarding money?

Were you taught that making money was easy?

Was the message: “In order for you to make money, you have to work very hard?”

Write down the story of your entire financial biography so you can begin to see the patterns because bringing them into your conscious awareness will help you have an understanding of your subconscious patterns in relationship to money, wealth, finances (and at times painful memories) are running your financial life. This awareness alone will make a huge difference on how you continue to perceive yourself, money, business, wealth and how you will manage your life in the future.

These processes will allow you to choose empowering thoughts and change the patterns. Until then, your negative patterns will have YOU! Once you are done, I recommend that you tear up the sheets and discard them. Some people like to keep their money biography. It’s up to you. It could be helpful (and powerful) to share it with some key people in your life, and this is entirely up to you.

“For people who are praying to God for more money, I say this: First open your eyes to how much the Universe has already given you. Look from eyes of abundance, not from eyes blinded by a belief in scarcity. Then pray that God will get out some battery cables, clip them to your ears and jump-start your brain so that you can start thinking.”

From Robert Kiyosaki’s first best-selling book *If You Want To Be Rich and Happy, Don’t Go to School?* published by the organization that we were business partners in from 1985 through 1994, the *Excellerated Learning Institute*.

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