



Eliminate your Mind Viruses

Success Now

Jan 26th 2011

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Today's talk

- What is a money mind virus?
- Recognize the impact your money beliefs are having on your life
- Identify what your financial beliefs about money are
- Learn how to use techniques to change the way you think about money, abundance and prosperity
- Setting a framework for The Success Codes

What is a money mind virus?

- A virus is something in biology and in computers
 - there isn't any consciousness involved, no sense of morality or sense of boundaries in a virus;
 - viruses take over your DNA in your cells and thereby render it useless in it's normal usage
- A mind virus is a thought or belief that keeps takes over from normal thought and distorts your understanding of what is really true
- A money mind virus is a mind virus that deals with money, abundance and prosperity
- Mind viruses spread via communication – whether hearing someone say something or reading something
- Once a money mind virus gets into you, you no longer have the ability to know what is really valid or not

Recognize the impact your money beliefs are having on your life

- First – let's recognize what financial category you fall in?
 - Established income for life
 - Working, living paycheck to paycheck
 - Working, but with a lot of bills and /or debt
 - Not working
 - Working, but have lots of money saved and growing investments
 - Sitting on savings and living on investments

Recognize the impact your money beliefs are having on your life

- Your placement in life, your level of income, your level of debt, your level of investments are all reflective of what your beliefs about money, abundance and prosperity are.
- If you are where you want to be in life, regardless of the financial category that you selected, then you've matched your desires with your reality and I congratulate you on becoming congruent.
- If you're not where you want to be in life, you need to
 - change the beliefs and images that hold your reality in place for you
 - Or, you need to recognize that there is something more important to you than changing your financial life

Identify what your financial beliefs about money are

- Write out your beliefs about money, abundance and prosperity
 - Take a survey about your financial beliefs
- See survey in the link provided
 - About 50 beliefs about money, being rich, prosperous or abundant are on the list
 - For each belief, rate how strongly you believe that belief
 - As you are taking the survey, you will most have other thoughts and beliefs come to mind about money, abundance and prosperity. Feel free to add your own

We all have limiting beliefs

- **Do you believe that you**
 - Can do whatever you want right now;
 - Can buy whatever you want right now?
 - Can retire right now
 - Do you believe abundance is everywhere and instantly available to you at anytime or place?
- **Do you believe more money is available to you in every moment as needed, regardless of reason?**
 - If not, you have some limiting beliefs to release.

More questions

- Ask yourself some questions:
 - If I wanted to change the level of money I have in my life, how easy would it be to do that?
 - Do I have confidence I can do that easily or do I only see roadblocks?
 - If you wanted to double your income in the next 2 years, what roadblocks do you see? What would have to change?
 - If you were to be given a large sum of money today, what would you do with it?
 - Many people become uncomfortable with large sums of money and do everything possible to spend it, lose it or give it away – even to their own detriment
 - Lottery winners or people who win lawsuits that have large payouts

Identify your financial beliefs #3

- Write word associations: - write down key words or sentences about each of the topics below
 - money,
 - debt,
 - investments,
 - retirement,
 - saving,
 - working for a living,
 - allowing your money to work for you
 - being financially independent

So what can You do to change your financial beliefs

- Change your beliefs, change your life
 - Beliefs,
 - images,
 - Experiences (reinterpret/change the lens in which you view your past; find the silver lining)
 - Ancestry/generational issues
 - Some beliefs we picked up in the womb, or were passed down to us from our ancestors – family stories and family legacies
 - Recognize the emotions and thoughts you have related to abundance
 - Identity, shame, guilt, compulsion, fears, hopelessness, apathy
 - Programs – automatic responses

9 Techniques you can use to change the way you think about money, abundance and prosperity

- Starting with the most traditional ways
 1. **Education** – take some courses, get certified in something, learn something
 2. **Get a mentor, hire a coach**
 3. **Gain life experience** (learn by doing; take up a hobby that relates to money, abundance, prosperity, create a website; start a side business; volunteer;

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- Now for some non-traditional ways:
- **4. Re-frame how you see your situation**
 - Ask yourself – what is good about your current situation or what you have
 - What does it allow you to do?
 - What does it protect you from?
 - What benefits do you derive from your current situation?
 - What are you grateful for in your current situation?

9 Techniques you can use to change the way you think about money, abundance and prosperity

○ **5. Conduct self-exploration**

- If you could achieve anything what would that be?
 - If you haven't achieved that, what's holding you back?
 - Why don't you think you can change your financial situation?
 - What are you afraid of happening?
 - What are you afraid of not happening?
- ### ○ **6. Look at your past and how you got to be where you are**

9 Techniques you can use to change the way you think about money, abundance and prosperity

○ 7. **Visualize or Draw**

- Where you are today; what you like about it, where there is flow in your life
- Where you want to be, where the flow would come from then, where
- See yourself performing at the highest level in every aspect of your life. See yourself successful and abundant in all areas. Be specific as to what you create in this life of your dreams and desires. It may be as specific as attending a business meeting later that day and seeing the desired results in advance, or it may simply filling out a deposit slip for a specific amount and giving it to the bank teller. Be creative and detailed. Live and breathe each moment and let your whole body experience this as vividly in your mind as possible.

9 Techniques you can use to change the way you think about money, abundance and prosperity

- 8. Journal
 - Keep a journal of your thoughts about money, prosperity, and abundance
 - Write something everyday for about 10-20 minutes
 - Write what you think about these concepts, write about what is changing in your life
 - Write about what you are grateful for each day – perhaps write down 3 -5 items per day that you are grateful for

9 Techniques you can use to change the way you think about money, abundance and prosperity

- **9. Create goals that come from your heart;** create goals that you are in full alignment with
- Set goals that are based upon what is truly important to you – these are goals that are heart-felt
- How to find your heart-felt goals?
- Center yourself in your heart –
 - imagine that the center of your being is in your heart – then ask yourself what is really important to you
- You might find yourself getting emotional or feel very touched or vulnerable when you speak about what is really important to you

Heart Centered Goals

- Center yourself in your heart
- Ask yourself what you truly desire
- Ask yourself why that desire is important and what achieving that desire will provide for you
- Keep asking yourself that question 5 or 6 more times
- Eventually, you'll get to an understanding that you are looking for more love, joy, or peace in your life or a greater sense of connection
- Now ask yourself, how you can achieve that greater sense of peace, love, joy or sense of connection in your life
- Establish goals around this last part

Setting a framework for The Success Codes and establishing your Tru-Luv Goals

- Once you identify your goal and you have congruency
 - Identify what actions you would take to create that in your life
 - Identify what you need to learn
 - Visualize you achieving those goals
 - Identify any blocks or thoughts of such as I can't, if only, I don't know or I don't have...etc and use the Success Codes to eliminate those barriers to success
 - Keep your eye on your goal – keep heading towards that goal – do something daily regarding that goal – whether it's to remind yourself that you have the goal, or to write down a thought about what it would mean to you to achieve that goal or to write down someone to talk with next or to ask a question to
 - Take inspired action – as you receive messages to take action, act on it



- Questions

- Or if there's time, lead the group in a code