

*paradigm*



# ABUNDANT MONEY MINDSET

Move beyond limits and build financial strength

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 Learning Strategies Corporation

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## Learning Strategies Corporation

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# ABUNDANT MONEY MINDSET

## PURPOSE

Move beyond limitations to create a happier, healthier, and wealthier money life. This Paraliminal helps you clear away blocks, fears, and hang-ups you have about money so you can attract and receive more of it.

## BEFORE LISTENING

The limiting stories you hold about money create disorientation that hinders your ability to earn and receive it. This Paraliminal session helps you develop a healthy, positive relationship with money so your choices and habits fully align with an abundant money life.

Before listening to this session, focus your mind on these three stories using a *letting go* or *releasing* process based on The Sedona Method:

- Old stories about money—the limiting beliefs and mindsets you grew up with that made you think the outer world of money controlled your inner world of thoughts and feelings about yourself and what you could or could not do in life. Could you let these limiting ideas go? Would you let them go? When?

- Your current story about money—the competing thoughts, feelings, and behaviors that may prevent you from fully realizing true abundance. Could you let these competing thoughts, feelings, and behaviors go? Would you let them go? When?
- Your new ideal money story—your life with an abundant money mindset. This is how you feel, act, and speak with the freedom your new relationship with money brings. Could you welcome these feelings and new ways of being? Would you welcome these feelings and new ways of being? When?

Imagine your ideal money world as a vivid movie playing in your mind. When you are clear about what you choose to be, to do, to have, and to keep appreciating in your life, listen to this session.

## HOW IT WORKS

This Paraliminal helps you eliminate discomfort you have around money and create a solid foundation from which to recognize your own value and worthiness to receive. You learn how to reframe your past and current ways of thinking to serve you more successfully.

You first acknowledge your history surrounding money, from the wounds of poverty and experiences with scarcity to the negative ideas heard from parents, teachers, bosses, and friends. These form the limiting attitudes and beliefs about yourself that can become deeply embedded in your neurophysiology.

But you cannot create a new money mindset if you are living in an old one. You cannot project your history onto the future and expect to create an outcome different than what you have created up until now. So in this session you are invited to release your old stories.

You then consider your current stories—the internal dialogue you have with yourself and your conversations with others. These can arise as fears and doubts and show in your life as resistance, hesitation, and self-sabotage. They reflect your level of confidence in your ability to earn, save, and grow your financial resources and share them with others.

You are invited to release any competing stories and then make a volitional change in your mindset by creating an image of the self you wish to be in your ideal money world. As you hold this image, you are guided on a metaphorical journey that helps you recognize and master your rich internal resources.

With your expanded money consciousness, you step into your life more authentically, enjoying the freedom to choose how you build your finances. You more easily and confidently navigate through life each day, knowing how good it is to be captain of your financial abundance.

## BEST WAYS TO USE

Listen daily for the first week, and periodically thereafter as you need support. This section will give you additional insights and direction.

Given all of the blocks people have to money, you might conclude money is foul, evil, or infectious. And given how many people chase it, you would

think it's the source of life and unending happiness. What a dysfunctional combination!

Money is none of that. It is a powerful and useful tool to make life easier and more interesting.

In its most basic sense, money is a storage mechanism for value and a transmission mechanism for the expression of appreciation. In today's economic system, paper money serves as a placeholder of agreed upon value. For example, it's agreed that a \$100 bill holds more value than a \$1 bill even though the actual paper has no more intrinsic value.

We show our appreciation by exchanging money for products and services. Essentially, we vote with our dollars. You tip your wait staff well to show your appreciation for the good service they provide. You willingly pay for a product you value and want.

## **Creating Value**

There's a strong correlation between your ability to grow your financial abundance and the degree to which you are in service, creating value for others. Akio Morita, former CEO and Chairman of Sony Corporation, said it best: "The only and everlasting source of profit is the creation of value."

Morita's words form the underlying golden thread of Learning Strategies. There was a time we even included them on our company checks as a reminder that we are here to bring the full range of our gifts and talents into the world to create value and service to others.

As business owners and employees, we are here to express ourselves as fully as possible. When we serve you with programs that provide outcomes you want, you show your appreciation to us in the form of money.

You might imagine financial wealth from the spiritual dimension as a symbolic cup brimming over with integrity and truth. The pursuit of truth, goodness, and beauty represent the highest vibrations of the value we create in the world. It's easy to see the spiritual disconnect of a company absent those values. In 2001 the Enron Corporation became a symbol of the pursuit of financial wealth without the integrity needed to make it all work.

What kind of value are you creating in your world? For yourself, your family, your employer, your community, and humanity?

As you consider how you choose to fully express yourself in the world, this Paraliminal will help you connect to the creative insights and brilliance of your abundant imagination. Listen to this session daily when you need to gain clarity about your career, business, or other means of value and contribution you make to others. Then listen periodically to strengthen the golden thread that runs through your life.

## **Overcoming Discomfort and Fear**

People can have a certain level of identity of who they are in relation to money. Some may get anxiety just seeing a stack of crisp \$100 bills. Others may watch in wonder as an expensive sports car pulls up beside them at a red light and think, "How does that happen, how does someone afford that?" Since financial abundance is not part of their current experience, they start to question their own sense of self-worth.

If you are uncomfortable with money or you get anxious or embarrassed when discussing it, this Paraliminal session can help you become more open to receiving it in good times as well as bad. In times of economic uncertainty especially, when steady incomes are lost, retirement accounts diminish, and home values drop below the mortgages owed, more and more people doubt their ability to make money, save it, and grow it.

Listening to this session guides your mind to focus on the rich horizon of possibilities available to you in your ideal money life. In your deeply relaxed state of expansive awareness, notice what you see, what you hear, and how it feels. Experience this session with all of your inner senses.

As you immerse yourself in the pure imaginative details in your mind, you bring these empowering images and rich feelings into even greater clarity and develop a growing appreciation for your new emerging reality.

Even when you think you have a fairly healthy money mindset, circumstances may arise that tell you differently, such as getting hit with a hefty and unexpected tax bill or home repair. Excessive worry about the situation indicates a negative program has resurfaced. Money cannot fix the financial problem until the consciousness that put the problem there in the first place changes. You must replace it with a positive habit of thinking about money independent of your circumstances. Listen to this Paraliminal session to change the thinking, feeling, and behaviors that will ultimately resolve financial challenges.



## Releasing Limiting Emotions

Consider using the Emotional Freedom Technique in conjunction with this Paraliminal to help you expose and release any limiting emotions you have around money. It involves tapping a variety of energy points on the body. This method for releasing negative energy was developed by Stanford University graduate and ordained minister Gary Craig and is based on the findings of Dr. Roger Callahan, a clinical psychologist who developed Thought Field Therapy in the 1980s.

Try this tapping sequence from Nick Ortner included in our *Happy for No Reason* personal learning course with Marci Shimoff.

First identify an area of concern or issue you have about money, and create a set-up statement that identifies your problem and concludes with affirming words of self-acceptance. Fill in the blank describing your problem or issue. “Even though I \_\_\_\_\_, I deeply and completely love and appreciate myself.”

For example, *Even though I have behaved in ways that have kept me from the financial outcomes I desire, I deeply and completely love and appreciate myself.* Or, *Even though I worry about money, I deeply and...* Or, *Even though I spend more money than I take in, I...* Or, *Even though I fear money, I...*

Now repeat your statement three times aloud while tapping the *Karate Chop* point of one hand using four fingers of the opposite hand. The *Karate Chop* point is the outer edge of the hand that would land a karate chop.

Then tap a series of eight more energy points while repeating an emotionally charged reminder word or phrase such as *Limiting thoughts*, *Money is scarce*, *Growing debt*, *Poverty*, *Wasteful spending*, *Fear of money*, *Self-doubt*, and *Self-sabotage*. Use two to four fingertips of both hands as you tap these points several times each:

- *Eyebrow* (inner edge closest to bridge of nose)
- *Side of Eye* (hard area where brow ends between eye and temple)
- *Under Eye* (hard area that merges with cheekbones)
- *Under Nose* (centered between nose and upper lip)
- *Chin* (between bottom of lower lip and chin)
- *Collarbone* (below hard ridge of collarbone)
- *Underarm* (side of body four inches beneath armpit)
- *Head* (the crown, at center and top of head)

Take a few deep, relaxing breaths. Focus on your concern or issue, and gauge how you feel. Do you feel a neutralizing of your limiting emotions?

Repeat the technique using the same set-up statement you created earlier while tapping the *Karate Chop* point again. This time as you tap the remaining eight energy points, replace the limiting words and phrases with positive ones: *Abundant supply*, *Wealth*, *Prosperity*, *Freedom*, *Integrity*, *Financial security*, *Sharing gifts*, *Independence*.

Take a few deep breaths, and gauge how you now feel. Do you feel more emotionally free? Are you ready to create an abundant money mindset now?

Frequently practice this tapping technique before listening to this Paraliminal to create better outcomes in your life.

## BENEFITS

- Earn more money, build financial strength, and use money in ways that serve you.
- Release thoughts, feelings, and behaviors that limit you.
- Adopt new choices and habits that expand your abundant money mindset.
- Capitalize on your innate creativity and brilliance to build your financial security.
- Increase self-confidence in your ability to earn, save, and grow your wealth.
- Experience a growing appreciation for how money serves you, your family, your business, and the greater good.
- Bring more passion and joy to what you do each day.
- Create more value for everyone you serve.
- Profit from the infinite possibilities available to you each day.
- Feel and experience your expanding gratitude for your own abilities.
- Trust in your worthiness to receive from an infinite universe.
- Become a masterful steward of your riches for the benefit of your world and generations to come.

# POSSIBILITIES FOR GOING BEYOND

## Achieving Your Money Goals

Creating an abundant money mindset paves the way for any financial goals you set. Listen to this session anytime to help create an ideal money world that might include the following successes:

- Create a new program or system in your job that contributes to your employer and rewards you with a higher salary.
- Pay off a loan or credit card so you can stash away more money for your retirement.
- Sock away money from your summer job to build your college fund.
- Invest in PhotoReading or other personal development programs to learn something important to you and further your success.
- Develop multiple streams of income that pay you when you are not working so you can enjoy more freedom for personal interests and travel.
- Live within your own means by reducing expenditures and paying down your debt.
- Gain the security of paying off your mortgage and owning your own home.
- Be a masterful steward of your financial resources so you may freely give to support others who are doing charitable work in the world you cannot do yourself.

To help you achieve your money goals, consider the “bucket” approach of saving and budgeting money. T. Harv Eker’s book, *Secrets of the*

*Millionaire Mind: Mastering the Inner Game of Wealth*, is a good source for this. Consider dividing your after-tax income as close to this breakout as follows:

- 50 percent: Necessities (mortgage, rent, car payment, gas, utilities, etc.)
- 10 percent: Long-term savings (for vacations, car and home repairs, clothes)
- 10 percent: Financial freedom (retirement funds)
- 10 percent: Fun and play
- 10 percent: Education (student loans, college funds)
- 10 percent: Charitable giving

When you get paid, always pay yourself first before everyone else. It's recommended you never co-mingle your buckets or dip into one to fund another activity or purchase you cannot afford now. Keeping track of your various accounts will help you prioritize what is important to you and make you more proactive in how you handle your income and expenses.

### **Attracting Abundance of Every Kind**

Having an abundance consciousness applies to more than just your bank account. The *Prosperity* Paraliminal can serve as a great resource for attracting the abundance you want or need in other important areas of your life.

Consider prosperity as a rich abundance of any resource such as energy, confidence, relationships, health, patience, mental clarity, and your talents and skills. When you sense limitation or lack in some area, listen to the *Prosperity* Paraliminal. It could be that you are experiencing a lack of

intimacy in your relationship with your spouse or partner. You might feel you do not have the skill or talent to complete a school or work project. Or, maybe you cannot find the energy you need to meet the daily needs and demands of your family.

You are a highly resourceful person living in a world of tremendous abundance. The *Prosperity* Paraliminal helps you build a prosperity consciousness and accept the flow of abundance into all areas of your life.

### **Building a Gifting Mindset**

Each year, tens of thousands of people converge in the Nevada desert for a weeklong event called Burning Man, magically creating a community that is continually evolving into a “gifting economy.” No money changes hands. Bartering, the exchange of one thing for another, is discouraged.

Instead, participants are encouraged to co-exist by means of “gifting,” a one-way exchange to help meet the needs of another. Participants look for ways to help another by offering a meal or setting up a tent, expecting nothing in return.

Reciprocity is actually discouraged because it robs the presenter of the joyful experience of giving. In learning to receive, you honor the person who gives to you. Gifting creates a dynamic that reinforces happiness with more happiness for both giver and receiver.

Gifting naturally evolves from an abundance consciousness. When we share with others out of the goodness of our hearts, we touch the deepest part of

what it means to live in connection with others. Listening to the *Abundant Money Mindset* Paraliminal can help you more fully recognize the abundant resources within that are yours to share with your fellow human beings.

## HOW PARALIMINALS WORK

Paraliminal, as derived from the Greek *para* (beyond) and *liminal* (threshold), means “beyond the threshold of conscious awareness.”

Through their unique application of neuro-linguistic programming and whole brain learning technologies, Paraliminials stimulate your mind to quickly improve your life and maximize your potential—without subliminal messages.

As you listen with stereo headphones, you will hear a variety of messages. At the very heart of the program, the voices are artfully woven together. You will hear one voice speaking in one ear to one part of your brain and a second voice speaking in your other ear to a different part of your brain.

Your conscious mind finds it difficult to process two voices speaking simultaneously, so it shuts down, putting you into a deeply relaxed, clear-headed state—which leaves your inner mind to absorb the message at a deep level. The voices you hear gently guide your mind so you get the results you want.

Each Paraliminal is meticulously crafted using state-of-the-art digital recording equipment to produce a soothing 3-D sound that allows music, voices, and nature sounds to project spatially in your mind in a soothing, effective, and pleasurable way.

## HOLOSYNC AUDIO TECHNOLOGY

Holosync audio tones, which you might hear as a hum, have been embedded in the recording to increase your ability to benefit and learn from this Paraliminal session.

Centerpointe Research Institute's Holosync audio technology, when listened to with stereo headphones, creates the electrical brain wave patterns of many desirable states. These states include deep meditation, increased creativity, focus and concentration, and accelerated learning ability. Using Holosync creates new neural pathways between the left and right brain hemispheres, balancing the brain, enhancing mental/emotional health, improving mental functioning and self-awareness, and healing unresolved emotional problems.

A much deeper and more powerful version of Holosync can be found in Centerpointe's ongoing program, The Holosync Solution. For more information about this program and how Holosync can accelerate mental, emotional, and spiritual growth, and to receive a free Holosync demo, visit [www.Centerpointe.com](http://www.Centerpointe.com).

## USING YOUR PARALIMINAL

Paraliminals are the easiest, most relaxing personal development tool to use. Simply:

- Create a quiet time to focus inwardly. Choose an environment relatively free from distractions. Sit comfortably or recline.



- Set your purpose for listening.
- Listen with stereo headphones. You will receive minimal benefit if you merely play a Paraliminal in the background; do not listen while driving or operating machinery.
- Many people enjoy working with their unconscious during dreamtime. You can enjoy the benefits of sleep learning by setting your audio player to repeat the Paraliminal sleep learning track (Track 3). Adjust the volume so you can tune out the sound as you sleep. Waking is an indication your mind had completed the process, so turn off the player at that time. Use the Paraliminal sleep learning feature as often as you would like.
- To listen to more than one Paraliminal, take a 20-minute break between.

### **Will I Benefit if I Fall Asleep or Am Interrupted?**

Yes, you will still gain benefit providing you clearly state your purpose for the session at the beginning. If interrupted, simply open your eyes, deal with the matter, and then continue.

### **How Do I Clarify My Purpose?**

On some Paraliminal recordings you will be asked questions to help you focus on the benefit you desire. Pause the recording as needed.

You may also choose to write down your purpose for listening to strengthen your intention and focus. Follow these guidelines to help clarify your purpose and ensure every goal you have is well formed:

- 1) State your goal in the positive.
- 2) Focus on a goal within your control.
- 3) Create a goal that preserves what you value.
- 4) Write your goal in the present tense.
- 5) Craft a measurable goal.

## ACCELERATING YOUR RESULTS

- If you practice Spring Forest Qigong, say the password, *I am in the universe, the universe is in my body, the universe and I combine together*, and go into the emptiness at the beginning of your listening session. Finish with the *Ending Exercise* as you would at the end of a *Sitting Meditation*. (To learn more, visit [www.LearningStrategies.com/Qigong](http://www.LearningStrategies.com/Qigong).)
- If you are familiar with Diamond Feng Shui, remember to face the appropriate *Best Direction* when listening to your Paraliminal. Energy flows in and around you all day long from different directions. Feng Shui Master Marie Diamond says energy from one direction supports your Success, energy from another direction supports your Health, another direction your Relationships, and another your Spiritual Growth. These directions vary from person to person.
- Visit our online Discussion Forum ([www.LearningStrategies.com/Forums](http://www.LearningStrategies.com/Forums)) to interact with other Paraliminal users with similar intentions.

## PAUL R. SCHEELE

Paul Scheele, co-founder of Learning Strategies Corporation, is a highly trained and internationally acclaimed innovator within the fields of neuro-linguistic programming, whole mind learning, and preconscious processing. He has skillfully crafted each of the Learning Strategies Paraliminals. His unique expertise and collaborative genius creates a transformative experience for you.

Paul has designed and developed over fifty programs relating to personal development including *Abundance for Life*, a wealth-making course to help you rewrite the script of your life for overflowing abundance. Others include *Natural Brilliance*, *Sonic Access*, *Clear Mind ~ Bright Future*, and the *Effortless Abundance* and *Genius Mind* DVDs.

## TAP THE POWER OF YOUR MIND

If you enjoyed *Abundant Money Mindset*, you will love *The Ultimate You Library* of Paraliminals. You can improve any aspect of your life in 20 minutes a day—even while you're sleeping! Career, relationships, energy, weight, procrastination, self-sabotage, anxiety, and much more.

There are over 30 titles to choose from, including *Prosperity*, *Success Built to Last*, *Living the Law of Attraction*, *Peak Performance*, *New Behavior Generator*, *Power Thinking*, *Sales Leap*, *Talking to Win*, *Personal Genius*, *Automatic Pilot*, *Get Around to It*, and *You Deserve It!*

*To explore our full line of programs, visit [www.LearningStrategies.com](http://www.LearningStrategies.com). You may also call us toll-free at 1-888-800-2688.*

# ABUNDANT MONEY MINDSET

## HOW TO USE YOUR PARALIMINAL

- 1) Choose a quiet environment where you can close your eyes and focus inwardly.
- 2) Set your purpose for listening.
- 3) Listen with stereo headphones.

**Please  
review this  
booklet.**

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*paraliminal*<sup>®</sup>

