

VITALITY LIVING COLLEGE

# BE IN FLOW

*UNLEASH MONEY*

*DAY 1: MONEY FLOW*

WITH DR RANGANA RUPAVI CHOUDHURI (PhD)





# MONEY FLOW PART 1

# CONTENTS

1. The secrets to having more money
2. Uncovering blocks to money flow
3. The belief change process
4. Next steps

# THE SECRETS TO HAVING MORE MONEY

1. Save often
2. Invest in your future
3. Give 10% of what you make
4. Uncover beliefs in the way of money flow

# THE PHASES OF ABUNDANCE

1. Attracting
2. Growing
3. Letting go

# BELIEF CHANGE PROCESS

1. Bring an old limiting money belief into your awareness.
2. Notice how it makes you feel.
3. Notice where in the body you feel it.
4. Ask yourself, *“When have you felt like this before?”* or *“Who did you learn this old belief from?”*
5. Put all these old beliefs, emotions, and past memories onto an imaginary screen in front of you and let it blank.
6. What is the new belief that you want? It’s generally the opposite of the limiting belief.
7. What is the colour, texture, size, shape, and feeling associated with the new belief? Breathe into and feel into the new belief.
8. Now notice the old belief in front of you on a movie screen and place the new belief in the bottom left corner. Step into the image in the bottom left hand corner and imagine yourself inside the image breathing and feeling as if this new belief is true.
9. Complete the SWISH process till the new belief replaces the old image. Then ask yourself, *“What is your new belief about money?”*
10. Then step inside the image of the new belief and feel what it feels like to live your life as an expression of this new belief.

# NEXT STEPS

1. Connect with the new belief. Breathe into it and feel into it.
2. See you tomorrow for Money Flow part 2.

# SUMMARY

1. The secrets to having more money
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