

Virtual ENERGY CIRCLE

Creating Wealth & Abundance: Aug 21, 2017

During this Energy Healing Circle, our theme is creating wealth and abundance. You can accelerate your results by doing some prep before the session. This is your chance to customize your experience to get the most benefit.

NEW MOON IN LEO

(W/TOTAL SOLAR ECLIPSE)

We'll be balancing our energy on the day of a New Moon as well as a Total Solar Eclipse in Leo. This is a fabulous time to set new intentions in your life, start new things and break old patterns.

With Leo's influence, you'll want to focus your energy on taking action and finding new ways of doing things. It's time to put in the effort to shift your financial abundance, even if you just take small, consistent steps. New moons are perfect to take a look at your beliefs, behaviors and habits to see what's serving you and what isn't.

Solar eclipses are an excellent time to change behaviors that are not serving you any longer. It's time to go inside and look within to figure out what you really want. The New Moon and Solar Eclipse can help you make successful long-term changes as long as you are clear on the direction. The rest of this sheet will help you gain clarity. You might also consider doing some focused meditation and journaling in the days leading up to our energy circle.

ENERGY BALANCING



Chakras: Let's start with chakras. Your specific wealth issue could be in any chakra, but let's choose one to begin. We'll focus on Chakras 1-4, because that is often where wealth issues hide. Look at the statements and choose one (and the chakra it's in) that resonates with you. We'll work with each of these chakras during the session, along with some other energy techniques, but you'll set an intention and affirmation for one of these a little later.

Base Chakra	Sacral Chakra	Solar Plexus Chakra	Heart Chakra
I never have enough money. It seems like all I do is worry about money. I'm scared I'll run out of money. I don't feel secure, because I don't know where my next income will come from.	Other people get rich, but that's not something that happens to people like me. It makes me nervous to even think about what I'd do if I had a lot of money. I'll have to give up creativity or freedom for more money.	I have to work hard to make the money I have. I feel like all I do is work and my finances never change. Everyone else seems to make money so easily. I wish I were as lucky as others in creating wealth.	I'm not sure why people would pay me for what I do. I feel bad charging people so much for my services. I don't think people know my work's value. I really hate thinking about money at all.

ESSENTIAL OILS



Essential oils can accelerate the shift in your energy. Not the only option, but I've chosen a blend that's pretty easy to create. Create it in a roller bottle so you can roll it right onto your skin. If you can't get the essential oils, don't worry. You can set an intention for the same energetic shift and get great results. If you can only invest in one oil for this, choose Lemon and get a really good quality therapeutic version. Lemon can be used in multiple other ways for health and home. Make sure you dilute with carrier oil since we'll be applying it directly to the skin.

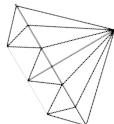
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I love doTERRA essential oils. And, not because they are the only great essential oils around. But, they are one of the few companies that are really dedicated to creating high-quality, therapeutic grade oils they routinely test for purity. Because of that, I don't have to think about what I'm buying from them. Plus, they are super committed to empowering and giving back to communities all over the world. Get in touch with me if you decide you want to try out doTERRA, because I can help you get them at a better price.

Lemon Essential Oil	White Fir Essential Oil	Bergamot Essential Oil
Lemon essential oil is a very powerful cleanser. It quickly dissolves stubborn thoughts and habits that are blocking you from manifesting all the money and abundant wealth you deserve. As it refreshes you and uplifts your spirit, it raises your vibration so you can attract amazing things into your life, including all the money you want.	This is an essential oil that breaks negative patterns. It helps break bad money habits you've been holding onto all this time. It dissolves limiting beliefs like, "I'm not good enough," or "I don't deserve to be rich," or "Wealthy people are lonely people." Whatever your self-sabotage might be, White Fir can help you let go.	This beautiful oil from the citrus family helps you build trust in yourself that you can shift your energy to attract what you really want into your life. It melts away burdens, uplifts your spirit and in general helps you show your true authentic self to the world. With feelings of delight and luck, you feel anything is possible.
Blend Recipe: (In a 10 ml roller bottle) + 10 drops Lemon + 10 drops Bergamot + 2 drops White Fir + fill the rest of the bottle with carrier oil (such as fractionated coconut or jojoba). Have this on hand for the energy healing circle.		

CRYSTALS & STONES



Crystals and stones have special energy and healing properties. That's why so many energy workers integrate them in their practices. Just like essential oils, one crystal or stone can serve many purposes. It's really about the intention you set. Although there are other stones that are commonly associated with wealth building (like Citrine), we'll be using these stones because they are readily available, fairly inexpensive and can be used to release patterns and dissolve blocks.

Green Aventurine Stone	Green Calcite Stone
Green Aventurine is a beautiful green variety of quartz. You may hear it called the Stone of Opportunity. This is a must-have for your crystal and stone collection, especially if you want to manifest money and wealth in your life. It opens doors to new ventures while releasing old patterns and habits. We'll use this in combination with Green Calcite to release old money patterns and replace them with new patterns of wealth and abundance.	Green Calcite has the ability to help us let go of things that no longer serve us in our lives. While we are opening new doors and releasing old patterns with Green Aventurine, Green Calcite helps us dissolve blocks and limiting beliefs that keep us from getting what we really want. It also draws the energy of trust to us, so we can receive what we are manifesting and truly believe we deserve it. This is a powerful stone for restoring balance in all areas.
Note: You don't need a large stone. A small stone or even a bead or two made out of the stone will work just fine.	



We touched on this in the Energy Balancing section when you chose a statement that reflected your feelings around wealth and money. We'll turn those statements around to form positive, present tense statements (or affirmations) you can use during the healing circle, specifically when we are balancing & connecting chakras.

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Just because I make a possible affirmation suggestion doesn't mean it is the right one for you. If you see one you love, use that one instead. Go with what really resonates with you. You can even make up your own as long as it is positive, present tense (as though it is already happening) and speaks to something that is really blocking you in the area of wealth.

Limiting Belief or Mindset	Positive Affirmation
I never have enough money.	I have more than enough money for everything I need.
It seems like all I do is worry about money.	I am prosperous and free.
I'm scared I'll run out of money.	I easily and effortlessly attract wealth into my life.
I don't feel secure, because I don't know where my next income will come from.	I attract money and wealth into my life everyday.
Other people get rich, but that's not something that happens to people like me.	There is enough abundance for everyone, including me.
It makes me nervous to even think about what I'd do if I had a lot of money.	I gratefully accept abundance from the universe.
I'll have to give up creativity or freedom for more money.	My creativity brings me freedom and money.
I have to work hard to make the money I have.	I easily and effortlessly attract wealth into my life.
I feel like all I do is work and my finances never change.	Abundance flows into my life with ease.
Everyone else seems to make money so easily.	There is enough abundance for everyone, including me.
I wish I were as lucky as others in creating wealth.	I make incredible money doing what I love.
I'm not sure why people would pay me for what I do.	I'm a good person that deserves to be wealthy.
I feel bad charging people so much for my services.	I attract abundance so I can help make this a better world.
I don't think people know my work's value.	I grow rich doing something I love.
I really hate thinking about money at all.	I feel proud that my life is so abundant.

SUPER-CHARGE YOUR SESSION

Here are some ideas to super-charge your results after our energy-healing circle. Definitely make time to do the first one. Then, choose one additional one to do each week.

- Download the audio recording of the energy healing session and listen to it several times this week as you balance your energy again and again – including your essential oils, stones and affirmations.
- Place Green Aventurine and Green Calcite in the wealth corner of your home (It's the far back left corner if you are standing at your front door and looking into your home). Sit with your stones as you say your wealth affirmation.
- Wear Aventurine or Green Calcite as a beaded bracelet or necklace or place a small stone in your wallet or purse.
- Apply your essential oil blend (or just lemon) and then say your affirmation out loud to yourself, setting an intention to release your fears and allow the possibility of your affirmation to be true, even for just this moment.
- Post your affirmation somewhere you'll see it each day (bathroom mirror, refrigerator, lock screen on your phone, screen saver on your computer) and take a moment when you see it to say your affirmation to yourself.