



New Age Hipster's
#MoneyLove



New Age Hipster's #MoneyLove

Week One: #YouAreHere

This week we look at our money stories and start making a few simple changes to prepare for big transformation

Week Two: #PracticalMagic

In week two we work with both practical tools and magical ones to help you clear out the old and begin to call in the new

Week Three: #LevellingUp

This is where we begin to take real responsibility for our own #MoneyLove.

Week Four: #ToppingItOff

This week is going to be super fun and creative, but there are a few final tasks that are going to push you further than you ever thought you would go!



Disclaimer: This is a spiritually based money course to help shift your mindset and energy around money.

This course is not a substitute for professional financial advice.

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#Intro



I have done a lot of work on my money stuff.



I've read loads of money books, journaled until my pen ran out, visualised my third eye off, tried a million different money manifesting techniques. I've made so many vision boards and collected a whole bunch of money rituals.

Some of them worked a treat, some of them not so much.

It's my goal with this course to take the best bits of everything I have learned and give it to you over a month.

Money stuff has been coming up for so many people lately, and it's been especially hard to see how much it has been stopping bright souls from stepping into their roles as leaders, lights and change bringers in this world in which they – YOU – are so needed.

When we are in lack mentality, poverty consciousness (wealthy people can still be in this btw!) or just generally focusing all our energy on how much is coming in and going out, we can't be the leaders of light and love we came here to be.

If you are here for the money, and the money alone, you are in the wrong place...

This course is not for you if you want to manifest a million bucks. It is for you if you want to feel like a million bucks no matter how much you have in the bank.



#Intro



This course is about raising your vibe, reaching new levels of consciousness and standing in your abundant power in all areas of your life.

Manifesting alone is old paradigm. Discovering what you desire already within you and present in your life, that's the new wave babe.

To truly find your #MoneyLove it is no longer enough to just ask the universe for what you want, we are being called to **be** what we want and then expand from there.

This course has been designed for you to work through in 28 days. Each week has a theme, and you will find activities, assignments, rituals and other fun things for each and every one of the 28 days. Don't be tempted to skip days!

You can choose to work through this program in your own time, but you will most likely experience greater outcomes if you choose to fully dive in and commit to doing your #MoneyLove work every day. If you skip a day, don't beat yourself up. Move through this program with both dedication and self-compassion.

Use a dedicated #MoneyLove journal for the month, or print these pages out and scribble, take notes, write thoughts and journal all over them!

And remember that although this course is here to support your journey, always follow your own heart and go your own way.





#MoneyLove
#Tools

#Tools



Every day for the next 28 days you are going to do the following:

1. **Keep a gratitude journal.** Write down at least three things every day that you are grateful for. It's pretty hard to be in gratitude and lack at the same time, so the more we cultivate gratitude the less we are focusing on what we don't have. #MoneyLove is about loving what you have, not dwelling on what you don't have.
2. **Keep a record of all money going in and out.** This doesn't have to be as hard as it sounds! Create a spreadsheet and keep it open on your PC, updating it each day when you check your emails, or carry a small notebook with you. If you really want to get conscious about your money stuff, you have to know where it's going. There really is no way around this.
3. **Whenever you spend money, ask yourself three questions:** "do I really *need* this? Do I really *want* this? What will it look and feel like when I get it home?"

So sort your pens, journals, spreadsheets and pop a post-it in your purse to remind you of the questions and do it with the intention that you are preparing for #MoneyLove to enter your life!





Week One:

#YouAreHere

#YourStory



Before we start to bust blocks, clear, release and then call in our #MoneyLove, we really need to check in with where we are.

There is no right or wrong place to be here, and the more honest you are with yourself at this stage, the greater impact the next 28 days will have.

Today you are going to write out your money story.

You can do this in a specially dedicated #MoneyLove journal, or you can type it up on your PC, or even record it as a MP3 for you to listen back to later. It really doesn't matter how you do it, as long as you document where you are in the here and now.

Try not to get into any guilt or shame or blame as you do this, stick to the facts.

As you are writing out your story be sure to include the following:

How you **feel** about money right now

What **blocks and struggles** you are having **presently** and your **past money struggles**

Times when your money stuff was **working out well**

The impact **others** have had on your story – include past romantic relationships, friendships, your parents or other adults

The impact **society/work/peers** have had on your money story

Where you would like to go from here





WhatIsMoneyLove?

Today you are going to think about what #MoneyLove means to you.

What does being abundant, prosperous and in total #MoneyLove mean to you? How would your life look if you had all your money stuff sorted?

What other physical items would you need and want to feel like you live a rich life?

Now take out the specifics and focus on the **feelings**. How would life **feel** if you had all your money stuff sorted?

Spend some time considering how much money you think you really need to live a life that feels abundant and prosperous.

Consider what else you need in your life, apart from money, to feel this way.

Think about all the ways these feelings and things are already present in your life.

Get really clear today on what it really means to you to be in #MoneyLove.

PS – you may find some of the answers to these questions change over the next 28 days, this is good, it means you are shifting! **Answers to these sorts of questions should always be changing and growing and flowing.** Come back and revisit these questions anytime.





#Boundaries

There are going to be people who don't get it. You are choosing to become more conscious and not everyone else is. People will try to make you go on shopping sprees. People you follow on social media will make you feel like you need new stuff. Folks around you will moan about their money problems.

It's important to remember that we are all on our own journey with our money stuff, and we don't need to ditch anyone just because we're at different places, but we sure as shizzle *do* need to be aware of the effect others are having on us.

Today make a list of the people (friends, co-workers, people you follow on social media etc.) who you think could affect your #MoneyLove journey in a negative way.



Make a plan for how you are going to set boundaries with these people.

It may be that you need to unfollow brands you can't afford right now or people who share crazy expensive shopping hauls on YouTube. Maybe you need to take a break from talking to people in the staff room who only moan about how little money they make. Maybe you need to have a conversation with your partner about joint spending, or even the way you talk about money.

Visualise yourself in a money bubble whenever you encounter anyone who seems to be having a tough time with their own money stuff. This can help you to keep your own #MoneyLove safe while still being able to show compassion and support them on their journey.



Magic Words



Today you're going to notice how you talk about money.

I used to say things all the time like "I'm so broke", "I can't afford it". Changing up how I spoke about money really began to change how I thought and felt about money.

I began to say things like "**I'm choosing not to spend my money on that**". Instead of moaning about how little I made, I'd catch myself and choose a different perspective.


Our words have power, and everything that comes out of our mouths is an affirmation.

Notice what you say about money as you go about your day and try to pull yourself up on it.

When I catch myself saying something that isn't in alignment, I use the good old "**cancel, clear, delete**". Yep, I will literally say "cancel, clear, delete" out loud and then rephrase what I was saying. Or you can just stop, and start again, e.g. "what I meant to say is..."

Notice your words, change your perspective, change your words.

Don't punish yourself for saying stupid shizzle about money, we are so programmed, and it's so ingrained into us to talk like this! Be kind to yourself as you do this work, and just try to become more aware of your words as much as you can, and choose better ones when you do!





Gratitude

The trick to getting into alignment in the here and now is really connecting with the idea that where you are is OK. That you already do have enough, sure, maybe it's not as much as you want, we are going to work on that! But the best way to call in more #MoneyLove is to find as much as you can in the here and now.

Take some time today to sit in gratitude for all the money you have in the bank, the place where you live (even if it's not perfect, or nowhere near perfect!), the food on the table, the hot water in the taps, start to really tune into the #MoneyLove that already exists in your life. If you are able to do this, and **really, really feel it**, even for a split second, it's going to be so, so much easier to really feel into your #MoneyLove more and more until it's your natural state.

Write a list of 100 things you are grateful for.

Stick it on the fridge or somewhere you can find it easily and come back to it whenever you feel the lack monster rearing it's ugly head.



#HighVibes



You've signed up for something much bigger than just sorting out your overspending or underearning. You've signed up for a levelling up of consciousness.

If you're cool with that, which you probably are, otherwise you wouldn't be here, you're gonna want to know how to keep your vibe high, how to stay on track and not give into the power of the late night Amazon shopping spree (but they were all second hand books!) or buying those shoes that look great but don't fit great (oh but maybe they will soften up?) or even just letting yourself slide into the lack and emo-ness that is feeling sorry for yourself because you don't have much cash to play with this month.

One of the best ways I know of keeping my vibe is high is through music.

Today's task is to make a playlist of high vibe #MoneyLove music.

Find songs that make you feel good, prosperous, abundant and #MoneyLov-ed up!

Listen to it whenever you feel blergh, when you're out shopping just or need some help getting back on top of things!

Some song suggestions are:

Million Bucks – Smallpools

Rich Girl – Hall & Oates

Narayani Om (Abundance) – Edo & Jo

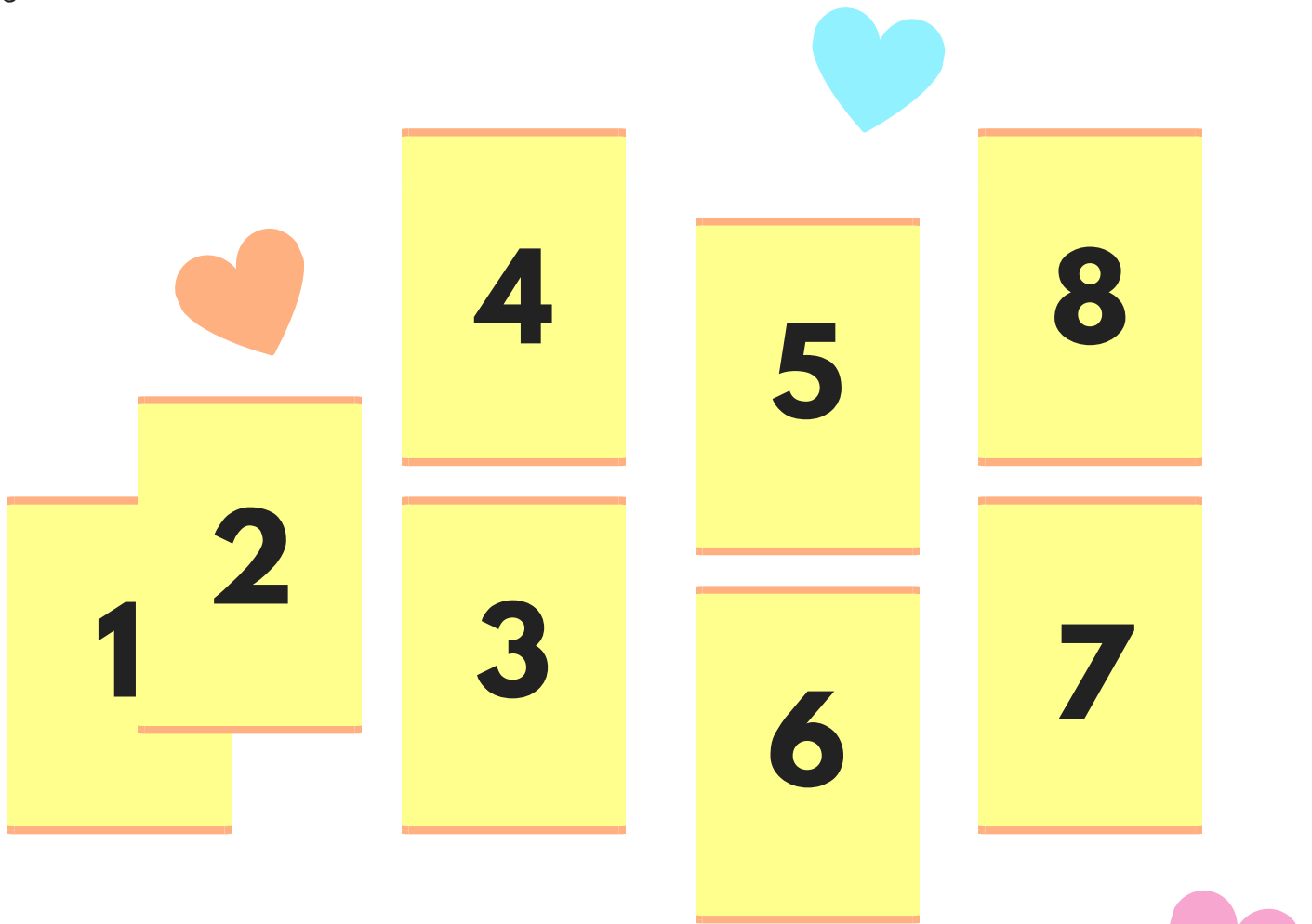
Easy Money – Billy Joel

Dakota Prosperity Dance – Felix Pando



#TarotSpread

Come back to this spread regularly during the course to check in with how you are doing. You can use any cards – Tarot, Oracle, or whatever you have on hand. You can even just use questions as journal prompts if that's more your thing.



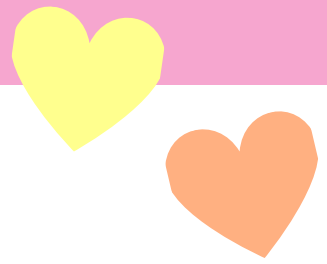
1. What energy are you in right now with money?
2. What is your current biggest block/challenge with money?
3. How can you move through this block/challenge?
4. How can you call in and live in prosperity consciousness?
5. How can you be a heart led custodian of money?
6. What will help you receive?
7. Where are you growing?
8. How can you take back your #MoneyLove power?



Week Two:

#PracticalMagic

#Deities



Working with Deities is a powerful practice! Certain deities are fabulous to help us on our #MoneyLove journey.

There are many ways you can work with deities and it's so easy!

All you really have to do is talk to them. In fact, I find the best way to talk to deities is to just have conversations with them at the altar, or in the shower, or wherever!

Literally just talk to them like they are a person sitting in front of you. Spill your guts, tell them how you feel, what struggles you're struggling with, what fears are coming up. Just talking through your stuff can be so powerful!

Then get quiet and see what comes in for you.

You might want to have your journal nearby so you can write down any answers or guidance that you get from the deity you are working with.

It's a nice idea to **honour the deities you work with.** Burn incense for them, put flowers on your altar for them, thank them.

Choose one deity as your homeboy/girl for this journey. Do some research on prosperity deities today, have a Google and see who feels right for you.

Some deities I work with for #MoneyLove stuff are: Lakshmi, Ganesha, Archangel Ariel, Fortuna and I also just call on the Angels of Abundance or Angels of Prosperity!



#MoneyAltar



Creating and working with a prosperity altar is a powerful way to connect with your #MoneyLove and ground your intentions into the physical world.

There are no hard and fast rules about creating an altar, although it's always good to start with a clear space. Clear off a small table, shelf or other surface and then bring the energy in through the objects you place on it.

This is all about you dedicating a space to your #MoneyLove so that it reminds you of your intentions when you walk past, gives you a place to ground your prosperity vibration and hang out and talk to your money guides and angels. Or whatever else it needs to be for you! The more effort, energy and intention you put into creating your altar, the better it will serve you.

Ideas for your altar:

An image or statue of your chosen prosperity deity

Money – especially things like coins you've found on the street!

Candles or cloths in gold or green

Citrine or Pyrite crystals

Represent the elements – earth, air, fire, water, spirit

Cinnamon or allspice herbs or oils – dress your candles with the oil or place the herbs in a dish

A lucky cat, laughing Buddha or other symbol of prosperity

Glitter

Tarot or oracle cards that depict the energy of prosperity to you

A cheque you write to yourself

Any other images or objects that feel prosperous to you





#Decluttering



You literally can not fall into #MoneyLove if you have a house full of shiz you don't need, want or use.

Decluttering is an incredible magical practice. It doesn't just make you feel better, it shifts your energy and the energy of your space and makes everything feel clearer and more aligned.

It also makes it a heck of a lot easier for new energy to come in. You can't manifest new stuff when you have mountains of stuff you're not using all around you. The universe is gonna trip over the clutter.

Decluttering can be a big job if you're going to do it properly, but it's a great idea to dedicate yourself to decluttering your whole house during this course.

Start today with one room.

If you don't know where to start, start in the bedroom. Declutter your clothes first and go from there.

Don't forget to include things like photos on your phone, files on your laptop and the people you follow on social media too!

Decluttering isn't something you do once, go back and clear out each room every few months to keep your energy clear and prosperity flowing!

If you need more inspo, check out the Konmari method. It's literally lifechanging!



Budgets +

Spreadsheets

It's really important for you to get clear about how much money you have.

Take some time today to make a really simple spreadsheet to help you work out where your money is going.

Magical tip: use fun prosperous colours (green + yellows!) and include a money affirmation at the top!

Down the side type all the things you spend money on, include your rent/mortgage, each of your bills, car or travel expenses, how much you spend on groceries, add in everything. Now in the next column add in how much you spend on these things.

[Check out my template here](#) 

If you don't know, try to find out. Check your last bills and then work out how much that would be monthly, then add a bit so you have some room to move. If you don't know how much you spend, just guess, and then make sure you update this next month (after you've tracked all your spending this month, you are doing that right?) when you know.

This might be majorly triggering, especially if you realise you spend a LOT of money every month. But it can also be incredibly empowering to know exactly how much money you need and where you can start spending differently.



#FunMoney



Giving myself fun money really changed the way I spent money.

I used to get my paycheque at the start of the month, pay my rent and bills and then just spend the rest until it was gone.

When I decided I wanted to run my own biz full time, I knew I was going to have to start living on less money, at least for a while. And so instead of living paycheque to paycheque I started giving myself some pocket money, putting the rest away.

The cool thing about the pocket money idea is that it's yours to spend on whatever the heck you like! Of course you're still gonna ask the three questions, but this is your fun money!

You can give yourself as much as feels good to you. It could be £20 or £1000, but make sure you give yourself something and let yourself spend it on anything that feels "fun".

Choose an amount for this month and put the rest away.

You can decide the rules. I usually include dinners and drinks out in my fun money, but it's up to you how you do it.

This is a great way to save as you don't feel quite so much like you are missing out. Instead you feel excited and start thinking about what you can spend your fun money on this month!

Things I like to spend my fun money on are: cruelty free make-up, crystals, books, tees with weird slogans, cinema tickets and subscriptions to online offerings like Gaia TV.





PortableAltar



It's really important to make sure your purse or wallet is a sacred space if you want to feel the #MoneyLove.

This is the place where money is literally coming in and out, so clear it out and make it magical.

If you're carrying around a mountain of receipts or loyalty cards you never use, or dogeared business cards you picked up two years ago, you're gonna wanna clean that shiz out.

Ideally, you want your purse or wallet to feel prosperous, and just like your prosperity altar, you need to start with clearing your space.

Take everything out of your purse or wallet and only put back in what you really need and use.

Add in some magical items to help you draw in prosperity such as crystals (I keep a Citrine, Carnelian and Quartz in mine!), a picture of your favourite prosperity deity (I have Lakshmi), a dash of gold glitter, a dab of cinnamon oil or anything else that makes you feel aligned to your #MoneyLove!

Put a £20 (or whatever feels good to you) note tucked away in your purse or wallet as an offering to your favourite prosperity deity or perhaps as an offering to your own magical money honey self! Never spend this money. Instead, just know it is there, energetically holding you in abundance and prosperity.



#CandleMagic



This is a simple candle magic spell you can use to help you bring more prosperity energy into your life.

Hold the intention throughout that you are calling prosperity consciousness into your life.

Take a green, gold, white or ivory candle (try to use one that is ethically made and contains no chemicals)

Engrave into the candle the words “prosperity consciousness”

Rub cinnamon oil (or oil of choice!) into the candle

Hold the candle at your heart chakra and visualise the golden light of prosperity consciousness moving into both the candle and your heart

State your intention out loud, into the candle that you **now call prosperity consciousness into your heart and into your life**

Light the candle on your prosperity altar

When you leave the altar snuff (don't blow) the candle

Relight as many times as you need

When the spell is complete revisit the prosperity consciousness in your heart, trust the magic is complete and dispose of the end of the candle in the earth



A person with long dark hair, seen from behind, stands on a sandy beach. They are wearing a black hoodie with a row of white stars on the back. Their arms are outstretched horizontally. In the background, there are palm trees on the left, a clear blue sky, and a range of mountains in the distance. The overall scene is bright and open.

Week Three:
Levelling Up

Conscious Spending

If you can get a handle on spending your money consciously, everything can change.

When I started to really become aware of not just every penny going out, but also where it was going, guess what happened? I stopped spending money on stuff I didn't really need or want and I felt awesome about my choices. I started to have more money in my pocket for things that I really did want to spend my money on, things that felt more aligned to who I was and who I wanted to be.

So today's assignment is all about getting conscious.

You should have been keeping track of everything going out and coming in over since you started the program, but today we are going to start going deeper.

Not only are you going to be asking those three questions, but you are also going to get conscious about **what** you are buying.

If you want to be a high vibe custodian of money, you need to do your best (all we can do!) to make ethical purchases.

Ask these questions:

What's in it? What it is made of?

Where's it made? Who made it?

Is it ethical?

Is it tested on animals?

Is it vegan/vegetarian? (If this is important to you)

What impact does purchasing this thing have on the environment?

Any other questions that are important for you to ask

#CreditLove

What does your relationship with credit look like?

Mine looked pretty bad for many years. I was constantly buying things on credit with the mindset of “I’ll pay it off when I can afford it”. At the beginning of each month I would pay off my credit cards, and a few weeks later I was totally skint, using my credit cards to buy groceries.

I ended up so absolutely fricking screwed. I defaulted on payments and was harassed constantly by debt collectors. It was horrible.

I now have a different relationship with credit. If I can’t afford it, I don’t buy it. And if I do use my credit card for something, I pay it off within the month. If I want something I can’t afford, I save up for it.

Now I’m no debt expert, but I do know how it feels to live in debt and the anxiety, fear, shame and pain that goes with it. My advice for you if you’re drowning in debt is to get some professional advice ASAP. And my advice for everyone, is to stop spending money you don’t have.

Using credit cards is a totally messed up energy exchange. You are receiving more than you are giving and the bank is essentially holding your energy, your magic, your power. Fudge that shiz.

Take your credit card out of your purse or wallet. Freeze it. Cut it up. Stop giving your power to financial institutions who most certainly do not have your back.

Judgement

Judgement is a real kicker when it comes to #MoneyLove.

We judge ourselves when we overspend, we judge ourselves when we hoard our pennies. We judge others for being rich jerks and we judge people for not making better choices with their money.

Today do some journaling and deep diving on your money judgement. You can use these questions with your tarot or oracle cards too.

How do you judge others when it comes to money?

How do you judge yourself when it comes to money?

How could you be more loving and compassionate to both yourself and others?

One thing I like to do when I find myself judging is to again, use the **cancel clear delete** and I then send that person a boost of love. I often just visualise a heart made of light popping over their head, or I visualise I'm giving them a hug, or I just send a quick prayer for their happiness.

It's a really nice way to shift your energy from judgement.

When you find yourself being judgemental towards yourself do the same thing. Put your hand on your heart and tell yourself you are doing so freaking well.

If you find yourself judging someone on your social media feeds because of the amount of money they have, **send them a message or post a comment sending them love. It can shift that judgement so quickly!**

#Forgiveness

It's time to forgive.

The first thing we need to do is forgive others.

Write a list of all the people who have negatively impacted your #MoneyLove journey. Feel whatever you need to feel while you do this. You may just want to write their name, or you may want to write a few words about why they made the list.

Once the list is made, go back over each name and say out loud **"I love you, I forgive you. I let this go and release us both"** or whatever else you need to say to forgive, release and heal.

Do this for each person on your list, and once you are done, burn it.

Now do the same thing for yourself.

Write down all the things you don't forgive yourself for. Maybe it's your overspending, getting into debt, lending money, losing money, whatever it is, write it down.

Now go back over each one and say out loud **"I love you, I forgive you. I let this go and release us"** or whatever else you need to say to yourself for each of these things.

Once you are done, burn the paper and **affirm that you are forgiven, you are free, you are loved.**

#Worthiness

One thing we all really struggle with when it comes to money is actually deserving it.

One thing that has helped me with this is to remember that the more money I have, the more I can help others. I can give to charity, I can support causes that are close to my heart, I can help my friends and family, I can live with more ease which means I can more easily do the work I came here to do.

Another thing that has helped me a lot is to **make peace with my privilege**. I do not know why I was born into a life in which there was always food on the table. I didn't have to worry about surviving, I could focus on my education and hassling my dad with my questions about the mysteries of the universe.

I do not know why some people on this planet have a lot and why some have very little. I am never going to be able to understand that. What I do know, is that we all have a responsibility to receive what we have been given.

Again, I direct your attention to the animal kingdom. The animals never freak out about if they are worthy of receiving their dinner. They accept that while they are living on Gaia, they have a right to eat here.

If you are living on earth, you have a seat at the table. Today, take your seat.

Affirm that you deserve and that you make peace with your privilege and accept your prosperity.

Shame

When we do really well for ourselves the shame monster often comes to town.

There is a collective vibe that wants to bring successful and prosperous people down. We've all been guilty of judging someone who is rich, successful and seemingly having it all. This is why judgement work is so important!

The shame monster can hit in many ways. It will make you want to hide. It will make you want to stay small. It will make you feel really bad for spending or having money. It will make you embarrassed and ashamed of your prosperity.

When I went full time doing New Age Hipster I struggled to take a day off during the working week, even if I'd worked all weekend. Once I went shopping on a Tuesday and didn't post to social media all day because I felt so uncomfortable about being able to do it.

I worried people would judge me. I worried it would make other people feel bad because they were at work. But when I told people this was how I felt, most people said it was inspiring to see me doing it, because it meant maybe they could do it too!

Instead of getting into shame about your successes, see yourself as an inspiration to others.

Remember your #MoneyLove success could be just the thing that inspires someone else's #MoneyLove journey.

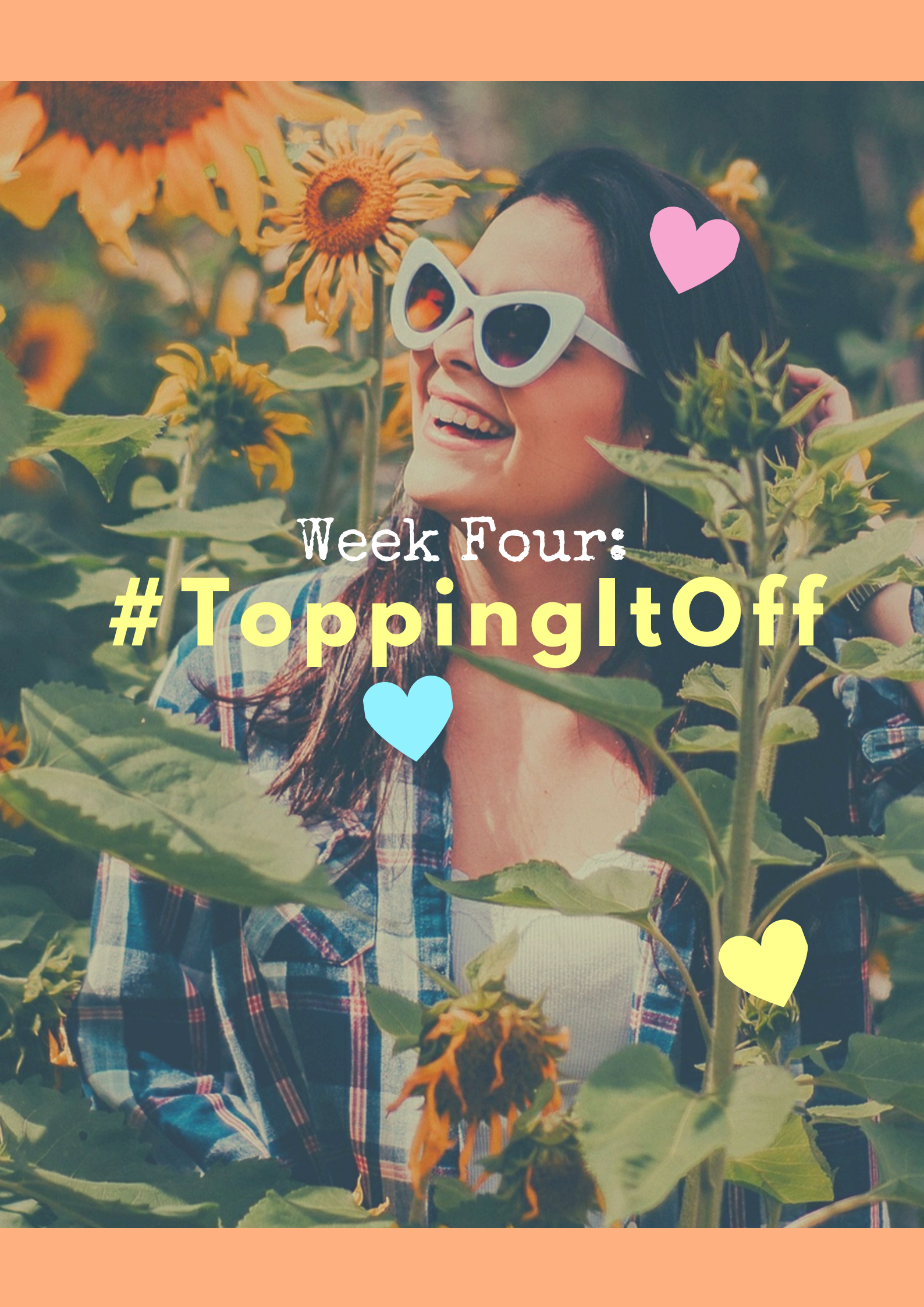
Share something that is going well for you with at least one person today without shame.

Meditation

Make some time today for the #MoneyLove meditation.

Click on the image below to access the meditation.





Week Four:
#ToppingItOff

#VibeBoard



Today you're going to create a vibe board! So fun!

You can go old school on your vibe board and get out the magazines, glitter and get super creative! Or get on Pinterest and make a vibe board on there. You can see mine here for inspo:

www.pinterest.co.uk/newagehipster/moneylove/

The idea is to find images, or even paint or create them, that feel like they are **in alignment with your personal #MoneyLove vibration**. Look for images that feel prosperous!

Try not to focus on “things” you want. This isn't a manifestation board, this about identifying your personal #MoneyLove vibe!

Just trying to manifest wads of cash or a dream house isn't going to make you feel good today. Instead, focus on the energies you want to feel in the here and now!

You may even be surprised at what images make you feel the #MoneyLove. When I was looking for the pic for the main image of the course I searched “money”, “gold”, “prosperity” but it wasn't until I started searching “happy” that the images started to vibrate with my idea of #MoneyLove!

Doing this sort of visual work can really help you to work out what #MoneyLove is for you, what it looks and feels like.

Have fun!



#BeAnAltar



You know those outfits we all have that make us feel like a million bucks? Wear more of those.

You should've already done this, but **get rid of any clothes, accessories or make-up that makes you feel "poor" or "daggy"**.

Wear clothes that make you feel great, but also get consider what colours you wear. Gold, silver and other metallics are great for bringing in the prosperity vibes, as is green, yellow, or any other colour that makes you feel great!

You don't have to wear designer outfits to feel rich, in fact, I have clothes I got from the charity shop that make me feel amazing! My "Royals" denim jacket cost £20 off Etsy, but at the time that was a fairly expensive purchase for me, and I bought it with the intention it was gonna make me feel Royal, and it does!

Some ideas for how to be a walking prosperity altar:

- Paint your nails with gold polish
- Carry a sequin handbag
- wear nice underwear
- Wear glitter
- Get a haircut
- Do your hair
- Wear lipstick even when you're home alone



When you dress like a million bucks, you'll feel like a million bucks and that's what it's all about right?

#ReframingLack



I'm gonna teach you a super simple tool for moving out of lack energy that was inspired by the animal kingdom.

When animals are lacking something, they don't sit around and mope about it, they get super resourceful.

Stray cats do not get into lack energy when they are hungry, they get resourceful.

So think about where you are "lacking" in your life. Maybe you don't have a lot of cash right now, instead of focusing your energy on what you lack, focus on finding ways to cut your spending or bring in more cash, or better yet, both!



If you are struggling to get clients for your biz, don't get into lack, get resourceful and creative about how you can bring in more!

Get resourceful today. Instead of looking at what you don't have, ask yourself what you can do to make sure you are looked after financially.

Whenever you find yourself popping into lack mentality, and it will happen because we are all human, be kind to yourself above all else, but use your natural resources to move into a better energy.

Use your smarts, listen to your guides and angels, get on Google, brainstorm, get creative and get resourceful.



#PastLives



Today we are going to do a dive into our past life stuff.

We can carry a lot of stuff with us through our different incarnations and we very often carry through issues around money.

Some of us have had lives in which we were very poor and we still hold onto the fear from those lives.

Some of us had lives in which we were incredibly well off, perhaps we were not very good custodians, and we may not have received our money from very ethical means.

We have had money stolen from us, we have stolen from others, it's surprising we are as well adjusted as we are really! :p

Whatever we hold from our past lives, we have the power to release and clear and heal.

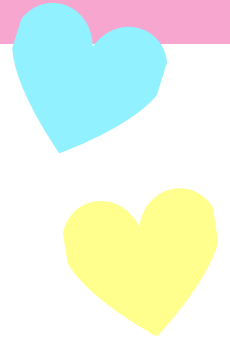
Today write a letter to your past life selves. If you know about your past lives and issues, you can write directly. If you're not sure, you can simply write a general letter addressed to all past incarnations of yourself.

Tell them that you forgive them for the times they weren't great with money. Tell them that you will honour their experiences of poverty by being open to prosperity. Tell them you are ready to release any karma you are holding for them and that they, and you, may be free.

Send them loads and loads of love.



Giving



Giving money away is an amazing way to feel the #MoneyLove.

Even if you just give £1, it can make you feel like you are helping, that your money is helpful, that having money can help you make a difference.

Today do some research and find a few charities that feel really close to your heart.

Donate as much as feels good to you. It can be as little or as much as feels right. Don't get into money shame here. Don't feel bad if you only give £5 when you could probably afford more. Just trust what you're doing is enough and that where you are is all good.

Giving money is a really great way of helping you to feel good about having money and it also proves to the universe that you are a good custodian of money.

Once you've donated, share on your social media accounts about the charity you have given to, share that you are doing this through the #MoneyLove course and encourage your followers and friends to give something too!



#AMonthWithout

Spend a month not buying any material things.

I did this for one month and it was amazing. I set the rules for myself, which were pretty much just that I could not buy any material things I didn't need. I could spend money on food, I could go to the movies, I could buy a round at the pub. But I wasn't allowed to buy shoes, clothes, make-up, books, crystals or decks.

It was surprisingly empowering! At the end of the month I had only spent a small percentage of my fun money and I didn't feel any less in #MoneyLove than I had the month before. In fact, I felt richer because I had more money in the bank!

Start tomorrow. Literally, start tomorrow. And no getting on ASOS tonight to get those last minute purchases in!

If there is something you are going to desperately need in the next month write it down, give yourself permission to get that thing, but do not buy anything else.

As you go through the month, when you see something you really want, write it down, you can buy it as soon as the month ends!

By the time the next month came around the only thing that stayed on my list was a colour changing lipstick for £5!

It's an incredible way to really notice just how much money you really need, and it also makes you realise that it's not the lipsticks, shoes and other bits and pieces that really make you feel prosperous.

#GratitudeParty



Look how far you've come!

Go back and read your story from the first day.

Write a new chapter about all the changes and shifts you've felt since starting the #MoneyLove course. Write about what you struggled with and what worked.

Write a chapter about where you are going next.

Do something to celebrate and honour yourself for doing this work.

Do something to celebrate and honour your abundance, prosperity and #MoneyLove journey

Do something to give thanks and gratitude for all you have and all that you are.

Take yourself out for dinner, have a movie night, take a looonng bath with your favourite prosperity oils and herbs.

Celebrate yourself in anyway that feels prosperous!



Now take a moment to set the intention for your next step on your #MoneyLove journey, because **this is just the beginning!**



What's Next?



If you want continued support on your journey come join us in **The Circle**. New content is released each month and there is continued online support from me and your new spiritual besties.

If you want to learn more about spiritual development check out my self-study online courses **Woo Woo 101** and **Totally Spiritual!**

If you'd like to hang with me one on one in a **mentoring session** we can talk about all things money, biz and spirituality or anything else that's on your mind.

You can find out about all this good shizzle at:

www.newagehipster.co

