

*Amanda Moxley's*

# **END YO' MONEY DRAMA**

## *Guidebooks*



*Get Off the Feast or Famine Roller  
Coaster  
Once and For All*

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# Amanda Moxley's END YO' MONEY DRAMA

Get Off the Feast or Famine Roller Coaster  
Once and For All



## Week One Heal Your F'in Money Story



Roll up your sleeves this week and take a peak at all of those nasty, persistent and FALSE limiting beliefs from your childhood, your parents, grandparents, society, culture and your country about money and wealth and what it means to be a woman or man who has money and wealth.



### Intention's for this week:

- ✓ HEAL your money story once and for all so that you can achieve a quantum leap in your financial inflows.
- ✓ Discover the SOUL root of your money issues
- ✓ Release generational limiting beliefs about abundance, wealth and prosperity so that you can truly be, do and have anything you desire
- ✓ Discover the One Tiny Thing That is Keeping You Small, Scared and Broke
- ✓ Learn how to "feel it to heal it". I'll share with you my secret weapon for tuning into listening, honoring, TRUSTING and respecting your inner self so that you can feel WHOLE and ONE with your desires and not have any shame, fear, doubt, worry or disconnect about making and RECEIVING money. This exercise alone is worth the investment of the entire program. Once you HEAL this perceived wounded, separate and broken piece of yourself you will EASILY and oh so JOYFULLY open up to receiving all of the money and abundance of your heart's desires.
- ✓ Get ready to "Burn that SHIZ Up!". Join me in a sacred releasing ceremony to permanently pivot out of lack, scarcity, limitation and fear of money into a new economy built on LOVE and RECEIVING.

# My Old Money Story

In this section, I want you to open your heart and release and unleash your outdated money story. To support you in structuring this process, I have created an outline for you to channel this story. When I say money story, I mean what are your habitual thoughts, feelings, beliefs, attitudes, catch phrases, ideas and actions around money, wealth, prosperity, finances, cash, credit, savings, the stock market, debt, retirement savings, (etc.)?



This is some THICK and deep crap to get through! The deeper you go, the cleaner you will get. Take some time with this exercise and go DEEP! It will serve you for years to come oh and it will come back to you triple fold. We're cleaning out the cob webs based on decades and generations of LACK, FEAR, Separation and limitation. These are not your TRUTHS.

Ready to dive in?

My money story

My Mamma's money story

My Daddy's money story

My Mom's mother's money story

My Mom's Dad's money story

My Dad's Mom's money story

My Dad's Dad's money story

My extended family's money story

My religion's money story

My culture's money story

My country's money story

My state/Providence money story

My city's money story

My current family's money story

My friends money story

My childhood friends money story

My children's friends and their family's money story

Anyone else's money story that I might be missing?

In summary, this is what I have thought, felt, believed and known as to be TRUTH about money.

# Release generational limiting beliefs about abundance, wealth and prosperity so that you can truly be, do and have anything you desire

Now it's time to shed your LB's (limited beliefs) once and for all.

Did you know that a belief is ONLY a THOUGHT that you keep THINKING?

**Amanda's note:** (this exercise is going to STRETCH you and make you uncomfortable and that's what we want so that we can create LIFE lasting change. Please **WRITE DOWN 100** or more of your LB'S. Remember what you put in, you will get back triple fold! Please refrain from slacking, complaining and whining about this exercise. Trust that if you do this work it will open the banks of heaven!)

Examples...

I don't deserve money.

Money isn't spiritual.

I can't have money but other people can.

I don't need it.

Money is the root of all evil.

## 1. In the space below...please list 100 Limited Beliefs.

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Wow... that is some HEAVY stuff! No wonder you have been blocking your financial flows, prosperity, abundance and wealth!

**2. Now that you have your 100 LB's. I invite you to go through and identify where they came from.**

Think about where you first heard them or experienced them. **Place an initial next to them** (representing who, what, or where they came from) so that you can give them back to whoever gave them to you when we are ready to burn that "shiz" up.

### **3. Turn it around.**

Go through your top 11 LB's and ask yourself these questions.

- 1) Is this TRUE?
- 2) How do I know this is TRUE?
- 3) Is this false?
- 4) How do I know this is FALSE?

Then...

5) Turn these LB's into NEW empowered SOULful beliefs! Write down your new powerful BELIEFS.

Remember that a BELIEF is only a THOUGHT that you keep THINKING.

Reprogramming your subconscious mind is a SNAP SNAP big DADDY! It's as easy as changing your HABITUAL thoughts into new empowered thoughts which reflect the love and abundance and ease you desire.



## My New Empowered Money Beliefs

Now that you've dumped out all of the beliefs which are limiting you and keeping you stuck, it's time to declare your NEW empowered and limitless thoughts about money being a renewable resource!



A few common examples:

- I feel good about money
- Money is always there for me
- I always have more than enough money
- All of my needs and desires are abundantly met
- Everyone I know is oozing with money
- There is a plentitude of money around me all of the time
- Money easily flows through me and to me
- My income is constantly increasing
- I am always connected with God who is my abundant source for all financial things
- I am abundantly provided for in all ways
- I create great wealth daily
- I prosper everywhere I turn.
- I am a money magnet.
- Money comes easily and frequently

Now, to deeply root in your abundance thoughts, write down 25 of your specific empowering unlimited money beliefs.

### My Empowered and Limitless Thoughts About Money

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Now that you have your new empowered money beliefs in writing, please write them out on an index card size (3X5 or 5X6).

Post these cards everywhere, such as on your mirror, wallet, purse, car, cupboards and all over your office etc.

I recommend stating your affirmations over and over daily around 300 to 400 times, no I am not kidding! It might seem like a lot but just think about how many thoughts sub-consciously and consciously go through your mind each day! Repetition is the key to success! I like to "work" my empowered beliefs/affirmations while I exercise. Discover what works best for you.

(See your separate *Prosperity Affirmations thanks to the Queen of Self Help Louise L. Hay* Document at the end of the Guidebook)

## Discover the One Tiny Thing That is Keeping You Small, Scared and Broke

So, here's the deal... your wounded child (we'll call her WC1) is blocking you from your wealth consciousness (let's call that WC2).

Every one of us has a wounded child within even if we had the best childhood on the planet. Some of us have worse scenarios but perhaps you have to go through big STUFF to BE big Stuff.

That's why we need to heal your WC1 in order to transform and receive your WC2. Yes, I said that right because if you are not receiving the financial flow and prosperity that you desire in this moment it's because **your inner child is showing up to be healed FIRST.**

**Your wounded child (WC1) is that little part of you that feels alone, scared, insecure, separate, unworthy, not good enough and afraid she won't be loved or picked.**



**Step 1:** Get to know your wounded child. How old is she? What's her name? What does she like? What makes her happy? What makes her sad? What are her feelings? What are her fears? What is she angry about? What does she want from you?

**Step 2:** Talk to her daily and throughout your day. Tell her you are with her. Tell her that now you are an adult. Share your dreams and visions and desires with her. Tell her that you love her and that you are here to take care of and nurture her.

**Step 3:** Dissolve the separation between you and her and you and her and your Source. Return to LOVE. Connect to your Source several times throughout your day through your breath, nature, being still and quiet or through music, dance or art. Find your way to connect to Source daily to feel the love of the divine. Sit in the arms of the Divine and pour your heart out and open up to receiving your dreams.

**Step 4:** Be vulnerable enough to heal, to transform and to receive all that you desire.

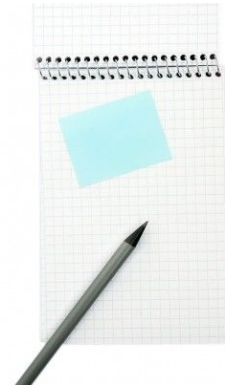
**Step 5:** Feel your feelings in a healthy way. It takes 20 seconds to 20 minutes to feel a feeling all the way through. You gotta feel it to heal it. Cry, throw a temper tantrum, feel afraid, feel excited, feel joy and let it flow through YOU.

## Here's what you need to do right now to get started:

**Grab your journal or a piece of paper** and think about the last time you asked for a sale or money in your business. What did you FEEL like? Describe it in detail on your paper.

**Next ask yourself, what age did you feel?**

**Now, I want you to dialogue with that little you** at whatever age she is... ask her what her fears were (you might hear things like.. I'm not good enough, they don't like me, they won't pick me. Or something along those lines.)



**Now, go in and talk to her as empowered adult YOU.** Comfort her and tell her about your dreams and visions. Reassure her that you are here for her and that you are protecting her and loving her.

**Good work!**

**Now go in and imagine you are an older wiser version of YOU** perhaps very later on in your years. This time I want you to comfort both your little YOU and your adult you as you are today. Pour your love into both little you and adult you. Sit them down around you and tell them how amazing your life has been. Describe all of your dreams and visions and how wonderful they felt to have manifested. Describe how rich and wonderful your precious life has been. Reassure her that you are here for her and that you are protecting her and loving her.

**Write down everything you felt, heard, saw and knew.**



**I recommend using this visualization daily. The point is to love, adore and nurture little you** so that the next time you ask for the sale or raise your prices or have any interaction with money you come from the place inside of you that is whole and one with the divine.

## Get ready to “Burn that SHIZ Up!”

Join me in a sacred releasing ceremony to permanently pivot out of lack, scarcity, limitation and fear of money into a new economy built on LOVE and RECEIVING.



### Ceremony...

I'll go over this in FULL detail on the call but here is the plan.

We are going to take all of our LB'S, insecurities, fears, doubts, pains, worries and feelings of separation and write them down on a piece of paper. Then you will obtain a match and you will go to a sacred space either a fire place or somewhere safe outdoors and you are going to release these LB'S into the fire. When your paper is dissolved into the fire, **you will be FREE from those LB'S forever.**

The key to this sacred releasing ceremony is to truly in your heart of heart's with your Source to have **made the decision** that you are DONE with your money story. You are DONE with the drama. You are DONE with the worry, the angst, the fear and the sleepless nights.

You are powerfully choosing to be FREE and to step into your power and VISION of financial abundance and limitless prosperity. Knowing and feeling that all of your needs are met. Knowing that LIFE / GOD / LOVE / Source is FOR you. Nothing is against you. You are loved. You are whole. You are a unique emanation of the DIVINE.

Deep breaths my love because it's about to get really really GOOD for you!

(See the separate *Action Steps Document* at the end of the Guidebook)



# Prosperity Affirmations



Thanks to the Queen of Self-Help:  
Louise L. Hay

Everything I touch is a success

To be successful- Constantly think thoughts of prosperity and abundance

I now establish a new awareness of success

Prosperity of every kind is drawn to me

I know I can be as successful as I make my mind out to be

I move into the winning circle

Golden opportunities are open to me

I am open and receptive to new avenues of income

Know and affirm that the Infinite SOURCE opens new channels

I now receive my good from expected and unexpected sources

I am blessed beyond my fondest dreams

I deserve the best and I accept the best now

I deserve all GOOD

Opening my wealth consciousness opens the banks of heaven

I am an unlimited being accepting from an unlimited SOURCE in an unlimited way

We limit our income by believing in fixed income and other closed ideas

Opening our consciousness opens the banks of heaven

I am emotional and mentally equipped to enjoy a prosperous and loving life.

It is my birthright to deserve all good.

I claim my good now



# Action Steps



Complete this week's form entirely taking time to answer each question and doing every exercise

- Write out 100 LB'S.
- Write out your new empowered money beliefs on index cards and repeat them daily.
- Complete the Sacred Releasing Ceremony .
- Tune into, honor, love and get to know our WC1.
- Complete this form entirely taking time to answer each question and doing every exercise.