

## A Prayer To Release Fear And Worry About Money

*“True prosperity begins with feeling good about yourself. It is also the freedom to do what you want to do, when you want to do it. It is never an amount of money. It is a state of mind. Prosperity or lack of it is an outer expression of the ideas in your head.”*

–Louise Hay

Louise Hay is one of my heroes. She is an internationally renowned author and lecturer and founder of Hay House, the largest publisher of, motivational and transformational books. She has authored several bestsellers, including *You Can Heal Your Life*. Louise’s life story of overcoming childhood neglect, violence and rape, a teenage pregnancy and a failed marriage is a powerful demonstration of her key message that when you let go of limiting beliefs and ideas and change your thinking, you can transform your life. According to Louise, “If we are willing to do the mental work, almost anything can be healed.”

*“I’m sick and tired of all these bills.”*

*“I don’t have enough money.”*

*“How am I going to be able to pay for that?”*

*“I can’t have that, it’s too expensive.”*

*“I don’t know how I’m going to pay the rent.”*

*“I want to, but I can’t afford it.”*

*“You have to work hard to make money.”*

Have you ever said or thought any of those things? How much time and time have you spent in your life worrying about money and the lack of it? Do you feel deprived because you can’t have what you want? How often do you order chicken instead of steak on the menu because it’s too expensive even though that’s what you really want? How does your body feel when you think about money or when a bill arrives? Do you feel relaxed and grateful or do you feel a knot in your stomach and are anxious or resentful?

Most people believe that there is a limited supply of money. There isn’t enough to go around and they are afraid they won’t get their fair share. They look around them and gather evidence for their point of view.

“Look at the world,” they say, “So many people are living in lack – there’s famine, drought, poverty. “

In truth, there is incredible wealth on our planet. It’s just in the hands of a minority. The most comprehensive study of personal wealth ever undertaken by the United Nations’ World Institute for Development Economics Research shows that the richest 2% of adults in the world own more than half of global household wealth and that the richest 10% of adults accounted for 85% of the world total.

The natural state of things here on planet Earth, contrary to anything you may have been told, is a state of abundance. There is what Louise Hay calls: “an inexhaustible supply in the Universe”. You only have to look at nature to see the truth of this. Can you count

how many grains of sand there are on a beach or the leaves on trees in a forest? Even in so-called barren landscapes, there's an unimaginable amount of life going on. It's only when man puts down his heavy footprint that we stop experiencing nature's abundance. Nature is in an endless cycle of giving and receiving and gives us a daily reminder that the Universe is abundant and our Source is unlimited. When we experience feelings of lack and fear, we are disconnected from our Source and our recognition that we are one with this Source and are fully supported by an abundant Universe.

You have probably heard that one of the most effective things you can do when you are caught in a cycle of poverty consciousness is to practice gratitude. Start listing and acknowledging everything that you are grateful for. This immediately puts you into a "have" consciousness and connects you to Source. When you are worried about money or afraid you don't have enough, you are conscious only of what you lack. The Law of Attraction teaches us that like attracts like. So you will receive more of what you focus on – lack. Everything you are complaining about and talking and thinking about will continue to manifest. When you train yourself to focus and appreciate all that you have. You begin to attract more into your life.

While this is true, I often have clients say, "Yes, I can be grateful for all the things I have in my life, wonderful relationships, a roof over my head, a job, my health but I still don't have enough **money!**" Money has become a fixed objective in their mind, a goal in itself rather than what it truly is - a means of exchange and one more expression of an abundant Universe.

A practice that specifically addresses money and builds your money muscles is to start acknowledging and writing down all the ways money shows up in your life. Let me explain.

My client, Rosemary had been out of work for almost a year when she came to see me. She had been a corporate executive with a six-figure income who had been accustomed to a high standard of living. She had been laid off and never anticipated that it would be hard for her to find a job. She took 3 months off, traveled, spent freely only to find when she began her job search that she couldn't find comparable employment in her field. She broadened her search to no avail. She applied for lower level jobs and was told she was "over qualified." Now her money was running out and she was frustrated, resentful and depressed. She complained about not having enough money, how she dreaded her bills, and hated being broke all the time and not making any money. She was resentful of friends who were doing well, in particular her best friend, April who had taken her to lunch that day to celebrate her recent promotion.

Rosemary hated being broke and resented April's success.

I told her that she was probably making money all the time but she just didn't know it. In fact she had just made money that day.

"What do you mean?" She asked. "I've only twenty dollars in my wallet."

"How much money did April spend on lunch? What would it have cost you to buy that lunch yourself?"

"Forty dollars." She replied.

"See? You made money today."

"I guess that's true. I never thought of it like that."

Rosemary's assignment for the next two weeks was to write down all the ways money showed up in her life that she didn't normally acknowledge, and count that as money earned. At our next session, she shared her list.

A friend fixed her computer – earnings \$125.00  
She was given theater tickets – earnings \$100.00  
She bought a \$400 Armani Suit at a consignment store for \$50.00 - earnings \$400.00  
A friend gave her a free ticket to a weekend seminar – earnings \$325.00  
She got a rebate on her electricity bill – earnings - \$25.00  
A man bought her drinks at a bar - \$25.00  
A friend took her out to lunch – 25.00  
Her brother gave her frequent flying miles for a trip \$375.00  
She found money on her parking meter \$1.00

Rosemary's total earnings that week was \$1401.00! This exercise made her realize how limited her view of money was. Now she realized how much money she was making all the time and all the different ways money showed up that she hadn't acknowledged and also all the ways in which she was receiving support. She moved into a "have" consciousness as she acknowledged how much she was receiving and how much she had to be grateful for. It became exciting to her to see all the ways in which she was in the flow and in turn she was more willing to spend and give. The shift in her outlook was remarkable and within a few months she was offered not just a job, but an opportunity she had never even considered: the chance to go into a business partnership creating her own products. Now several years later, Rosemary is a successful entrepreneur running her own company.

There are an infinite number of ways your good can come to you. The Universe is your Source, not your income, salary or job. The more you focus on gratitude and acknowledgement of what you have, the more freedom you begin to feel as you open up to all the Universe has to offer you.

### **A PRAYER TO RELEASE FEARS AND DOUBTS ABOUT MONEY**

*I live in an abundant Universe that gives me everything I need.  
I know you are here to support me and that I am loved.*

*Dear Spirit,  
I lay before you all my struggles.  
I give you all my doubts and fears about money.  
I quit trying to do it all by myself.  
I put my faith in you.  
In you, I can finally find peace.*

*You have always been there when I needed you.  
Even when I thought I was doing it by myself.  
I know you will make ways where there appear to be no ways.  
You are my unfailing supply.*

*I release old ideas of lack and limitation.  
I gladly let go of poverty consciousness*

*I now realize there's more than enough for everyone.  
I know I deserve to prosper, succeed and thrive.*

*I give thanks for my bills and am grateful I can pay them.  
Large sums of money, resources and opportunities come to me  
quickly in perfect ways  
It is easy for me to make money!  
I happily share my money and resources knowing God is my  
immediate and endless supply.  
Every day, in every way, I realize how abundant I am.  
Doors fly open and heaven showers blessings on me.  
I am rich and blessed beyond measure.*

*Thank you, father, mother God  
And so it is!*

As always pick a phrase or two that you can use to set your intention for the day.