

DAY 3



FORENSIC HEALING

**REMOVE FINANCIAL BLOCKS
& CREATE ABUNDANCE
30 DAY FB CHALLENGE**

Day 3: Know Yourself to Change Yourself



Exercise 3: Create a new abundant childhood

Rewrite (option to record it) a new childhood upbringing that gives you new positive beliefs about your abundance and wealth. Re-create scenarios so your belief about money is positive, easy, fun, exciting, expansive, useful, advantageous and helps humanity.

*The human brain **does not know the difference between reality and fiction**. It doesn't **know** whether or **not** something **is** actually **real**. In other words, it **can't tell the difference between** something you're thinking about and something that's actually happening.*

ACTION: Once you rewrite your new abundant childhood experience, share it with your abundance buddy, post the story or video in the FB group or record it for yourself.

Example: My ABUNDANT Childhood

When I grew up, we lived in a wonderful neighbourhood of grand houses, many

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animals and lots of beautiful trees and plants. Our house was large and beautiful. We loved living at the house as it contained many fond and fun memories of abundance. We invited many people into our home to enjoy and reap from our successes.

My father would say to me that I could create as much abundance as I wanted. He believed this as he created a global, multi-million dollar company. He was very generous and our belief around money was that it was easy to create.. It was as if it continually fell from the sky.

My mother also worked part-time at our family company. She was the Marketing Manager. She believed in living her passions and contributing outside of the home.

My mother and father taught me that it is a spiritual law to be abundant. They would explain that their abundance stemmed from their beliefs which is an energy of how they thought.

They explained that their abundance gave other people jobs so they could take care of themselves and families. Our family company produced cruelty-free products to give people options to purchase products that didn't harm animals.

My mother and father felt deserving of their wealth levels. They would always express their gratitude for owning expensive items. We ate organic, healthy foods and dined at wonderful, fun restaurants. The best part of growing up in such amazing abundance is that we traveled to so many countries. We experienced many cultures and foods.

Living abundantly allowed me to immerse myself in expanding my personal growth as I attended courses that advanced me spiritually, physically and emotionally. I learned the laws of attraction and practice them often. I can think and feel something I desire, (I feel as if I already have it) and it appears really quickly for me.

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This upbringing taught me that I could trust myself and the universe to provide everything I need and more. As long as my thoughts and feelings are aligned with what I want, it manifests.....