

## DAY 2

## BUILDING A WEALTH RESONANCE

To get started on building resonance toward your new money goal, you need to start finding things that "*tickle your fancy*," as the expression goes. Start thinking about things you want and how good it feels to know you can create any of those things in your life. We are starting with money, but this process works for anything you want to manifest. Recently, a friend told me about an event where she met a handsome movie star and it prompted a conversation about programming this man as part of her future. At first, we each hit the "*no way*" energy, but if you keep playing with an idea, eventually you start to expand on the *possibility*. Remember the phrase, "Anything's possible!"

Keeping that in mind, the goal is to keep stretching your imagination and belief system to explore and accept anything is possible. If you can manifest a job that pays you \$3000 a month, for example, how would you feel if you were receiving \$6,000 a month? \$10,000 a month? \$30,000 a month? Usually, the first response is

"No ...." and then, after a few moments, it turns to "Really?" It's the "really" part that begins to stir not only your imagination, but excitement and hope.

The goal for the next 30 days is to continue to focus on anything that stirs these energies of excitement, hope, desire, passion, enthusiasm, and joy! As you think about this, start giving yourself permission to think about something you have always wanted. Perhaps it is a vacation to Paris or a cruise to Tahiti. Perhaps it is a new home or a new car. A private plane? A yacht? Quitting your job and moving to Costa Rica? Start with something you have always wanted to have and play with the idea that it is already yours. Notice how you feel as a result of just pretending you have it.

Once you begin to generate a feeling of enthusiasm and excitement about having that *thing*, continue to build on that feeling by expanding the thoughts and adding more ideas to it. For example, if you want to acquire a million dollars, start first by imagining what having a million dollars would feel like. How do you imagine receiving the million dollars? Is it a check that arrives in the mail? Do you find yourself with a winning lottery ticket? Is there some kind of invention or idea that you have that sells for \$1,000,000?

*Actor Jim Carrey often talks about how he wrote himself a check for \$10,000,000 for "acting services rendered." He visualized this check for years and in 1997, he received a check for \$10,000,000 for his role in the film Dumb and Dumber.<sup>1</sup>*

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<sup>1</sup> Jim Carrey told this story on the Oprah Show in 1997. You'll also find numerous articles about it online. [www.oprah.com/oprahs-lifeclass/what-oprah-learned-from-jim-carrey-video](http://www.oprah.com/oprahs-lifeclass/what-oprah-learned-from-jim-carrey-video)

When you discover that “thing” or idea that “excites you most,” keep thinking about it. Keep telling yourself that this is something you can have until you believe it. Use your imagination as the powerful tool it is by imagining yourself on that yacht or laying on the beach in Tahiti, or signing the papers to purchase your dream house.

Go online and start shopping yachts or vacation homes or your dream car. Whatever it is that generates this energy of excitement is what you will use to build your resonance of wealth.

Building a resonance of wealth is about these four important things:

1. Maintaining a SINGLE-MINDED FOCUS on what you want to achieve
2. Focusing your attention CONSISTENTLY on your goals
3. Continuously EXPANDING your imagination and beliefs of what is possible
4. PERSISTING in your efforts until your goal is reached

Thus, FOCUS, CONSISTENCY, EXPANSION, and PERSISTANCE are going to be your tools for, at the very least, the next 30 days, but hopefully, for the rest of your life! In the next section, we will be developing a plan of action; steps and habits that you will consistently follow to maintain this single focus. When you do this, the habits eventually take over and eventually make the continuous resonance of wealth operate automatically all the time.

## EXERCISE 2

What will you do with your new-found millions?

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In this exercise, you are going to start planning what you are going to do when you receive the money you have set as your goal. Assuming it is millions of dollars, what will you do first? Pay off bills? Pay off credit cards? Buy a new car? If you are going to pay off bills, how will you do that? Write a check? Set up payment in your online banking account? If so, imagine that you are sitting at your desk with your check book or at your computer. Look up the exact amount of the bill or credit card or auto loan and write a check for that amount. Imagine you are writing the address on the envelope and placing the check in the envelope. See yourself put a stamp on it and walk to the mail box to drop it in the mail. Feel how good it feels to have that bill paid off. Then do it with the next bill until they are all paid off. Emotionally feel the release and the freedom. You just paid off \$----- worth of debt! Celebrate it, but most importantly, feel it and then write out how you feel in your notebook or journal.

1. Now, that you have manifested the money that you desire, write on a separate piece of paper or in your journal what you do first with the money. Write it in present tense. Here's an example:

*I just paid off a \$8,753 credit card bill. I feel so great!  
I am going this afternoon to look at new cars. I want  
to buy a convertible, and will be checking out Audi,  
Mercedes and Lexus. I am so excited. My life is  
amazing!*

2. Make a list of all of the things you want to buy and do with your new-found millions. Make the list thorough. For example, if you want to remodel your house, start researching online for the kind of floors you want, the kind of windows or doors you want. Get detailed and include everything you can think of that you want. If it is a vacation or a vacation home, include where it is, what it looks like, the climate, the landscape, the furnishings, etc. Write out what you discover.

3. Write out how you feel after having paid off every single debt, credit card, auto loan, even your current mortgage!

4. Make note of the ways you hold yourself back from spending money. For example, do you not buy something because of price? Do you avoid certain stores because you think "they're too expensive?" When you buy gas for your car do you shop for the cheapest station? As a multi-millionaire, you no longer have to be concerned about what you buy or how much you spend. Write out what you've discovered:

## EXERCISE 2

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