



mindvalley academy
online training

WORKBOOK

Clear Your Abundance Blocks

with Christie Marie Sheldon

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YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the online training. Fill in the blanks as you progress. These will be the important takeaway points for this session.

Section 1: The Truth About Money

1. Money is just an you use to do good things for you.
2. The true cause of your money situation is your and
3. You have an energetic about money.

Section 2: The Abundance Blocks

1. Even having just one is enough to completely derail
2. **Common Block:** Believing that is the of all
3. **Common Block:** Treating your job as of your

Section 3: How Energy Block Clearing Works

1. The key to liberating yourself from your blocks is to go to this , the source energy and I call it "Your Abundance
2. Have you heard of the Maharishi Effect? It's alt's a scientifically documented in which large groups of people can more quickly and effectively spark by focusing on a common goal.
3. The key is collective

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Section 4: Manifesting Formula & Creating Your Own Reality

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Section 5: The Energy Clearing Session

After the meditation exercise, write down the answer to these questions asked during the meditation.

1. At what age did you start blocking your ability to receive more abundance?

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2. Did you ever lose hope that there was nothing better for you out there? At what age? From whom?

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3. What story did your mom, or maternal figure in your life, have about money? Have you ever made her story real in your life?

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Use this space for any additional notes you have:

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SUCCESS STORIES

“I am loving the Unlimited Abundance program.”



I had a very strong feeling that this course would take me in the right direction. Though I thought this would help me in the way I have dealt with financial issues, I find that this course is doing much more. It has turned on "light bulbs" as to how my life regarding money got to this point, and I've been able to resolve many issues from my past that I didn't even know were haunting me. I feel much lighter and happier as I've been able to identify and let go of negative anchors that have been holding me back. I am confident that as I continue, I will see more and more progress and results.

The principles and techniques Christie teaches can absolutely help no matter what we are facing. As she took us through certain exercises, I found layers of negativity begin to fall off. I didn't even remember or realize that past events from growing up were related to how I viewed money. Not only do the techniques help in abundance attitudes, it relieves the anchors of old wounds. I am loving the Unlimited Abundance program! It's helping me in every area of my life, including my relationships with my family, friends, and God.

~ Cheryl

“I am about halfway through your course and it is really resonating”

My goal was/is to breakthrough my limiting beliefs and release my full potential and rock the rest of my life.

I am 50 and was married for 14 years and kind of lost myself and my value. As that ended, I am reinventing myself and career so that I can feel the freedom to once again support myself and my daughter easily and take on a life that inspires both myself, my daughter and those women around me feeling the same way as I did.



I am about half way through your course and it is really resonating... thank you! I respond very well to energetic work and love that I can now see that ease and joy in life can be realised. I am fired up and am pursuing the creation of graphic photography merchandising for businesses in the Napa Valley.

With much gratitude,

~ Julie Robertson

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What your life will be like if your income goes up by at least 10–15% every year?

How will my worldview change once I remove some of my most damaging blocks?

How can I contribute more to my family, myself, and my community if I can enhance my abundance to the point where I can not just provide for my own best needs — but also have enough to share?



To sign up for Unlimited Abundance Live, Christie's course on Mindvalley Academy, please visit bit.ly/UA_Live for more information. But wait until August 11 to sign up for the course. Near the end of the online training, her new course will be offered at a special price as a thank-you gift for class attendees.