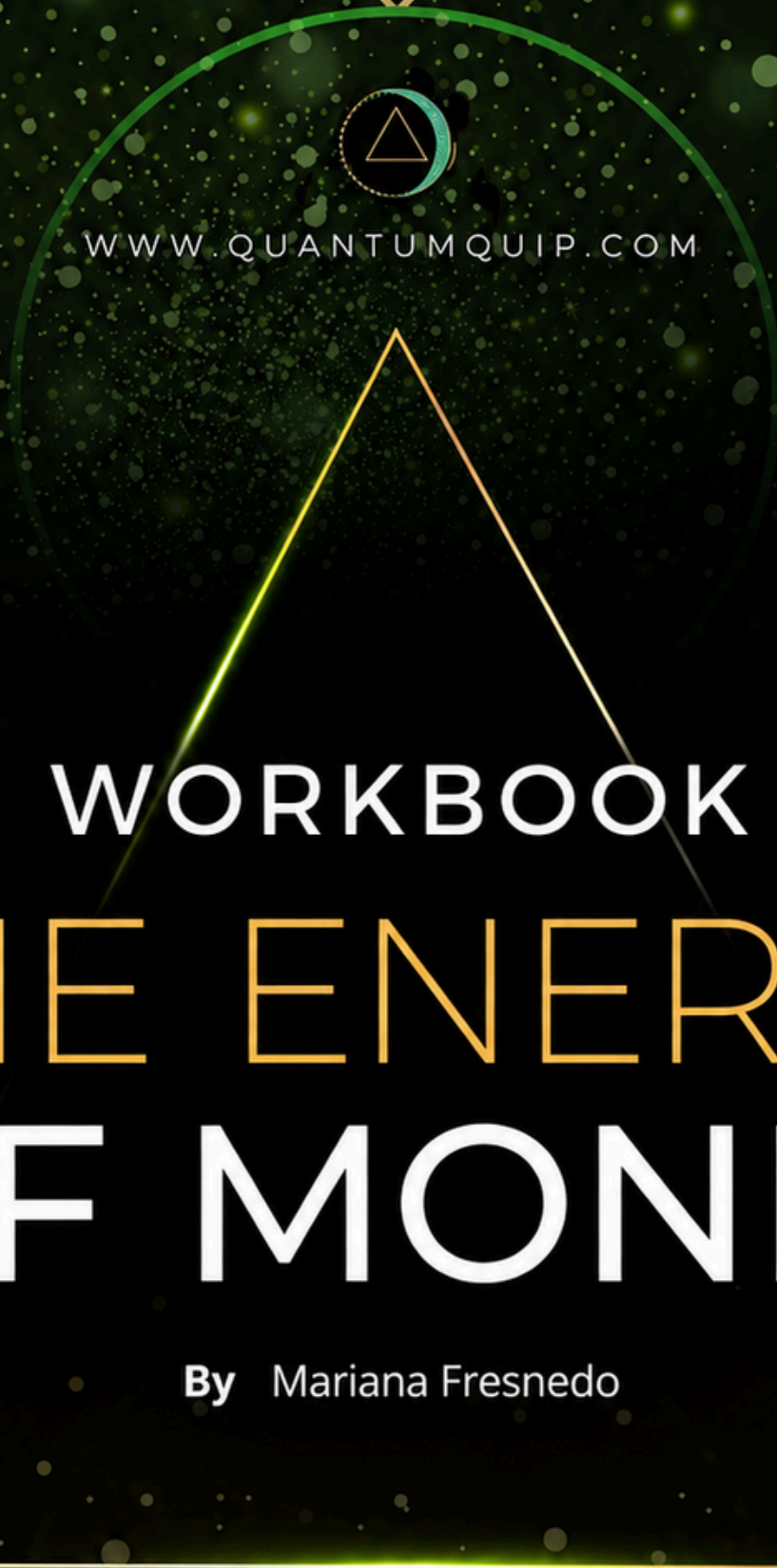




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WORKBOOK THE ENERGY OF MONEY

By Mariana Fresnedo

WELCOME!

MANIFEST

Abundance is a state of consciousness.

What on earth does that mean? It refers to the moment-to-moment mental and emotional (energetic) content of seeing, feeling, and being inherently valuable in absolutely everything (in abundance). In you, in people, opportunities, situations, things, past, present, and future. When you recognize this, you become the owner of great value. It allows you to relate to life with complete reverence and trust.

Understanding the situations you experience shapes your truth; it's a continuous and constant process of readjusting your beliefs. Anything you don't see as valuable, good, or loving is a distortion of what IS; and when this distortion is affirmed as true, it solidifies the limiting belief, which then blocks your creative energy.

Giving yourself space to reflect and reinterpret your truth is synonymous with transforming the past into learning and integrating experiences into wisdom. What you know with certainty will give you security. Security is the foundation of the confidence to be, to serve, and to love. There is no greater act of self-love than recognizing the value that you are.

This Workbook is intended to explore your relationship with money so that you can consciously choose a higher version.

With love,

Mariana Fresnedo

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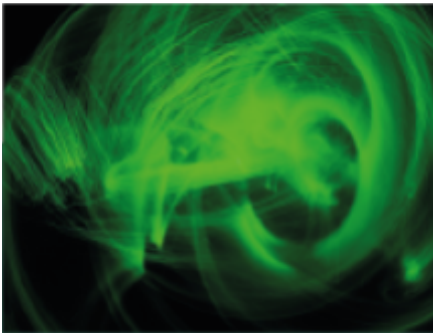
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WHAT IS MONEY?



MONEY IS



ENERGY

Present in everything and everyone. It moves at a frequency = speed



VALOR

Yours, everyone else's, and everything you coexist with (matter, sound, light, thought, and spirit)

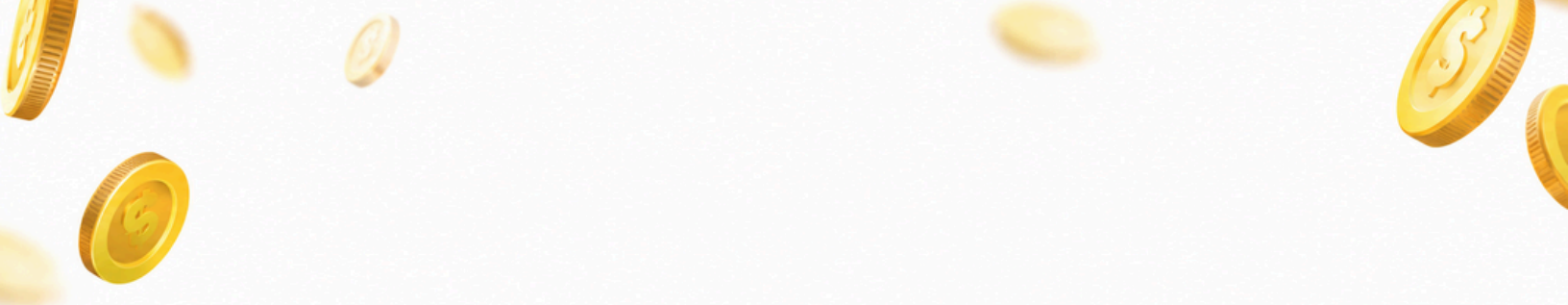


CONSCIOUSNESS

It goes through levels

Your level is personal

Money is impersonal



MONEY IS...

The collective unconscious, through society, has taught us a love/hate relationship with money, especially now in this capitalist world. We're taught not to value it, to judge those who do, to be suspicious of people who have money, but at the same time, secretly, we all want more money, we all want to be free from money worries.

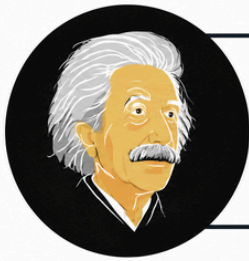
Money is nothing more than VALUE represented by a quantity measured in bills and coins. This value is a concept created by your beliefs about money—beliefs that shape your reality and your current relationship with it.



"Money is not real. Money is a conscious agreement to measure value"

- John Ralston Saul

...IS ENERGY



"Everything in life is vibration."

-Albert Einstein

If you look up the word "energy" in the dictionary, you'll find that it defines energy as the capacity to cause movement or transformation. A movement or transformation is a kind of manifestation, a kind of creation, something that exists. Energy, then, is the capacity you have to create. It's a creative potential. Everything that exists is so because it had the energy to manifest.

Remember that vibration can only connect; the waves are waiting to connect with another wave to transform. And once connected, there are two possible results: it either builds frequency or it destroys frequency.

According to quantum physics, everything is simultaneously vibration and particle, which is determined through observation. Observation—that is, you, with your attention—is consciousness.

Money is another form of energy, one that goes beyond bills and coins. It's the connection between your vibrational state and that which resonates at the same frequency. If your consciousness allows you to see and feel value, you are creating enough energy to connect with a higher frequency.



MONEY COMES FROM CONSCIOUSNESS

Your level of consciousness manifested the amount of money you have today. That level of consciousness sees the value you create and attract into your life. Consciousness is many things, and one of the things it is is the framework of beliefs and emotions you bring to an experience. And all consciousness has levels. My favorite is Dr. David R. Hawkins' Scale of Levels of Consciousness.

LEVEL	CALIBRATION	EMOTION	LIFE VISION
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benevolent
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

All consciousness can be expanded. The way to expand is by adding more empowering beliefs, more meaning to your experiences, more high-frequency emotions, and by taking concrete actions to achieve what you truly want.

In fact, that's what life is all about, expanding your consciousness so much that you see everything through love.

When it comes to abundance, you must first transform yourself into valuable energy, with your mind and body, thoughts and emotions. This will produce enough energy of that frequency to connect with what you want. Remember, you don't attract what you want, you attract what you are. And what are you? Vibration at a certain frequency.



**YOUR RELATIONSHIP
WITH MONEY MANIFESTS
THE AMOUNT OF MONEY
THAT COMES TO YOU**



Remember that the **energy** of money that
You produce shapes your
relationship with it.
Money is in your

BELIEFS

ENERGETIC LEAKS

- Distortion
- Seek your own truth
- Light on unconscious beliefs

EMOTIONS

ENERGETIC AMPLIFIERS

- Guilt
- Anger
- Resentment
- Victimhood

ACTIONS

ENERGETIC BLOCKS

Everything you do that
makes you vibrate
from lack

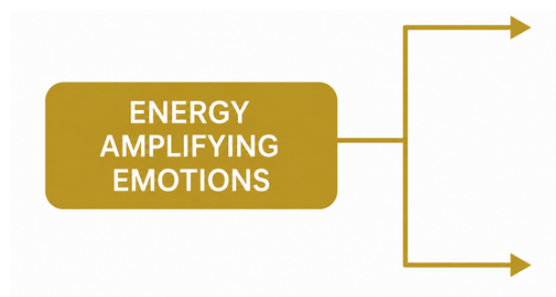


HOW DO YOU SHAPE YOUR LEVEL OF CONSCIOUSNESS?



EMPOWERMENT
BELIEFS

LIMITING BELIEFS
(CAUSING ENERGY LEAKS)

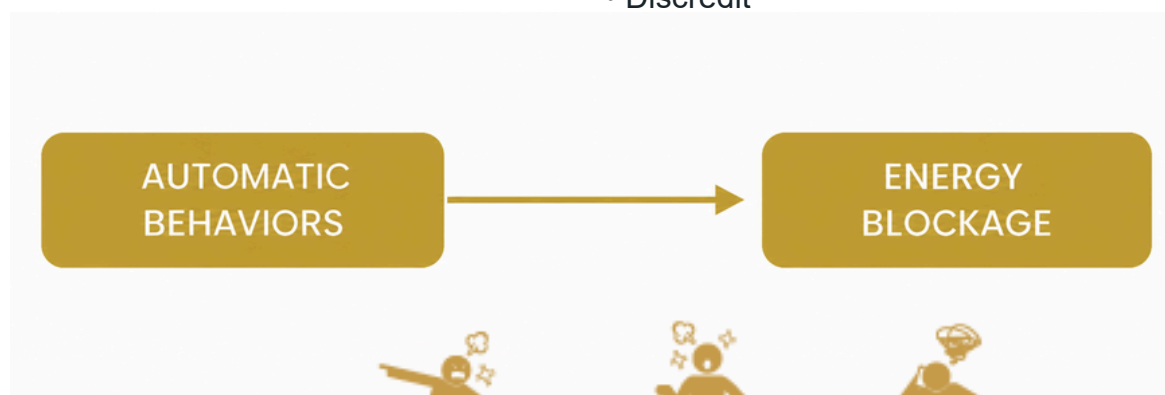


POSITIVE

- Gratitude
- Love
- Compassion
- Joy

NEGATIVES

- Hopelessness
- Despair
- Discredit



Complaints



Justification



Victimization



HOW TO EXPAND THE LEVEL OF MONEY AWARENESS?

EXPANDING YOUR CONSCIOUSNESS

It's important that from this moment on you stop seeing money as just bills and coins. You have to see it as value, because that's what it energetically represents. As long as you continue to relate to money from a material perspective, you'll be missing out on the full value of what money truly is.

Value is present in everything, and your level of awareness is what allows you to recognize it. You have to start by recognizing your own worth, by valuing yourself. If you don't value yourself, no one else will, not even money.

The following practices are divided into the 3 energy components:



Energy leaks = limiting beliefs
136 energy leaks

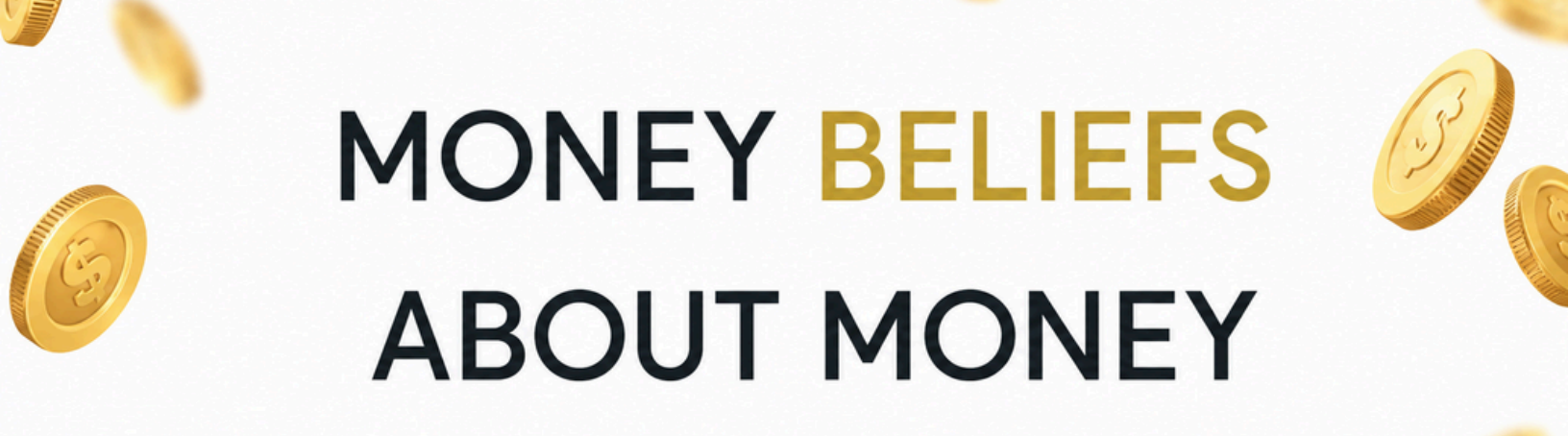


Energy amplifiers = emotions



Energy blockages = toxic reactions,
attitudes, or actions

And at the end we'll leave you with general practices for abundance.



MONEY BELIEFS ABOUT MONEY

Some facts about beliefs

- Beliefs are everything you take as absolute truth. Beliefs vary.
Your beliefs shape your reality by acting as the filter through which you experience each moment. You can assign meaning to everything you experience because you have the beliefs to justify it.
- Beliefs are formed from ages 0-7 in the environment, culture, and family in which we develop.
- Everything we experience shapes these beliefs, which are then stored in the unconscious. The unconscious is what governs our attention, and therefore our energy, most of the time.
- There are two main types of beliefs: limiting beliefs and empowerment.
- This means that a limiting belief acts as an energy leak, diverting your attention, and where you focus your attention, you focus your energy. I recommend listening to the next podcast episode to explore this further.
- It all starts with beliefs, followed by thoughts, followed by emotions, then feelings, and then our reactions and behaviors.
- Limiting beliefs about money cause a mix of conflicting emotions; for example: "I want it, but I shouldn't." Then, you try to convince yourself that you don't want it, that you don't need it, but deep down, you know that if you want to live the life you dream of, that life requires money.
- If we transform our beliefs, we can evolve our reality and our relationship with money—that is, manifest a different amount. To transform our beliefs, the first step is to uncover them, and for this, I explored the scarcity mindset, thus deciphering the 136 energy leaks we have regarding money.

MONEY BELIEFS

ABOUT MONEY

I have divided the 136 limiting beliefs about money into 7 categories, each
It represents a paradigm, which are the causes of the
famous UNDESERVING and LACK.



Evil

Lack of bonding

All beliefs that end in judgments of evil, inferiority, or any other attribute opposite to what is good.

Falseness

Lack of beauty / truth

All beliefs that, due to a distortion of the truth, do not allow one to recognize one's essential beauty.

Contraction

Lack of expansion

All beliefs that reduce expansion. Expansion refers to growth in mind, body, and soul.

Denial

Lack of receptivity

All beliefs that deny the value of being, receiving, and giving.

Limited

Lack of abundance

All beliefs that limit the essential value of everything that exists.

Indifferent

Lack of love

All beliefs that do not allow recognition or connection with the loving intention behind distortions.

Annihilating

Lack of creativity

All beliefs that annihilate creation, the pleasure of living, joy, and play.

The reason I separated them into categories is because each category represents a different set of actions to take. This helps to break down the program.

MONEY BELIEFS ABOUT MONEY

How to work on transforming these paradigms?

Although all of them can be worked with
Self-knowledge, here are some ideas.

Mistrust

Lack of Abundance

Observe, judge, and question all thoughts and feelings that arise in your mind. Desperate to wanting to understand the reason, perfectionism, and judgment.

False Belief

Lack of Prosperity / Truth

Observe toxic thinking and negative outlook, and notice how it strengthens your sense of insecurity and lack. My favorite is this one, it's called QILT™.

Restriction

Lack of Expansion

Self-knowledge. Cultivate what you expand, which you feel good about, and what helps you grow your perspective. Look for tools that produce an "aha moment".

Neglect

Lack of Receptivity

Deny permission to be in the present moment. Self-acceptance. Self-talk. Work in internal dialogue. Cultivate the right to receive. Work in darkness and receive.

Limited

Lack of Abundance

Train the observer to be aware of everything that exists, in the visible and invisible, in the Now, up until now, and in all possibilities.

Indifferent

Lack of Love

Indifference is the opposite of love. When we are indifferent, we close our heart, and life becomes uninteresting. If we are in a closed channel for inspiration, we cannot feel it and it doesn't motivate us to live. This is unconsciousness, trying to survive by ignoring the wounds of the child within.

Avoidance

Lack of Creativity

Cultivate creativity, the present moment, connection to your senses, sexuality, and the joy of living.