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### Module Three

Welcome, this is Sonia Ricotti and this is the Manifesting Money Master Class. In this module we'll be talking about two things that will help you manifest money into your life. I can assure you they are probably two things you have never thought of before, but they are important. It's interesting, because normally when we're trying to manifest money into our lives we're trying to figure out ways to do it.

Should I write a book?  
Should I get a second job?  
Should I start my own business?

This module is about two specific things that will help you manifest money if you follow them.

#### **The law of giving and receiving.**

You're probably wondering how you're going to manifest money by giving. Just so you know, when you give, the more you give the more you receive. I know that sounds weird but it's true and it works all the time. Often when we're going through difficult financial times, actually, anytime we're going through anything difficult it's often hard to think about others and helping others because we're trying to help ourselves and trying to get through our own stuff.

What I'm saying here is that it's time to step outside of that. Step outside of yourself and go out there and help others and I'll tell you why. First, it's the right thing to do and second, you'll notice the more you start going out of your way to help people, going out of your way to give to others, you will start noticing that a lot of great things start manifesting in your own life.

For instance, for me I remember once there was a time when I was completely broke and in serious debt. I had a good friend of mine that had called and told me that she was having some serious financial difficulty and she told me that she didn't have money to eat. She had like \$5 in her pocket and that's it. At the time I was six figures in debt and was in more debt than she was, but at least I had a fridge that was full of food.

I wasn't in any position to be giving money away to anybody, because I owed so much and any money I spent was borrowed money, whether through a credit card, credit line or borrowed from someone, but I knew I had food in my fridge whereas my friend did not.

I went out of my way and gave her \$200. She didn't ask for money. We're good friends and she was just telling me about her situation and it was interesting, because at that time \$200 was like a million to me. It came from such a pure place, because I had so much gratitude with everything I had in my life. Yes, I had financial difficulty, but there were a lot of really great things in my life. I also know that I'm in a position and have always been where I have loving family, where if I needed to go ask for \$200 they would give it to me whereas she wasn't in that position.

I sent her the \$200 and what's amazing is that when you give, and I want to mention you have to give from a pure place, from such a pure place of just wanting to help another person, you're elevating your vibration, because it feels really good and you're putting it out to the universe, this law of giving and receiving. It's phenomenal how it works because I gave her \$200 and within a few days I started getting all this money coming to me.

What's really amazing is this. It has to come from a pure place. You can't go well, I'm going to donate money to my favorite charity, let's say \$1000 and then I'm going to hopefully get 10x more. You're not giving in order for you to receive you have to give from a pure place. The other thing is when you're giving to someone you have to recognize that you will receive back but not necessarily from that person. It will come to you in other ways. This works all the time and the more you give the more you receive.

Again, what's important is where you're coming from. You cannot give with the intention of receiving you have to give from a pure place because again, the more you give the more you receive. Some of you might be skeptical about this, but you need to trust me on this. First of all, doesn't it feel good to help others? Second, when you step outside of yourself you'll start noticing that other people have it way worse than you.

Everyone has something going on in their lives at some point, but you'll realize that there are people out there that need way more help than you do. So, if you're trying to manifest money into your life go out there and give money to others. I know some of you are thinking that you don't have money to give. You don't have to give money, but if you have money great, you can give in other ways. There are so many ways to give.

You can obviously give money, whether it's to your favorite charity, your friend, offering donations of food to the food bank, giving a wonderful gift to someone, just going out of your way to help others, just helping people in general, even strangers. What's amazing is that when you're at that level where you're stepping outside of yourself wanting to help and make other people happy, you will notice that your vibrational frequency will be elevated and that will attract more into your life.

It could be a simple thing like shoveling your neighbors driveway just because or maybe giving a lift to your elderly neighbor who needs to go grocery shopping and taking them grocery shopping. It could be doing something nice for someone in your family, or a stranger. Again, maybe you're walking down the street and you notice one of the parking meters has expired so you put in a couple quarters to help someone, being completely anonymous.

Just go out there and help people from a pure place, step outside of yourself. Before I continue with that, that also means giving to yourself from a pure place and I know this sounds strange but chances are if you are in any financial difficulty you probably spent money on yourself, whether it's a massage, clothes, shoes or vacation, whatever. What's interesting is what energy you put around that when you're shopping for yourself.

It's okay to give to yourself. If you're going to be spending money on yourself anyway, make sure you give to yourself from a pure place. What that means is when you're buying something that you're buying it wholeheartedly you're not buying it from a place of, oh boy I really shouldn't be buying this but I'm going to do it anyway. That gives you a weird feeling inside and that's negative energy. You want to be able to buy and give yourself stuff from a pure place of deserving and loving yourself, and being okay with spending that money.

Again, that is a higher vibration state than feeling guilty or trying to explain yourself to others why you had to buy something. Oh well, they were on sale... No! You bought it because you deserve it, it's for you and you appreciate it and you love yourself and you come from a pure place when you buy for yourself. I see this all the time, where people are buying things and I found I used to do this with myself as well when I would spend something. I'd be like I had to buy it because it was so cheap, so it's okay to buy it. No! It's okay to buy it, period.

I'm buying it anyway and if I am then I might as well buy it from a pure high vibration state, because it's important in order to manifest great things into your life. So, it's not only about the law of giving and receiving, giving to others which is super important. I personally make an effort to give and give and go so over the top giving in so many ways and again it's not always money. Often it's business help.

If I know something and I'm talking to a friend of mine who wants to do a webinar and I'm like the queen of webinars, I sit down with her and I'll spend 1-2 hours explaining exactly how it works. I've done this countless times and I've done it without expecting anything in return. I've always received 10 times more in return in other ways. It's almost like you shouldn't be expecting it, but in the back of my mind I kind of am in the way that I think to myself, it will be interesting if something good comes my way and then something does.

But I didn't do it to get something good to come my way, it's just because I know how the law of giving and receiving works but again, you also have to give to yourself. Be good to yourself. If you're spending money anyway, instead of feeling guilty about it, feel good about it. Pat yourself on the back, you know what I worked hard for this money, I deserve this. That's important too and that's elevating your vibration, which is what the second portion of this module is.

It's about elevating your vibration around money. All that stuff I just talked about, the law of giving and receiving, it's really all about vibration and even money itself is energy and you need to make sure you let it flow out and in. If all you're doing is focusing on receiving it stops at you and if there is no flow then there's no flow there. So it's important to have that going and coming in, going out that's just the way it works, so it's important to elevate your vibration especially around money.

First, you might be saying to yourself that sounds interesting but... how do I know what level I'm vibrating at? How do I know if I'm generating positive energy or if I'm generating negative energy? That's important to know. For me, when I'm generating negative energy I actually am aware of it. This is how in tune I am with myself and my energy, whereas maybe 10-15 years ago I didn't have a clue, it was just part of who I am and how I feel at the moment and that's it.

Now I'm very conscious of it because I know that negative energy is not only bad for me, but it's not good for the people around me, my staff or my family and it's not good for anyone. Remember, negativity is contagious and very toxic and you can bring other people's energy down, which I'm sure is the last thing you want to do.

### **How do you know whether you're projecting high level positive energy?**

First, what you should do is a simple exercise and I'm going to ask you to do it right now. Close your eyes and take in a really nice deep breath in and breathe out. Relax in your chair or wherever you are and empty your mind completely. Relax and breathe. Now I'm going to ask you a question... on a scale of 1 to 10, how do you feel? On a scale of 1 to 10, where 1 is I feel horrible. I feel sick. I'm depressed, down and stressed out and 10 is I feel fantastic. I'm on top of the world. Life is so great. I can't believe how lucky I am. I'm so grateful for my life and everything in it.

So, on a scale of 1 to 10, give yourself a number right now of how you feel in this very moment, as you're listening to this module. Did you give yourself a number? Now you can open your eyes. So now you have a number in your mind and if you are a 2 or 3, you might be tired, stressed, sad, depressed and obviously you're generating negative energy. We're going to shift that. If you're a 7-8-9-10 then you're generating positive energy and you're much higher on the scale and that's super important.

Do you see how simple it is? All you have to do is stop for a moment, close your eyes and say what do I feel right now on a scale of 1 to 10? I can actually almost feel this negative energy inside my body, not almost, I do. I do feel the negative energy in my body and I know immediately I have to stop whatever I'm doing and if I'm in a group then I need to step away from the group. I have to either, listen to a meditation, go for a nice long walk and breathe to truly relax and release whatever is in my body at that moment. Then I come back and continue working or doing whatever it was I was doing.

This is important for you to really get in tune with, to recognize when you're generating positive and when you're generating negative energy. Don't freak out if you're generating negative energy, because we all do at some point. Things happen in everyday life, and the big thing here is to recognize when you are and know what to do in order to shift it it's that simple.

You don't have to judge it and say oh no, I'm generating negative energy after all this work. I'm still generating negative energy, it happens, everybody does it's part of life but as long as you know how to shift it that's the great part, so you immediately shift it so you can get back to generating positive energy so you can attract positive things in your life.

By the way, Dr. David Hawkins wrote the book *Power Versus Source*, a phenomenal book with great information. It's a little dry for some I'm sure, but it's interesting information. In the book he talks about a calibrated scale of consciousness and what he did is he had this scale of 1 to 1000 and he actually went out and tested, using muscle testing, people's consciousness to see what level they're at.

What he found is the 500 level, anyone who was on the scale below 500 they were feeling things like shame, guilt, fear and anger, all negative feelings. People who were above 500 on this calibrated scale of consciousness were feeling love, peace, joy and gratitude. So if you look at the two, the low 500 is negative energy and above 500 is positive energy and what I love about this book is its simplicity.

When you're really into the law of attraction and you understand energy and how it all works, this is so black and white. The bottom line is this, all you have to do is get yourself to a state of love, peace, joy and gratitude and you will be generating positive energy and attracting great things, people and situations into your life. It's so simple you just need to get to those states.

Doing the AM and PM activations for financial abundance is a great way to elevate your vibration to a super high level of the above 500 level, so make sure you continue using that.

### **What are some of the things you can do to elevate your vibration to the above 500 level?**

Some of you already have the Unsinkable Bounce Back System. It's for people who are going through difficult times and want to bounce back from the things they're going through in their lives. In there is a bunch of meditations helping you deal with certain areas of your life that we're going to be talking about, so if you do have it make sure you do the whole Unsinkable Bounce Back System. That's important because it will help you bounce back from anything and bounce back higher than ever, but it's phenomenal to help you elevate and keep your vibrational energy at a super high level.

Now, to answer the question above.

- You want to choose your friends carefully.

You may have heard me say this before. I remember as a little girl my mom used to always say tell me who your friends are and I'll tell you who you are. So be careful with who you're hanging out with and make sure you're hanging out with other positive minded people, others who are super successful. They say the five main people you hang out with, that your income is the average of all five. So there will be two making more than you and two making less.

That's interesting, because that means we need to hang out with like-minded people, but if you're looking to elevate and/or accelerate your finances then you need to hang around people that make a lot of money and are super successful. You need to make sure you're hanging out with others who have achieved what you want to achieve.

You may be asking yourself where you find those people and the truth is you may have to go outside of your circle to find those people. You might want to attend certain events that cater to those kinds of people. Join community groups, Meetups and go outside your comfort zone to go out and meet new and different people. It's tough too, especially when you're always around the same people and even more when it's family, and you're finding that many of them are negative and having problems in their lives. Maybe they're always complaining and/or gossiping about others and all that stuff, you need to get away from that, because their negative energy is going to go all over you.

It will permeate you and that negative energy will bring you down. Also, make sure you're not the negative person bringing everyone else down in energy. Make sure you're hanging out with people who elevate you. I like to call it the circle of light, having a group of people that elevate you and support you, that pick you up when you fall down and don't think your dreams are silly or ludicrous. They encourage you in every way shape or form and believe in you 100% and if you don't have that in your life right now that's okay, you can find those people.

- You need to take the time to figure out where you would find people like that.

A few weeks ago I actually had dinner with some friends that came into town from the U.S. They came in for a conference and I remember sitting there with three friends and I was thinking I'm sitting with three millionaires. Ten to fifteen years ago I wouldn't have even known one millionaire, but now I'm making seven figures and I'm hanging out with other seven figure people.

It's phenomenal that who you hang around with says exactly who you are, so if you want to become a millionaire or you want to be super successful, than you need to hang out with super successful people it's that simple. Go to wherever they are. Usually if you're hanging around people that are very successful they're usually positive. They do believe dreams can come true. They do believe in taking risks. They do believe in stepping outside the box, because if they didn't they wouldn't be as successful as they are.

- Definitely choose your friends carefully.

Any time I get a chance to use this cute dog picture I do. Anytime you're holding grudges against someone whether from the past, an ex-spouse, your boss, friends, parents, whatever it is, if you're holding any resentment it's time to work on you and releasing that resentment, because that's negative energy too.

If you're trying to manifest great things and especially manifest money, great money into your life, you need to again, elevate your vibration. It's like walking around holding a ball and chain and that ball and chain is the resentment you're carrying with you everywhere you go and that ball and chain basically is your past. You're holding resentment towards something over something that has happened. It's time to let that go.

If deep inside you're thinking, there's no way I'm forgiving that person, just recognize that when you don't forgive someone it really has nothing to do with that other person, because often we think if we don't forgive, ha-ha I'm getting back at them because I'm not forgiving. The other person couldn't care less. The only person you're hurting is yourself. There's an old saying where not forgiving is like you drinking rat poison and expecting the rat to die. The rat's not dying it's scurrying around having a good time in the garbage meanwhile you're dying with this poison inside of you.

This forgiveness is about you. Forgiveness is recognizing that there's a lot of negative energy around that. Forgiveness is also about letting go of the past. The past, as I've mentioned in previous trainings is something that doesn't exist. You do realize that, that the past doesn't exist. The only place the past exists is in your mind. You can't touch it. It happened way back when, but it's like, World War I happened, World War II happened, if you weren't living in that time does it feel real to you?

We know it happened it's like reading a history book. World War I happened. World War II happened. Obama became the first black President and all that stuff. That's history and the same thing goes for you in your life, it's like reading a history book that's all it is. I was born and then my parents got divorced or whatever it is. Then I got married and then he cheated on me and we broke up. It's in the past. The past doesn't exist anywhere but in your mind and that's it.

The sad part is it's in our mind and we relive it and experience it emotionally like it's still happening when it's not. The only thing we have is the present and you've heard me say this before. The present is all we have, even the future doesn't exist. Also in our minds, this moment right here is all we have, so it's important to let go of the negative past. It's important to forgive and let all that stuff go, don't let anyone rent space in your mind. This is your life. Letting go of the past, forgiving, is ultimate freedom within yourself. This is for you.

- My favorite is to always come from a place of love.

Even if you're finding that someone isn't being nice to you and you feel your back going up and your blood pressure rising, just start asking yourself this question... if I were coming from a place of love right now, how would I react? Then do that. Can you imagine if someone is being a "jerk" with you and instead of being sucked into it like we all do, actually coming from a place of love instead? It's really hard to escalate that situation when someone is coming from a place of love.

When you're coming from a place of love the other person brings their guard down and it's over. So, when you're coming from a place of love you're also coming from a high vibration state above 500, so always come from a place of love. Remember this, hurt people hurt people. Often when someone is trying to hurt you it's because they've been hurt and they may not be hurt because of you, they might have been hurt from something else, as a child or whatever it was we don't know because we haven't lived in their shoes. The only shoes we know about are our own.

If you can always come from a place of love that's coming from a super high vibration state. And, of course, have an attitude of gratitude no matter what. Regardless of what's going on in your life there's always a really big place for gratitude, which means hey, I'm alive. Can you imagine? There are a lot of people who lose their lives everyday. Hey, I have people that love me and that I love in my life. Hey, I have loose change in my pocket. Hey, I have money in my account or hey, I have fresh clean drinking water.

A huge part of this planet doesn't have fresh clean drinking water. In fact, it's so bad that children are dying by the thousands because of it, as well as adults, and here we're taking it for granted as if it's normal. Do you have a roof over your head? Be grateful for that, because there are many people who are homeless. You have your health. Be grateful for that, just walk through a hospital and you'll know.

I spent a lot of time in the hospital in 2011. I had three family members and a close friend who were very sick, two passed away, an aunt and uncle. My dad almost passed away, but he didn't and he's great now, back to 100% health. My friend, Melinda, who actually wrote an excerpt in my *Unsinkable* book, had breast cancer, she survived and she's doing great. So I spent a lot of time in hospitals that I was exposed to that. It's a different world. So, if you have your health and you might say well, I have high blood pressure or I have whatever diabetes or whatever.

You might say yeah that's not the greatest but you know what? Go walk through a hospital and then you'll be grateful for what you have. Just have an attitude of gratitude. I've done a lot of humanitarian work over the years and I've traveled through many developing countries where I've seen people without roofs over their heads and visited many orphanages with the most beautiful children and no parents and believe me, the situations were not pretty.

I've traveled through poor villages where they did not have fresh drinking water and in fact, we actually raised money for fresh water wells to be built in those villages. So for me it's not hard to have an attitude of gratitude, even when I lost everything. I still have an attitude of gratitude,

because I knew I was going through a bad time, but I also had a lot of great things in my life and just having gratitude is a very high vibration state as well.

- Then you can connect to your higher self, which is another way to elevate your vibration.

What does that mean? There are so many ways to do that. I don't know what your religious beliefs are, but you can connect to source, whether that's God for you, universe, Buddha, whatever is the God of your understanding and really connect. You can do that through meditation, prayer and journaling. There are so many ways to connect to your higher self and when you do that, you're at such a high vibration state because you're clearing your mind.

You're allowing yourself to receive great advice and wisdom from a higher source. So connecting to a higher self is great and surrender to what is. When things are going bad in your life, whatever that is. I know right now we're talking about money and I know some of you are having financial difficulty now and you're looking to manifest money, and you will. It's right around the corner. In fact, it has arrived because you're doing this program. So surrender to what is, is basically letting go of all the negativity around any situation you're in right now.

That means stop resisting it. Stop resisting what's going on. In other words, you should not be saying, this shouldn't be happening. I can't believe this is happening this is wrong. And it could be wrong, it could be all those things that you're saying, but the bottom line is that it's happening. It should be happening and the reason it should be happening is ... because it is happening. Because if it shouldn't be happening than it wouldn't be happening.

So when you surrender, and I don't mean give up, I mean surrendering and accepting things exactly the way they are and the way they aren't, as they just are. You just let it go. If you're \$10k in debt then you're just \$10k in debt and it's not good or bad it just is. Accept it. What's amazing is that as soon as you start accepting it and saying it is the way it is, that's my favorite line I say it all the time. Every time something is happening it's like okay whatever it is what it is, let's just let it go and move on.

In other words, I'm accepting it; it is and let's move on. Once you accept it than you're clearing your vibration again. You're clearing your mind and when you're not resisting what's going on, because when you're resisting that's all negative energy as well. When you're in a resistance mode it's hard to find solutions or create and come up with great ideas that will change your situation, because you're too busy fighting.

Stop resisting and just accept it. Say it is the way it is and let's move forward, so surrender to what is.

Great financial wealth is waiting for you around the corner. You're in module three. We're almost at the end and we have two more modules coming, so I want to make sure you realize that not only is great financial wealth waiting for you around the corner. In fact, it has arrived. This is it. The financial wealth that you've been waiting or asking for is coming to you right now. It's not in

the future, because if you're thinking about it in the future it will always be in the future and remember all we have is now.

It has arrived right now and what we're doing here is allowing it to come to us. We're knocking down all the barriers, all the negative energy. We're releasing that stuff, shifting our mindset and it's like we're opening ourselves up completely to receive and allow the money to come to us. So it has arrived. Get ready to receive it, because all this work you're doing is opening yourself up to manifest money into your life.

In this module we have two exercises.

- The first is to give to others generously.

What I'd love you to do, and I hope you're open to this because this will really help you open up to receive money as well as help you elevate your vibration. It will help you feel good as well, and you'll make others feel good by elevating their vibration. Just being around high vibration people really affects you as well.

1. I'm asking you to write down 10 things you can do to help others.

Be focused, that every single day you do one really nice thing for someone, something they would never expect. It could be as simple as just sending them a card or helping someone with groceries to their car or putting money in a meter. Maybe it's bigger where you offer money to someone you know is having financial difficulty, maybe giving to charity or volunteering somewhere.

I personally go out of my way to always do at least one thing... it feels so good to surprise someone with something nice, because so many people listen to the news which is all negative. I stay away from the news and recommend you do as well, because I can assure you if there's something you really need to know that's important to your life right now, you will find out about it. Maybe someone tells you, you'll be on the bus somewhere or at work and someone will mention it and you'll know.

There's nothing in the news that's going to help you in your life, whether it's financial or otherwise because it's all negative. So many people listen to the news that they feel like the world is a negative place, so for you to come around and do something nice for them, it elevates their spirits. It helps. Their spirit feels so good in knowing there are good people out there and you're elevating their vibration and yours at the same time.

Write down 10 things you could do. It could be shoveling your neighbors driveway, mowing their lawn, anything. Just do it. I have a friend, who for 30 straight days, every day she mailed out a card to someone saying how much she appreciates and loves them for being in her life. Can

you imagine being one of those 30 people just getting a random card that's not for any other special occasion, a just because card.

2. Listen to the AM and PM activations for financial abundance.

That is a super fast way to elevate your vibration right now. It puts you in a state of peace, joy, love and gratitude and not only that, it opens you up to receive financial abundance into your life, and by now you've listened to them a few times so you know how good they are. Again, the AM is for morning and PM is for evening and always listen to them with headphones with the right speakers in each ear because they have binaural beats attached to this activation to help put you in a deep meditative state and help elevate your vibration.

That's all for module three. I hope you enjoyed it.

Again, the law of giving and receiving and elevate your vibration, probably not something you think about when it comes to manifesting money, but that's a big component that will really help you.

Also, I would love to hear from you as well if you have any stories of how you did give and all of a sudden something came into your life. I love hearing them so let me know.

I will talk to you in the next module and be sure to do your exercises.

Take care. Bye.