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EXERCISE TO VISUALIZE YOUR DEBTS "PAID IN FULL"

If one of your low frequency areas – where you feel fear, confusion, doubt and stress – is around money and paying your bills, this is a powerful visualization and exercise to release the blocks of negativity and replace it with peace and positive open expectation.

If you actually do this in the physical realm it is very powerful - but even when you do it just in thought, it sends out new frequencies for the results you desire. "I did the visualization for almost two weeks. A surprise "bonus" that we didn't expect arrived – and I was able to pay off my mortgage! Yes, this does work." Joy Program participant.

Visualize your bills, one at a time (Or physically have them in front of you.) Next visualize in red **PAID IN FULL** stamped across each bill. (If you are doing this in the physical realm, write **PAID IN FULL** in red across the bill.) Now visualize putting the paid bills in a folder in your file drawer labeled "**Paid Bills.**" Then imagine closing the drawer, shutting out the light of your office and walking out the door. If you wish to do this in the physical realm, you can carry it one step farther. Sit down with a list of all your bills and actually write out individual checks for each bill or one check for the entire amount of bills - not just the minimum payment(s).



Attach the check to the list of bills and mark it **PAID IN FULL**. Look at these **PAID IN FULL** items often - or visualize them in your mind often.

What you are doing is re-programming your subconscious mind to make this a reality – your “new normal.”

Just trust that the software of your mind will go to work for you now to make this happen.

“HOW” IS NOT YOUR BUSINESS!

KEY: Don't get caught up in “how” this will happen. That slows down and negates what you are doing. Just keep doing this as a practice and “knowing” it is true for you.

Watch for inspired ideas; be open to conversations with clues to your desired outcome, etc. These are messages from your subconscious connecting the higher frequencies of your new thoughts and beliefs with the Law of Attraction. You might realize a new business idea, a friend/client will call, you might win a contest, etc. FOLLOW the guides that your subconscious mind begins to give you. Follow your intuition and “gut feelings” more and more.

GET INTO YOUR FEELINGS

Also, remember that matching your frequencies with the frequencies that “match them” in the Universe is about your FEEEEEEELINGS.

Think of a time that you paid a bill **IN FULL**. How did it FEEL? Didn't that FEEL good? Ahhhh, completions! Take that experience, that same FEELING and move it forward. As you see your bills **PAID IN FULL**, how does it FEEL? Not, what do you think, how does it FEEL? Use your past experience as an anchor FEELING and move it into this imagery. Do you FEEL calmer? More open? Relaxed? Happy? GOOD!

Keep FEELING these “authentic FEELINGS” as you do this exercise and all exercises in this program. Stay out of your head and get into your FEELINGS more and more. Bypass “logic” and let the vibrations of “what already is” SHOW UP in your present reality. Won't that FEEL good?! Of course!

ALWAYS AFFIRM: *“This happens in the highest and best manner for all concerned.”*

Note: After a while you will be able to get into the FEELING of having your bills **PAID IN FULL** as natural and normal. Stay there as long as you can. If you can only stay there 16 seconds, you have moved vibrations and frequencies. So work on the FEELING part of this exercise.

Montana Gray is the author of the forthcoming book, *"Hope = Healthy Opportunities Personally Engineered – A Guide to Creating Abundance and Joy When All Seems Lost."* A self-proclaimed "Guru of Change," Montana's mission is to help others who want to make a difference find and live their passion. A speaker, workshop trainer, and intuitive and marketing consultant, Montana helps you develop and market your BIG IDEA.

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