

# Money Mastery

## Program

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\* IMPORTANT\*

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Be safe and make good judgments.

You are invited to pick and choose from the concepts and ideas offered, discarding any that do not resonate with your existing beliefs and personal philosophy. Absorb and utilize what best serves you; set aside the rest. Above all, be safe and well.

Use good judgment and take care of yourself.

## **Introduction:**

The human mind will naturally RESIST any subject / goal to which is attached upset emotional feelings. These trigger to those feelings may be known or unknown; overt or covert. If you have struggled to consistently earn the money you feel you need to get ahead in life, this internal resistance could be one cause of your troubles.

For example, a client struggled for years to achieve top sales rank within his organization. Admittedly, he had the talent to achieve this prestigious rank, but each year he tended to sabotage his own success just as the goal was within reach. *“Douglas, I know damned well that I do this to myself, but I feel powerless to stop it. It's like deep down I am afraid to really get what I want in life, so I find silly ways to slow or stop myself.”* I helped him identify the source of his problems – *he resented paying more taxes if he earned more money* – and once those resentments were removed he hit his sales goal. The powerful human mind can, and will, stifle your potential IF it fears *danger*.

## **Danger?**

The subconscious mind contains a survival factor that monitors your emotions for peak levels of stress. This biochemical monitoring is useful from the perspective of survival as it allows your mind to remember times when you felt unsafe, allowing you to hopefully avoid future incidents of hazard. The problem is that our antiquated bodies haven't adapted to the stressors and fast pace of modern life. Any time you experience a negative or upsetting emotion, your survival factor quickly assumes that whatever you are engaged in must be dangerous (and therefore to be avoided when possible). How you FEEL about money, those with money, those who earn money, those who spend money, those who steal money, (and on and on) will have an emotional bearing on the degree to which your survival factor resists allowing you to be in contact with that “dangerous money stuff”.

For instance, do you love the very wealthy and powerful, or does the thought of “those rich, sneaky crooks” get you upset? If you feel hostility toward money, your mind simply must steer you well away from money. *After all, you wouldn't want to be thought of as one of those “sneaky crooks”, right?*

Your subconscious mind has one role: keep you ALIVE and kicking, at all costs. Even if that cost means making you feel exhausted by 2:30 p.m., take stupid investment risks, strongly want to blow your money, go out and abuse alcohol, dive into fits of depression, ruin your chances of a career advancement, or make you suddenly hate your co-workers. If money becomes the enemy, your powerful mind **MUST drive you away** from it. Your subconscious mind never sleeps. It will fight you 24 hours a day, day and night, until a crack appears in your resistance. You can struggle; you can fight. Guess which force will always eventually win? Whenever money seems impossible to master, there is probably an internal conflict about money and what money represents.

The secret isn't to fight your internal thinking errors, but to **CORRECT** them. The goal of this lengthy worksheet pack to help you identify and correct areas where you hold upset emotions regarding money or symbols of wealth. Once identified, use AromaNetix reduction exercises to remove them (see attached reduction exercises near the end). This undertaking will require time and thought. Commit yourself fully to the process, and may the creative Source of All richly bless you all the days of your life.

+ Douglas

**Directions:**

Using pen or pencil, quickly evaluate the following words and phrases for negative emotion using a subjective *zero – to – eleven* intensity scale (**zero** = peaceful/calm; **eleven** = most extreme/horrible).

[ 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 ]

**Subject:** MONEY

_____	Rich people.	_____	Responsibility.	_____	Stuck-up folks.
_____	Higher taxes.	_____	Losing money.	_____	Bankruptcy.
_____	Lawsuits.	_____	Having money.	_____	Homelessness.
_____	Liability.	_____	Beggars.	_____	Poverty.

Next, think all about money. Scan the subject for anything that feels negatively. Write down any negative thoughts or words that emerge as you scan the subject of MONEY.

Write them here:

**Next, go back and rate** (0 – to – 11) how strongly you feel each word or phrase written above.

Jot down each intensity rating beside the corresponding word or phrase.

Ex: *Feeling left out.* [ 7 ].

**Continuing Subject: MONEY**

***On the backside of this sheet (or other paper) write down every memory you recall of:***

- Feeling upset with a rich person.
- Feeling embarrassed by a rich person.
- Feeling snubbed by a rich person.
- Feeling ignored by a rich person.
- Feeling jealous of a rich person.
- Feeling physically harmed by a rich person.
- Feeling intimidated or threatened by a rich person.
- Feeling that you are “not good enough” due to a rich person.
- Feeling resentful of a rich person.
- Feeling angry toward a rich person.
- Feeling powerless about a rich person.
- Feeling lonely because of a rich person.
- Feeling insecure because of a rich person.
- Feeling sad because of a rich person.
- Feeling cheated by a rich person.
- Feeling that a rich person got away with breaking a law.
- Feeling violent toward a rich person.
- Feeling hatred toward a rich person.
- Feeling envious of a rich person.
- Feeling that a rich person was unworthy of wealth.
- Feeling that you are not capable of becoming rich.
- Feeling that you are not capable of responsibly handling money.
- Feeling that you are not capable of responsibly managing money.
- Feeling that you are not capable of responsibly investing money.
- Feeling that you are not capable of being trusted with money.
- Feeling that you are not capable of repaying borrowed money.
- Feeling that you are not capable of responsibly paying your debts.
- Feeling that you are not capable of earning the money you need to survive.
- Feeling that you are not capable of earning the money you need for your family to survive.
- Feeling that you are not capable of earning the money you need to pay off your debts.
- Feeling that you are not capable of earning enough money to enjoy life fully.
- Feeling that you are not capable of earning money regularly and dependably.
- Feeling that you are not capable of holding down and succeeding at a job.
- Feeling that you are not capable of navigating the hazards of workplace politics.
- Feeling that you are not capable of getting along with others where you work.
- Feeling that you are not capable of pleasing a supervisor or boss.
- Feeling that you are not capable of pleasing God with your work.
- Feeling that you are not capable of becoming rich doing what you do for work.



***On the backside of this sheet (or other paper) write down every memory you recall of:***

- Disliking rich people as depicted in a book.
- Disliking rich people as depicted in a song.
- Disliking rich people as depicted in a television program.
- Disliking rich people as depicted in a movie.
- Disliking rich people as depicted in the news.
- Disliking rich people as depicted in any other media.
- Learning from gossip something negative about a rich person.
- Learning from word-of-mouth something negative about a rich person.
- Personally witnessing a rich person behave negatively.
- Personally witnessing a rich person berate or humiliate someone else.
- Personally witnessing a rich person physically harm or threaten another person.
- Personally witnessing a rich person harm or abuse an animal.
- Personally witnessing a rich person damage an object.
- Personally witnessing a rich person cheat and get away with it.
- Personally witnessing a rich person damage or exploit the environment.
- Personally witnessing a rich person take advantage of another person.
- Personally witnessing a rich person avoid justice.
- Personally witnessing a rich person avoid paying income taxes.
- Personally witnessing a rich person speak poorly of another person.
- Personally witnessing a rich person act haughty or boastful.
- Personally witnessing a rich person act excessively prideful or conceited.
- Learning second-hand of a rich person behaving negatively.
- Learning second-hand of a rich person berating or humiliating someone else.
- Learning second-hand of a rich person physically harming or threatening another person.
- Learning second-hand of a rich person harming or abusing an animal.
- Learning second-hand of a rich person damaging an object.
- Learning second-hand of a rich person cheating and getting away with it.
- Learning second-hand of a rich person damaging or exploiting the environment.
- Learning second-hand of a rich person taking advantage of another person.
- Learning second-hand of a rich person avoiding justice.
- Learning second-hand of a rich person avoiding paying income taxes.
- Learning second-hand of a rich person speaking poorly of another person.
- Learning second-hand of a rich person acting haughty or boastful.
- Learning second-hand of a rich person acting excessively prideful or conceited.

**NEXT:** Review each of your written answers. *Quickly* scan each answer for any potency above [ 2 ].  
If you locate any above [ 2 ], write down the potency rating beside your answer.

Example: ***In junior high I was teased by a rich kid. Rating [ 7 ] .***



## Questions about Subject: MONEY

Please answer the following either on the back of this sheet or on a separate sheet of paper.

1. Describe what money represents to you.
2. Who do you personally know who earns what you would like to earn?
3. Who are your money mentors, coaching or guiding you toward financial success?
  
4. What are your short-term financial goals (next 6 months)?
5. If you had a way to earn an extra \$500 monthly, how would that help you?
6. Are there any expenditures that can be temporarily stopped, in order to heal financially?
  
7. Is it fair to assume that your yearly earnings are reasonably similar to those of your five closest friends or associates?
8. Do you believe that money comes only to those who are lucky or who somehow cheat?
9. If you knew a better way to earn the money you need, what would you give up to do so?
  
10. Recall a time when you attempted to earn more money and it worked?
11. Recall a time when you didn't know how to do something, but felt you had to take action.
12. Briefly return to a memory where you lost money. Write how you felt after losing money.
  
13. Briefly return to a memory where you won or was gifted money. Write how you felt, then.
14. In your opinion, what holds you back from increasing your personal wealth?
15. In your opinion, WHO holds you back from increasing your personal wealth?
  
16. Imagine yourself holding \$100. Notice any negative feelings? If so, write them down.
17. Imagine a stranger holding \$100. Notice any negative feelings? If so, write them down.
18. Imagine a bad person holding \$5,000. Feel any negativity? If so, write it all down.
  
19. Imagine holding more than enough money, week after week. How does that feel?
20. Imagine securely earning the money you want, every time. How does that feel?
21. Question: Do you genuinely feel that you deserve money and what money brings?
  
22. Describe something BAD that might happen if you earned much more money.
23. Describe a LOSS that could happen if you earned much more money.
24. Describe what would happen if you made more money, but then lost it somehow?
  
25. Describe how your life would change if you earned more than enough money.
26. Describe how a stranger's life would change if she earned more than enough money.
27. Describe how a bad person's life would change if they earned more than enough money.

**NEXT:** Review each of your answers and scan them for potency above a “2”.

Write down the potency rating for any answer that exceeds a “2” score.

Ex. *I feel frustration and anger. Potency rating [ 7 ].*

### **Continuing Questions about Subject: MONEY**

Please answer the following either on the back of this sheet or on a separate sheet of paper.

1. Why do you spend money on non-essentials?
2. Why do you waste money?
3. When did you first waste money?
4. How does it feel to waste money?
5. Why do you want to spend your extra money?
6. How does it feel to want to spend your extra money?
7. When did you first decide to spend your extra money rather than save it?
8. How does it feel to give money away?
9. When did you first give money away?
10. When you first gave away money, did you want to give or were you directed to give?
11. How does it feel to be directed to do something you do not wish to do?
12. Have you ever wasted money rather than risk being directed by another to give it away?
13. How does it feel to have no extra money?
14. When did you first experience having no extra money?
15. Have you ever felt badly after spending money?
16. Have you ever regretted helping another, financially?
17. Have you ever been taken advantage of, financially?
18. Do others expect you to help them, financially?
19. Do you ever feel guilty if you do not help others, financially?
20. Do you feel that people should help one another out, financially, if they can?
21. Have you ever expected financial help from another, only to be refused?
22. How does it feel to need financial help, but be refused help?
23. When was the first time money was stolen from you?
24. When was the first time you learned that things can be stolen from others?
25. Have you ever taken or borrowed money without asking permission?
26. How should it feel to be financially wealthy?
27. When did you first decide that spending money feels good?
28. What are some things that you would buy if you were suddenly rich?
29. Who doesn't want you to have those things you would buy if you were suddenly rich?
30. When was the first time you were made to feel bad about (or because of) money?
31. When did someone with more money make you feel bad?
32. Where in your body do you feel tension when you think about needing money?
33. What other negative experiences cause you to feel tension in that same bodily area?
34. When was the first time you felt that same uncomfortable physical tension?
35. When you worry about money, how do you feel about yourself?
36. When you worry about money, whom do you blame?
37. When you worry about money, what's the solution?
38. When you worry about money, what feelings do you experience?
39. When you worry about money, how do you cope with the feelings?
40. When you worry about money, what internal dialogue or self-talk goes on?

**NEXT:** Review each of your answers and scan them for potency above a "2".

Write down the potency rating for any answer that exceeds a "2" score.

Ex. *I feel tension in my shoulders and neck. Potency rating [ 8 ].*

**Continuing Subject: MONEY**

***On the backside of this sheet (or other paper) write down every memory you recall of:***

- Feeling upset about money.
- Arguing about money.
- Fighting about money.
- Worrying excessively about the lack of money.
- Worrying excessively about the possibility of losing money.
- Worrying excessively about a purchase you made.
- Worrying excessively about an investment strategy.
- Worrying excessively about retirement savings.
- Worrying excessively about a taxation issue.
- Feeling stupid about money.
- Feeling embarrassed about the outcome of a money-related decision.
- Feeling embarrassed because of lack of money.
- Feeling jealous of another due to money.
- Feeling disgust toward another due to money.
- Feeling excluded due to money.
- Feeling ignored because of money.
- Feeling taken advantage of due to money.
- Feeling powerless about money.
- Feeling spiritually disconnected because of money.
- Feeling spiritually disconnected due to the unfair judgment of others.
- Feeling resentful because of money.
- Feeling resented because of money.
- Feeling guilty because of money.
- Feeling ashamed because you refused to help, financially.
- Feeling forced to give money against your will.
- Feeling hopeless about money.
- Crying because of money-related issues.
- Praying desperately for help with money.
- Begging for financial help.
- Feeling ashamed for having to ask for financial help.
- Feeling unworthy to be successful.
- Feeling unworthy to have, save, or accumulate money.
- Feeling unworthy to be someone who has more in life.
- Feeling unworthy to do better than your friends.
- Feeling unworthy to do better than your parents or siblings.
- Feeling guilty about doing better financially than your friends or loved ones.
- Feeling that becoming successful means abandoning your past.

**NEXT:** Review each of your answers and scan them for potency above a “2”. Write down the potency rating for any answer that exceeds a “2” score.

**Subject:** Conflicting values about MONEY

***On the backside of this sheet (or other paper) write down a memory you recall of:***

- Disliking rich people (yet you want money).
- Believing people with money are crooked (yet you are fair and honest).
- Writing negative comments about someone with money (yet you want money).
- Sharing negative information about someone with money (yet you want money).
- Posting negative news about someone with money (yet you want money).
- Gossiping about someone with money (yet you want money).
  
- Protesting businesses, large corporations, or financial institutions.
- Boycotting businesses, large corporations, or financial institutions.
- Criticizing a politician or political party for financial policy.
- Complaining about another avoiding taxes.

The *association symbols* we form about money (and those with money), when coupled with powerful emotion and with behavioral validation, determine to some significant extent whether or not we allow ourselves to make, save, and accumulate more money. Do you want others to dislike you, believe that you are crooked, post negative comments about you, or gossip about you? Is it any wonder why your powerful subconscious mind has associated “having money” with an unwanted, undesirable status?

Simply put: *subconsciously, we cannot allow ourselves to become like something we strongly dislike.*

**NEXT:** Review each of your answers above, and scan them all for potency above a “2”. Write down the potency rating for any answer that exceeds a “2” score.

## Critical Self-Analysis

Consider the following statements and analyze your feelings for the emergence of any negative emotional ab-reaction or potency. Upon detection, immediately write down the potency rating beside the provided statement. After completion, please circle any statements that trigger a potency rating above “2”.

[ 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 ]

- It feels good to hold money.
- I feel safe holding money.
- Money buys what I need.
- I feel better when I have extra money on hand.
- I can trust myself with extra money.
- I can learn how to wisely grow extra money through sound investments.
- I believe that I can learn how to earn the extra money I need.
- I expect more money and believe that I can achieve more earnings.
- It's perfectly fine for me to have extra money and take care of my needs.
- I can feel guilt-free about having and saving all the money I want.
- I can have extra without feeling guilty or ashamed.
- I can do better financially than others without feeling bad.
- My loved ones want me to succeed and feel fulfilled.
- I could surround myself with positive-minded, money-making people.
- Even if I somehow lost extra money, I can handle it and bounce back.
- Even if I somehow made extra money, I can handle it and prosper.
- Even when I begin to feel better, fast, I can handle the good feeling and grow.
- Even when I begin to stand out as a success, I can remain good and compassionate.
- Just because I make extra money doesn't mean I have to feel bad, afraid, or worried.
- I can have things without worrying that someone is going to take them away.
- I can be very happy and prosperous without feeling that some devil will get me.
- I can feel secure, protected, loved, healthy, blessed, and highly favored.
- It's okay for me to feel how it can feel when I have extra money.
- Even though I have felt badly about monied people in the past, I can release that.
- Even though I have worried about money, I now feel hopeful and ready to earn.
- I can decide when to feel better about money, and I'm okay with that.
- I can choose when to begin to feel better about money, now, and it's okay.
- I can decide how to feel about money, better each day, and I like it.
- I can take back control of my money, with confidence, and it's about time.
- I choose when to feel stronger and more confident about my money.
- I can claim my perfect right to abundance.
- I can have nice things, too.
- I can choose to release the past, feel better fast, and embrace money into my life.
- I don't have to make all the extra money I need right now, but I might...I just might.
- I can be both spiritually grounded and financially abundant.

## Critical Self-Analysis

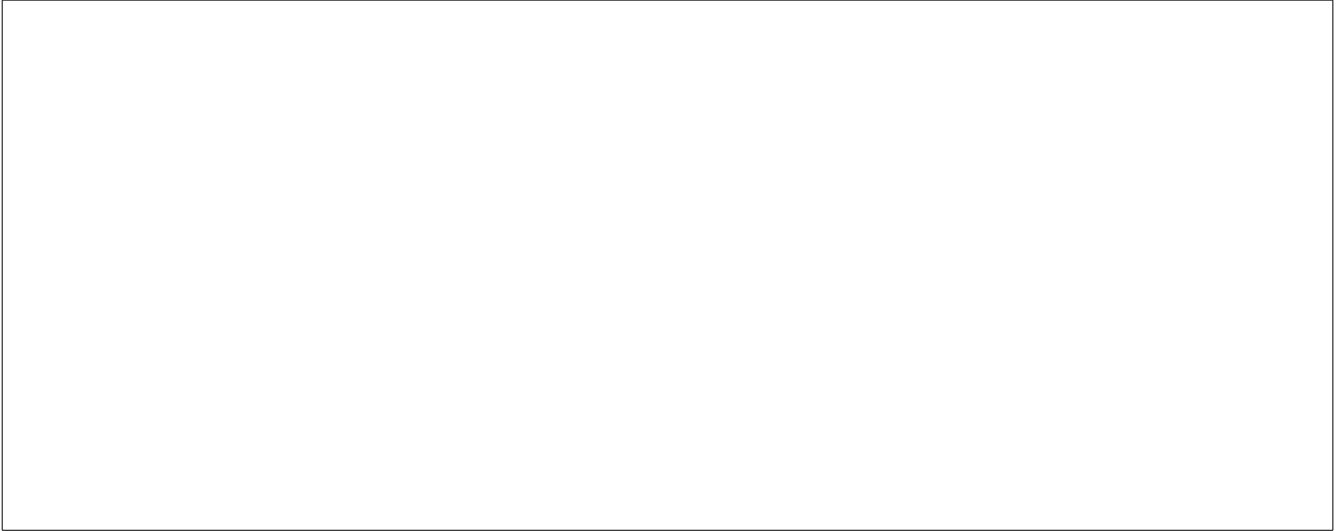
Consider the following statements and analyze your feelings for the emergence of any negative emotional ab-reaction or potency. Upon detection, immediately write down the potency rating beside the provided statement. After completion, please circle any statements that trigger a potency rating above “2”.

[ 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – 11 ]

- I feel guilty when I do not share.
- I feel ashamed when I do not share.
- I feel upset when others do not share.
- I feel upset when others are shamed into sharing.
- I feel angry when others feel guilty about choosing not to share.
- I feel embarrassed whenever I do not share.
- I feel morally superior whenever I share.
- I feel that those who have should take care of those who lack.
- I feel that those who lack should serve those who have.
- I feel inferior to those who have financial abundance.
- I feel upset whenever those with abundance excessively display their wealth.
- I'm indifferent to displays of wealth because I am working on my own development.
- I feel that emotional extremism regarding money is a harmful position to hold.
- I can choose to find internal calm, certainty, and peace of mind regarding money.
- I can recall how good it can feel to have money when it's needed.
- I can recall how good it can feel to earn the money I need.
- I can imagine how it must feel to feel financial secure and provisioned.
- I can imagine what it would look like to receive much more money.
- I can imagine how it could feel to feel thousands of extra dollars in my possession.
- I can imagine how it could feel to make a small extra purchase without worry.
- I can imagine how it could feel to purchase a small gift for a loved one, without worry.
- I can imagine how it could feel to effectively save for college, vacations, or retirement.
- I can imagine how it could feel to pay off all my debt, once and for all.
- I can see myself paying off the last payment on a beautiful home.
- I can see myself making the last payment on a beautiful vehicle.
- I can see myself offering a large, generous tithe to my church.
- I can see myself contributing financially to worthy causes.
- I can experience how it could feel to purchase new clothes, shoes, and accessories.
- I can imagine how it could feel to purchase healthy, top-quality foods and supplements.
- I can imagine how good it could feel to help my loved ones, financially.
- I know that I am capable of responsibly mastering wealth and financial abundance.
- I know that I can be trusted with greater wealth and influence.
- I know that I can better serve humanity through wealth and abundance.
- I know that money is a useful tool, but not an object of worship.
- I believe that I will enjoy greater financial abundance.
- I know that I am finally ready to earn greater sums of money, immediately.
- I can decide when to take immediate action toward fulfilling my financial goals.

## **Critical Self-Analysis: Wrap-Up**

Think about how money impacts your life, from the choices you can afford to the way society views you. Write down anything whatsoever having to do with money that contains a negative emotional potency of a “3” or stronger. Give yourself plenty of time to come back to this particular worksheet. Think it over throughout your day, and be sure to write down the potency rating of each entry.

A large, empty rectangular box with a thin black border, intended for the student to write their self-analysis entries. The box is currently blank.

## **Reducing Down the Potency**

Scan back through each page on this worksheet pack, carefully examining each answer for signs of excessive negative emotional potency (above a “2”).

Use your favorite AromaNetix reduction strategies to lower your potency ratings to a “2” or below.

Once this entire program is completed, give yourself a few days to emotionally process down all the work you've accomplished. Once you are ready to begin, meditate on becoming more open to new and creative money-earning strategies. Will them to come into alignment with your life path, and give yourself permission to safely receive them. Then...wait and watch.  
Be willing to be led through the process by your higher self.

When an opportunity feels right, ACT on it.  
Action creates the shift in fortune.  
Action create the money-magnet momentum.  
Be open. Be careful. Be ready.  
Then ACT.



If any resistance remains, your results will clearly show it.

In case of slow results, work back through the worksheets until you intuitively locate your stumbling blocks, and then use the technology to reduce them away.

Be patient. Be thorough. Give yourself permission and time to transform.

In love,

A handwritten signature in black ink, appearing to read "Douglas". The signature is fluid and cursive, with a large initial "D" and a long, sweeping tail.

## **REDUCTION EXERCISES**

*“The energy of the mind is the essence of life.”  
– Aristotle*

*The following interesting AromaNetix techniques are an assortment that many clients have enjoyed over the years. Read through them. Use what resonates with you; discard anything that does not serve your beliefs. I respect you and want you to feel comfortable. Where you see (XYZ) that simply means insert whatever issue or challenge (in this case, **money**) you are working on during that particular time. :)*

*You will need to use a safe, familiar, pleasing fragrance or aroma. Make certain it is something that you may safely enjoy.*

### **IMPORTANT SAFETY WARNING:**

Please DO NOT use AromaNetix while driving, operating machinery, or while performing any task where your attention is otherwise required.  
Be safe. Be careful. Use good judgment.

\* \* \* \* \*

### **The Lemon Reduction Technique**

Please take a moment to run a potency rating on your problem, issue, or challenge (XYZ) that you wish to process down using this reduction technique. Be sure to jot down your rating for later comparison.

In your mind's eye, picture a giant, yellow lemon. See the dimpled pores within the lemon's peel? Notice the fruit company's sticker on the side of the lemon—someone forgot to peel that off. See how the ends of the lemon are tapered...it looks like a yellow football. Why not go ahead and imagine the lemon turning over and over, like a football, toppling end-to-end?

Please picture TWO lemons, each moving around as you see fit. You're becoming more and more in control again, and please picture FOUR lemons, now...each moving independently of the others.

Some roll, or wobble, or topple, or spiral. You're in control, so only you can decide how each lemon moves.

Please take in five deep breaths, and with each inhalation please sniff your chosen aroma. Remember, the aroma *locks in* to your subconscious emotion bank each step of your progress, so be sure to never skip this crucial task. As you exhale, please say or think:

***“I don't have to let go of these feelings just now, but... I might...”***

You see, it isn't necessary at this time for you to begin to feel better and better about your XYZ issue. In fact, you aren't obligated to continue feeling bad about it at all, but sometimes people do so. You are in control, after all, and if feeling much better is something you'd be interested in experiencing, by all means take the lead.

Please keep one of the lemons and make the other three vanish however you see fit to imagine it. The lemon you've decided to keep can represent how it feels whenever you feel more and more free; more and more at ease; calm, centered, focused; relaxed. The lemon has another meaning, you know?

Picture a freshly cleaned home after a long, hard winter. The springtime air is crisp and inviting. The windows are lifted open, and a gentle, fragrant breeze softly blows through the home—blowing away the winter's dirt and making room for the clean, refreshing feelings of sunshine and lemony zest. Isn't it remarkable how lemon juice can smell clean and refreshing?

It's okay to begin to feel more and more at ease. Clean and refreshed, like a wind-swept home in the springtime. Pushing out the old dust and dirt from the past and making room for the healing sunshine to enter in. It can help to slap a huge, silly grin on your face.

Please take ten slow, deep, and cleansing breaths—each with aroma—and, as you exhale please say or think: ***“I really don't have to wait any longer to feel better, now...”***

After all, you're in control—and *that feels better*.

Be at peace; clear your mind and relax. Look around you. Touch something. Understand that you are whole. Allow your awareness to return to the present place, time, and orientation. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## **Trash Can Stomp Reduction**

Begin with ten slow, cleansing breaths (and aroma): breathing in the nose to the count of four; exhaling through the mouth to the count of six, or as best you may.

Cleansing, relaxing breaths help to downshift your powerful mind for just a moment, letting it know some relief is on the way.

In your mind's eye, where we pretended as children, please picture a bright, sunny day. You are standing a gentle field, and before you is a metal trash can filled to overflowing with foul, disgusting garbage. Look at the horrid mess oozing from the trash can. Imagine the awful stench of rotting veggies, putrid meat, maggot-covered, bloated roadkill; that disgusting, nasty trash can represents (just for now) **how you feel** when you think about what holds you back from money. See that can, feel those feelings.

In your mind's eye, move back fifty feet from the awful trash can—giving yourself distance. Emotional and physical space. Walk it back...more....more. Give yourself the gift of distance and relief.

Imagine a gigantic boot suspended 20 feet above that awful trash can. When you are ready, speak the word **“Now!”** and the boot will begin to stomp...stomp...stomp that nasty can flat as can be. Really stomp it down. You're now in control, so start stomping. Stomp. Stomp. Really grind that nasty can down into the ground. Stomping. If you're smiling, you're doing it right.

Quickly now, take in eleven slow, deep breaths. As you exhale, speak the following:

***“I can decide when to be free...in control...right now...and I LOVE it !!!”***

Next, try to imagine the trash can again. It looks differently now because you have changed the symbol; changed its hold on you. See how easy this can work for you?

When you are ready, speak the word **“Now!”** and the boot will begin to stomp...stomp...stomp that nasty can flat as can be, again. Ready? Stomp. Stomp. Grind that nasty can down into the ground. Stomp that nasty symbol until it loses all grip on you. You have taken back control. Absolutely yes.

Quickly now, take in seven slow, cleansing breaths. As you exhale, speak the following:

***“I LIKE the way it feels to break free, so I'll keep it!”***

*Clear your mind and relax. Touch something nearby and allow your thoughts to return to the present place, time, and orientation around you. Well done!*

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## **Eyes of a Hero**

Be sure to take a “before” potency rating on (XYZ), and jot down that number for later comparison.

Picture a hero; any hero. Your hero can be someone from present day, or from the past; someone of historical significance or someone totally imagined. Empower your visualized hero with uncommon goodness and heroic courage.

“Pop” out of your body and slide into the body of the hero. Look out through the hero's eyes and see yourself, your worries, and your XYZ challenge. Consider how the HERO would feel about your challenges; what strategies could she or he create to overcome the challenges of XYZ? Think about ways that the hero could handle your XYZ situation or issue. FEEL the sense of courage, creativity, and certainty that your hero feels as she or he carefully plans how best to overcome XYZ challenge.

Feel how good it could feel to have the assistance of your hero as you battle to overcome XYZ challenge. Double those good feelings, and take in seven deep, cleansing breaths—adding aroma with each inhalation. Let your muscles tighten with each breath, then immediately go loose and completely relaxed with each exhalation.

Loose and limber...relaxing those muscles more and more...and feeling what your hero feels as she or he prepares to beat that XYZ situation and help you get ahead in life, more and more. Claim it.

See and FEEL how your perspective and strategies can change, when you look through the eyes of a hero. It's okay to smile as you do so, by the way!

*Clear your mind and relax. Touch something nearby and allow your thoughts to return to the present place, time, and orientation around you. Well done!*

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## **The Magic Mirror**

Please imagine a mirror hanging on the wall, in a safe, secure room. You are free to look into this beautifully framed mirror, and as you do so you can notice your reflection. Gaze softly into your reflection, into the eyes, and allow a silly grin to wash over your face; playful and silly, no one will know.

Can you recall a time when you felt good about yourself. If so, recall those positive, powerful feelings and double them over and over until they wash over you like a soft, white light. Feeling good about yourself. Deservedly feeling good about yourself. Maybe beginning to feel it; maybe simply pretending to feel it more and more...more and more...and the mind can't tell the difference, so go ahead and pretend in a BIG way. After all, this is all for you.

As you stare into your own eyes, pretend to “pop” out of your body and go into your own reflection. Look back at your self looking through the eyes of your reflection in the mirror. Take **seven** slow, deep breaths—breathing in a safe, pleasing aroma as you do so—and as you exhale each time please say or think:

***“I can learn to see myself, love myself, and be myself.”***

Next, looking out from the eyes of your reflection, tell yourself that it's perfectly fine to love yourself; that self-love is like a pitcher of flowing, living water...ever ready in supply to be given to others, as well. When we love ourselves deeply—without conceit—we are better enabled to give love and service to others.

Next, “pop” back in to your body and bring with you all the great feelings of love, confidence, security, trust, and happiness. You deserve love. You deserve every good and perfect experience. Why not thank your mirror reflection for this great gift; the gift of emotional healing and uplifting love? Please take in ten slow, deep, cleansing breaths—each with aroma—and with each exhalation please speak or think: ***“I can receive my own love and approval, forgiveness and acceptance; I really can.”***

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## Arms of the Angels

In your mind's eye, picture your divine spirit essence popping out of your body and standing right beside yourself. It's fine to imagine what that could look like to see your struggles from a different perspective (that's really the point of this exercise, you see?).

Imagine floating up into the arms of beautiful, soothing angels who heal and restore you in every way. Now, your body is safely below, but just for now continue to breathe and relax as you enjoy the safety and comfort of an entire legion of powerful, loving angels all around you. Absorb the divine, healing energy. It's perfectly fine to feel the way you could feel just now if you were safely in the arms of God's loving angels, protected and safe, healed and restored in every good way.

You might decide that now is the right time to feel better; stronger. Free from pain and discomfort. Free from worry and discord; anxiety simply melts into nothingness in the presence of the angelic host, and that's quite all right. Because you can feel love; you can feel loved, and loving. Because you can decide when it would feel wonderful to simply let go a little more with each cleansing, healing breath.

Please take in eleven slow, blessed, aromatic breaths, and each time you exhale please speak these words of faith:

**“blessed angels of God...pray for me and heal my worried soul.”**

Please take in five slow, cleaning aromatic breaths, and visualize yourself in the arms of the Creator of the Universe. Feel the love and blessings pour through your spirit, healing and filling you for all time. See how silly money seems through the eyes of God the Source?

With each exhalation of the five breaths, please speak the following:

**“ I can decide when to embrace and accept God's loving wealth and abundance, freely and without judgment, and I love it!”**

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## The Push/Pull

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

In your mind's eye, that theater of imagination we used as children, create an apple. Just for today, let that apple be a symbol for anything that holds you back from money. Pour into your apple the bad feelings that oppose your wealth creation.

Create another apple.

Please create two more apples—four in total.

From these four created apples, please select just one to use for this exercise, and cause the other three to quickly vanish in any imaginary manner you choose. After all, *you* are in control. And—POOF! They are gone.

Having selected an apple to use, please zoom in on this apple and notice the coloration; any imperfections of the peel or stem. Carefully examine your apple, because it symbolically represents the bad feelings that come up against you whenever you think about money.

Look at your apple and allow yourself to FEEL those negative emotions, more and more. The apple becomes a temporary symbol for those feelings about XYZ; how it makes you feel; what it does to you; how XYZ affects your life experience.

Next, using your imagination, “push” the apple far, far away (as it goes away, so goes away those bad feelings about XYZ). Next, instantly “pull” the apple back to you. Push away the apple, this time tossing it into the ocean where it sinks down to the darkest depths. Snap your fingers, and instantly the apple returns to you.

Blink your eyes three times, then cause the apple to explode into a hundreds little pieces scattered everywhere! Blink your eyes three more times, and in a flash the scattered pieces reassemble into a whole apple. Notice that the feelings about XYZ aren't quite the same as before; somehow they feel weaker, diluted. Less heavy.

Please pause and take in **ten** deep, very slow, cleansing breaths—*each while smelling a safe, pleasing aroma*—and each time you exhale please try to relax your shoulders and neck more and more...more and more relaxed with each breath. Breathe in through your nose...and out through your mouth. Your shoulders and neck muscles easily become very loose, limber, and relaxed.



Please visualize your apple again, and choose at some point *in the next ten seconds* to push it into the sun, where it instantly vaporizes into nothingness. You're still in control, you see? You can decide. You can choose.

Next, please choose at some point in the next ten seconds to snap your fingers and pull the apple back to you, fully re-assembled, but the pieces are all scrambled and jumbled up. Nothing quite fits like it did before. The apple is all mixed up, but that's okay. Just because the apple doesn't feel as strongly as before shouldn't bother you. After all, it only means you can start to feel better and better about that XYZ, when you choose to do so.

Please make the funny apple vanish and be done with it. Next, using one half of your willpower please try to bring back the apple; **however**, using your other half of willpower please RESIST letting the apple return. Oh, strongly desire that the apple come back, now...now...NOW! **But, wait!** Equally RESIST allowing that tired, sickly apple back into your presence. After all, it can't hold you down any longer if you get rid of it, now. Feel the conflict growing within you, as half of your willpower fights with the other in an internal struggle for control.

Because you are in control, go ahead and decide to send that silly apple flying into the sun, and it can't come back. Even if it tried to come back, you could send it flying back to the sun, and after all, it gets weaker with each scorching; soon enough it couldn't hurt you one tiny bit.

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## **Empowering Deity**

*Please take a moment to run a potency rating on your problem, issue, or challenge (XYZ) that you wish to process down using this reduction technique. **Be sure to jot down your rating** for later comparison. By benchmarking your progress you can see AromaNetix working for you in real-time.*

In your mind's eye, visualize being in the divine presence of Source (as you may choose to picture such). Enjoy twenty slow, deeply relaxing breaths—safely adding aroma with each inhalation—and please allow your shoulders to relax more and more with each breath.

Beside Source there is a white chair. You are beckoned to sit beside Source and share in divine love and forgiveness. A golden light radiates from the image of Source, pulsing with healing energy and purest faith. The energy wraps around you and fills you with the perfect peace of Source, healing more and more emotional and physical pain. Source asks you, ***“have you learned to love your fellow people?”***

In a matter of seconds, your entire life flashes before you like a three-dimensional, interactive movie. Every incident where you offered love to others is highlighted, and Source laughs with delight because you have genuinely learned to show and receive love. Source does not blame you or judge you for your mistakes; you are given only love and understanding.

Please enjoy ten deep, relaxing breaths—using aroma and relaxing your shoulders more with each breath—while flooding your body and spirit with gratitude and relief. Even if it seems difficult to perform, try your very best to believe that you are worthy of perfect love, perfect forgiveness, and unconditional acceptance. You are loved, deeply and truly, and you already deserve your rightful place in the Great All. Picture your faults, your weaknesses, and your challenges dissolving away in the presence of the Ultimate Expression of Love and Power: the *Source* of All.

Source speaks to you: ***“Together we can do anything. Your challenges are now my challenges, and I have your back. We will win. Let's begin right away; it will be okay. I will never leave you nor forsake you; together we can win. Will you accept my help?”***

Please enjoy seven slow, cleansing breaths—adding aroma and physical relaxation—and dare to have the sheer audacity of unshakable belief that you can win. Dare for greatness! You deserve it.

In your mind's eye see your challenges melting away at the feet of Source, who

believes in you and aides you in your work.

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

### **Conversion Technique**

Take a “before” potency rating, and jot the number down for later comparison. Think about something you need to reduce away. Maybe a bad feeling, painful memory, or emotionally potent situation. Let's call it *XYZ* to keep the processing simple.

In your mind's eye, picture a glass of water. Now imagine that the water turns into dry sand. Now imagine that the dry sand turns back into water.

Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"More and more...I am feeling in control."***

In your mind's eye, picture a flaming candle. Now imagine that you blow the candle out. Now imagine that the candle becomes lit, once again. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"I can choose freedom ANYTIME I want!"***

In your mind's eye, picture a garden filled with all kinds of lush, green vegetation. Now imagine that the vegetation disappears, leaving only the earth below. Now imagine that the vegetation slowly comes back. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"I am free to choose...I get to decide, and I'm safe."***

In your mind's eye, picture a flag blowing in the wind. Now imagine that the flag becomes still. Now imagine that the flag once more starts blowing in the wind. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"I don't even have to feel in control, but I do...and it feels great!"***

In your mind's eye, imagine a homeless person feeling a stray dog. Now, picture the dog

feeding the homeless person. Now, picture a homeless person loving the stray dog. Now picture a stray dog loving the homeless person. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"I can go ahead right now and choose to be free...IF I want."***

In your mind's eye, picture an apple. Now imagine that the apple splits into two halves. Now imagine that the apple turns back into one solid apple. Next, slowly cause the apple to vanish, and release it to the winds. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"It can feel very good to let go and feel free, whenever I choose."***

In your mind's eye, picture a block of ice. Now imagine that the ice melts away. Now imagine that the water instantly refreezes back into a block of ice. Lastly, mentally toss the block of ice into the sun, where it vaporizes into nothingness. Release. Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"I don't have to let go, more and more, releasing more and more, but, I JUST MIGHT, sometime."***

In your mind's eye, picture the healing arms of Source wrapped safely around you. Now imagine how it could feel to turn away from the perfect acceptance and love of Source. Lastly, please turn back and embrace the beauty of Source, once more, and know peace always and in all ways.

Take seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly say aloud or think the words ***"I am very loved, accepted, and wanted... always and in all ways, and I'm so glad!"***

(It's perfectly fine to allow your smile to widen a little more when you're ready.)

*Please clear your mind; keep what is useful for you.*

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## Eyes of a Stranger

Be sure to take a “*before*” potency rating, and jot down that number for later comparison. Thanks, and good luck!

In your mind's eye see yourself struggling with *XYZ*. Picture yourself feeling the negative emotions that come up whenever you struggle with *XYZ*.

Visualize yourself. Nearby, picture a complete stranger. This stranger wishes you no harm whatsoever; **you are safe**. See the stranger and recall *how it can feel* to look at someone for the first time. Notice your feelings, thoughts and impressions that form as you continue to watch the stranger. Take in three slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: ***“I want to see myself the way others see me.”***

As you continue this mental imagery, imagine that you float out of your body and into the stranger. Give yourself permission to imagine this, and go ahead and do so. Once inside, look through the stranger's eyes and ***see yourself through the eyes of a stranger***.

Get to know how you look to the stranger; notice his or her first impressions of you. See your strengths, your faults; notice your beauty and imperfections. Feel the stranger's love or hatred of you; feel the stranger's attraction or repulsion. Feel the curiosity or indifference that the stranger immediately forms towards you. Feel any prejudicial tendencies that the stranger may harbor. Take in seven deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: ***“I'm learning how to embrace and accept myself while I choose to love and accept myself”***.

In your mind's eye, allow yourself to float up out of the stranger and hover overhead, watching the two of you interacting. Imagine the stranger politely introducing himself or herself to you. See yourself befriending the stranger, and *feel how it can feel* to receive acceptance and approval from someone new. *Feel how it can feel* to enjoy acceptance and recognition of your talents, hopes, and dreams. *Feel how it can feel* for the stranger to meet someone new and interesting. At the same time, feel **both** what the stranger feels AND what you feel. Hold that dual sensation, and trust in it. Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: ***“I deserve the security of wealth, acceptance, approval, and respect, and I'm really okay with those, now.”***

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (*XYZ*) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## The Vicariation Flip technique

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

Please slowly relax and take in nine slow, deep breaths. Watch for signs of stillness, relaxation, and inner calmness beginning to appear at various levels of consciousness within you. Feel perfectly free to enjoy the sensations of peace and safety; you are very important.

Now, please picture an apple. Notice all the details involved in the apple: coloration, shading, smoothness of peel, whether it has a fruit company sticker on it; if the stem is intact or not. Notice any imperfections on the apple? This is your apple, so picture it as you see fit. After all, you ARE in control.

Now, please picture **two** apples, this time.. Because you are in control please decide whether or not to make both apples appear identical or different from each other. *Since you're in control* and you have the power to make good choices, why not choose to go ahead and picture two more apples, now—FOUR apples in all!

Please color them any color you please.

Kindly select any **one** of the four apples. Using your powerful imagination, cause that particular apple to turn into a banana.

Imagine that you are floating out from your body. Move into the banana and imagine that you can see the three apples from the vantage point of the banana. *Cause your imagination to allow it.* Exercise those imaginative forces and become the banana. See the apples from the perspective of the banana, and notice how it feels to be the banana. Now cause the remaining apples to become bananas, too. See the other bananas, and *feel how it can feel to be the same.* Take in five slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"It's not necessary at this time to feel more and more relief, just now, but I just might, and that's okay."*

Float out of the banana and clear your mind.

Please create an apple.

Intensely desire that the apple become a banana, but THIS TIME **resist** permitting the apple to change form. With half of your amazing will power, strongly desire to change that apple into a banana; equally, with the other half of your unstoppable will power strongly RESIST allowing the apple to change into a banana.

Double the intensity of this conflict; stronger with each breath. Continue

doubling *both the desire AND the resistance*, urgently desiring that the apple become a banana while denying the apple from becoming a banana. Do not permit it to change. **Remember, you are in control**, so control the apple. *FEEL how it can feel* to intensely desire change. *FEEL how it can feel* when change does not happen. FEEL how it can feel to deny yourself the changes you want to create.

Because you are in control, at some point during the next ten seconds **please choose when** to finally allow the change to take place—and the apple becomes a banana. Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"It's not necessary to feel more and more in control with each cleansing breath—but I just might."*

Clear your mind and relax.

Picture yourself standing in a crowded room at a social gathering. Imagine that everyone at the party likes you. *Feel how it can feel* to be liked by everyone at the party. Float over into the body of one of the crowd, and see yourself through his or her eyes. *Feel approval*. *Feel acceptance and admiration*. *Feel respected*. *Feel safe and secure*.

Take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: *"I like these feelings and I want more of these feelings to come into my life—and I'm so glad."* Slap on a big, silly grin and feel good now. You can. You're in charge.

Clear your mind. Relax and return your awareness to present place, time and location.

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## **Vicarious Introspection**

Begin by taking a potency rating about your problem, issue, or circumstance (XYZ) that opposes you; jot down your score for later comparison.

In your mind's eye, picture a ***benevolent being*** made of pure love and pure light. Kindness and *unconditional love* radiate from this being. Imagine that this being has the natural power to see inside of your mind, to know your past, and to *feel what you feel* at the deepest levels of your soul. There is nothing that you can hide from his trusted, safe, unconditionally-loving being. It doesn't want to judge you, and it only wants to comfort you. It knows you in every way—mistakes and all-yet, it offers you **ONLY** unconditional love and approval. Go ahead and *feel how it could feel* right now to meet such a Special Being.

Take in five slow, deep, cleansing breaths—adding aroma and if possible, lifting your hands to the sky in agreement—and as you exhale slowly, say aloud or think the words: ***“I could someday choose to accept perfect love and perfect understanding, always and in all ways. Money is safe with me.”***

Imagine being able to *see yourself through the eyes* of the benevolent being. Using the benevolent being's powers, look deeply inside of your soul and notice all that you find there. Consider every observable incident from your past where someone hurt you. Look deeper until you locate all the moments where you felt intense emotional pain, disappointment, or surprise. It's safe to feel those feelings, because the benevolent being has a soothing nature about It.

Take in seven slow, deep, cleansing breaths—adding aroma and moving your arms about in a powerful, positive way—and as you exhale slowly, say aloud or think the words: ***“Someday I can choose to lay down the pain and scars from the past, and it will be okay. I trust myself with money, now.”***

Through the wise mind of this benevolent being, instantly know everything about you: your past, your present, and maybe even your future. Look deeply inside the fabric of your life and immediately locate any hidden problems, addictions, or unproductive habits that hold you back from taking your magnificent life to the next level of development. Take in nine slow, deep, cleansing breaths—adding aroma and shaking your powerful fist at the sky—and as you exhale slowly, say aloud or think the words: ***“I forgive you, I release you; I now love and accept you in EVERY way.”***

Imagine floating back into your body, and feel the unlimited forgiveness of the benevolent being, showering you with gentle, warm energies that purify you and wash you thoroughly to the core. **Feel free** to let go of even more



emotion and trauma from the past, any time you choose; maybe even right now. *This is how the joy of tomorrow stems from today; in the present time.* **FEEL how it can feel** to become relaxed and in more control with each cleansing breath you take, any time you like.

Take in nine slow, deep, cleansing breaths—adding aroma and allowing your shoulders to relax deeply with each breath—and as you exhale slowly, say aloud or think the words: ***“I forgive, more and more. I release, more and more. I can decide when...I can choose when, and I feel better, right now.”*** Why not go ahead and slap on a big, huge, wide, silly grin? It's your perfect right to feel better, now.

Picture those whom you may have wronged in the past, and float into them so that you can see yourself through their eyes.

Through their eyes, forgive yourself. Flood your body with warm energy and feelings of forgiveness. *Feel them forgiving you*, letting go of even the oldest anger or upset. Feel free.

Please take in seven slow, deep, cleansing breaths—adding aroma—and as you exhale slowly, say aloud or think the words: ***“I could choose to feel how it feels to break free and let go, more and more. I'm worthy.”***

Sometimes, the greatest gift we can give ourselves is the gift of loving forgiveness and freedom.

Clear your mind. Relax and return your awareness to present place, time and location.

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## Getting Clear on Money

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. **Think about the subject of money and all that money entails.** In your mind's eye, create a symbol to temporarily represent any negative feelings that you harbor regarding money, those with money, or anything surrounding money.

Take in nine breaths, with aroma, and visualize the symbol that temporarily represents negative feelings regarding money. Using your powerful imagination, transform the symbol about money into a BIG sheet of paper. Rip the paper into shreds, over and over again, and place a huge, silly grin on your face with each rip. Its okay to feel better as you rip, by the way. Keep ripping!

Rip! Rip away! Keep ripping!  
More ripping! I can't hear you ripping. Rip Rip Rip. :)

Look at the pile of ripped, shredded paper. Using your imagination, create a stick and stir up the shredded pieces and bits so that they can never go back the way they were before you ripped them all up. Mix up all the little pieces, swirling them around and around. Keep swirling and mixing. Breaking their hold upon you with each *freedom swirl*.

Take in seven SLOW, relaxing breaths, with aroma, and visualize the shreds of paper attempting to go back together. Allow the paper shreds to try to reassemble, even though they cannot. Feel a little pity for the paper shreds, because try as they might, they simply can never go back to hurting you again (and that's really okay, you see).

When you're ready to release, send the paper and shreds flying into the sun, where they are instantly burned away for all time. POOF! Gone. Forever. Yes.

Clear your mind. Relax and return your awareness to present place, time and location.

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free. You deserve great things.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## Removing Feelings of Selfishness

Enjoy seven slow, cleansing breaths, adding safe aroma as you inhale. Think about being made to feel selfish for wanting more from life. Think about wanting more, better, or different experiences in your life, and realize how unfair it is for anyone to make you feel guilty or selfish for wanting to change your own personal life experience. After all, when you improve your life then you can contribute time and money to good charitable works. Money is a helper, and you can be trusted to use it for good. Absolutely yes.

Think about how very happy someone could feel if you helped them with extra money or other assistance that came from attracting greater abundance into your life.

Take three cleansing breaths, with aroma, and **magnify those feelings of happiness, love, and giving**. Feel the joy the other person could feel, all because you cared enough to attract more abundance into your life, right now.

In your mind's eye, picture someone receiving financial help from you. It is little concern to you, because you had the forethought to allow greater material wealth into your life, and now you feel that there is plenty to share with those in need. **See and feel** the gratitude and joy springing up from the individual receiving your help. Feel how it can feel right now to be able to easily help others while creating greater abundance in your own life experience.

You deserve to feel good.

You are blessed and able to bless others as your wealth grows.

You can decide when and how to bless yourself AND others, and that's fine.

Please take in seven deep, cleansing aroma breaths, and with each exhalation please speak the following (and mean it):

**“Wealth flows to me and through me in ever-increasing waves of majestic abundance, and I am so thankful! Thank you!”**

Clear your mind. Relax and return your awareness to present place, time and location.

Be at peace; clear your mind. Look around you. Touch something. Understand that you are whole. Be free. You deserve great things.

**Quickly....re-rate** how you feel about (XYZ) from eleven down to zero. Jot it down and compare with your beginning rating number.

**\*\*\*END of Technique\*\*\***

## **Aromatic Affirmations**

Condition your subconscious mind to believe and accept that you CAN accomplish your intended goals; that you CAN attract what you want using the Law of Attraction.

This is done by using affirmations mixed with safe aroma.

Feel free to customize the affirmations to better suit your style and beliefs. Use these often each day; the more the better.

Create within yourself the strong feeling of already having achieved your goal. Learn to flood your body, head to toe, with that feeling. Think of it as an energy, and your thoughts direct where that force goes throughout your body. Some choose to picture it (and feel it) as though the feeling were a golden ball of light-energy. Whatever it takes, get into the strong emotional state of *already having received that which you desire* to attract into your life path. FEEL how it would FEEL if you already had it, now.

**Create short, direct affirmations and speak them while FEELING GOOD, (followed immediately by three sniffs of aroma).**

### **Examples:**

- *“I just got (your goal) and I love it!!!” (3 sniffs)*
- *“This is how it FEELS to get (your goal).” (3 sniffs)*
- *“I just received (your goal), and I’m Really GLAD!!!” (3 sniffs)*
- *“I can ask for another (goal) because I attract things to me. (3 sniffs)*
- *“See? I’m totally SAFE with (your goal), and it’s all right! (3 sniffs)*
- *“I deserved more in life, and it happened almost immediately! (3 sniffs)*
- *“I am an attraction magnet. I deserve (your goal) and it’s SAFE! (3 sniffs)*
- *“When I get more, I can give more and help others.” (3 sniffs)*
- *“When I receive money, money can flow through me and help others.” (3 sniffs)*
- *“Just because I get what I desire, I’ll ask for (your goal), and I’m GLAD!” (3 sniffs)*
- *“I can help SO MANY people after I receive even more abundance! Yes!” (3 sniffs)*
- *“I am attracting (goal) immediately and easily to me, and I LOVE it!” (3 sniffs)*

### **Have FUN With This**

So often we place unfair demands upon our *Law of Attraction* work, be it out of impatience or overwhelming need for it to “work” immediately. This is wrong. The result of pressure upon your LOA efforts is always *failure*, because you change the recipe through your emotions (and the outcome always reflects your emotion-directed expectation of negative results).

How can this be avoided?

**HAVE FUN WITH IT !**

Practice this million-dollar phrase: **“Wouldn't it be FUN if..”**.

Wouldn't it be FUN if I attracted \$3,000 per month extra income?

Wouldn't it be FUN if I experienced use of a brand new car?

Wouldn't it be FUN if someone offered me a great new job?

Wouldn't it be FUN if I met someone trust-worthy, loving, and kind?

Wouldn't it be FUN if I received a call or email from an old friend?

Wouldn't it be FUN if I could vacation near the beach, for FREE?

Wouldn't it be FUN if I received a surprise gift this week?

Wouldn't it be FUN if I found a great parking space?

Wouldn't it be FUN if I received an unexpected check in the mail?

Wouldn't it be FUN if I received a new piece of jewelry?

Wouldn't it be FUN if I could help the less fortunate in a big way?

Wouldn't it be FUN if I could donate more to worthwhile causes?

Wouldn't it be FUN if I met somebody famous in the next 30 days?

Wouldn't it be FUN if I found the perfect house in the next 30 days?

Wouldn't it be FUN if I made a sweet child smile and laugh?

Wouldn't it be FUN if I found the perfect pair of shoes on sale?

Wouldn't it be FUN if I received recognition for my hard work?

Wouldn't it be FUN if my family remained safe, healthy, and happy?

The million-dollar phrase activates the *Law of Attraction* by the way it is worded; it takes all the negativity out of the recipe by simply asserting “THIS would be FUN to experience!!!”

Make up your own statements and use them often throughout the day, **sniffing aroma and FEELING GOOD as you repeat** the powerful words and speak your assertion into forthcoming reality.

How often should you use this technique?

Repetition does not hasten the outcome, so use the technique only enough times to quell any fear or worries about the outcome that may surface from time to time.

If the concerns are too strong or persistent, use your favorite AromaNetix reduction techniques (see above) and shrink those potencies down below a “2”.

### The Attitude of Gratitude

The force that puts the LOA (Law of Attraction) into operation, bringing into your life experience whatever you focus upon with expectation, is a powerful essence that is ever-present and always working. This force—call it *creative energy*, if you will—functions with the same indifference toward human intention as electricity: *it works for good or for bad purposes, with equal regularity.*

The same force that came bring you suffering and lack may be equally employed to bring you abundance in every area of life. Believe it.

Therefore, when I speak of gratitude please understand that your feeling of gratitude is not an attempt to please some creative force (and therefore influence the outcome of your LOA experience). The LOA works for bank robbers, brain surgeons, priests, and bank tellers with the same constancy.

In using the LOA, the purpose of gratitude is to create within your mind's emotion bank a feeling of certainty that what you have received in the past is safe—*so safe, in fact, that you are exceedingly grateful* that it was brought into your life path for growth and experience. What you have already been gifted is so safe that you could receive EVEN MORE, and that extra abundance would likewise be cared for with equal safety and gratitude.

The emotion bank of your powerful mind begins to recognize that it is safe to allow great things into your life path, because of how happy and grateful they made you feel in the past. In other words: ***you are safe to receive prosperity.***

Gratitude simply tells your mind that it is SAFE to receive blessings from the universe. You may feel grateful for what you have been given, and you may

feel grateful IN ADVANCE for the good things that are assuredly already on their way into your life path.

Believe and receive.

## GRATITUDE PHRASES

Please take in three sniffs of safe aroma, then repeat after me:

*“I’m grateful for…”*

*I’m grateful for experiencing extra cash money when I want it.*

*I’m grateful for meeting friends and helpful people.*

*I’m grateful for experiencing love, romance, and affection.*

*I’m grateful for being led directly to a great, new job.*

*I’m grateful for dozens of new clients every month.*

*I’m grateful for opportunities to make thousands of dollars, fast.*

Make up your own gratitude statements, both for your *Law of Attraction* goals and for similar blessings that you have received in the past. **Flood your emotion bank and body with strong feelings of gratitude—even feeling the emotion sliding up and down your spine as a golden ball of powerful creative energy**—as you speak these affirmations several times throughout your day.

How often should you use this technique?

There are no limits to how often you should flood your mind and body with feelings of gratitude. Be specific, be sincere, and be generous in your gratitude, for you receive in life that which you are able to handle. Gratitude affirms to the universe: ***“I can handle this (goal) and I am SO GLAD for the life experience it brings! Thank you, thank you, thank you!!!”***

## **Plug In to a Higher Power**

The method of connecting your goals to your idea of a higher power is a powerful way to supercharge your LOA efforts, quickly. Remember, in working with attraction it is all about establishing a “flow”, from asking to receiving. Blockages, obstacles, and other fear-based resistances to your intended goals stop you from getting what you've patiently asked to experience.

The solution to *stuck* manifestation of your desires is to get clear of any known or unknown blockages that may be holding back your ability to receive your goal. Known blockages, such as a strong dislike for paying higher taxes on increased earnings, can be reduced away using AromaNetix reduction techniques (see above examples).

Unknown blockages present a problem: how do you reduce away something that you cannot identify with any degree of specificity? One solution is to simply present it to your Higher Power, and ask It for help in removing any blockages that may prevent reception of your worthwhile goals.

One method is to relax your body using deep breathing, relaxing thoughts, and aroma. Once in a state of deep calm, visualize yourself asking your Higher Power for help in this matter, specifically to ***remove any unknown emotions blockages*** that may be preventing you from receiving your intended goals.

**Flood your body with certainty** that your Higher Power loves you and will aid you in this transformation.

Then, simply use nine deep, cleansing breaths, adding aroma, and with ***each exhalation offer words of thanks to your Higher Power.***

Run this exercise as often as you feel the need.

There is no such thing as being too plugged in to Source, after all.



## **Accelerate the Process**

For a moment think about your *Law of Attraction* goal from a different perspective, shifting from one of optimistic hope to a viewpoint of having already received your desired outcome. This shift in perspective brings with it the power to accelerate your LOA work, after enough practice and once all blockages are properly removed.

Mastering the LOA takes practice, emotional work, and getting clear of obstacles. Someone new to the LOA cannot expect to consistently achieve her goals within minutes; like any skill, this secret human power requires practice in order to achieve success. Most of us did not emerge from the womb walking and talking, though with effort and determination we soon gained those skills. The same is true for using the *Law of Attraction*. Mastery of the power comes not from forcing external energies to bend to our wishes, but from an internal cleansing and purification that enables us to ALLOW blessings to come to us as needed.

It is natural to wish to accelerate this process, and **through the shift in viewpoint** one may hasten the reception process by tricking the emotion bank into feeling safe about the intended goal (after all, if it already happened and you feel SAFE, clearly it's all right to have the goal).

The process for this technique is simple: just go ahead and imagine that you already have your intended goal; it just arrived and you are having so much FUN with it! By using your imagination to vividly experience the end result you can hasten your goal's journey into your life path.

Imagine that the extra money you asked for arrived this morning. How did it come to you? How do you FEEL? Wasn't it such a wonderful blessing? Absolutely. Yes!

Add plenty of positive, thankful (grateful) affirmations, with aroma, and with each exhalation speak even more words of thanks. **FLOOD your body with FUN...FUN...FUN!**

Then...relax and let the universe do the hard work for you.

With practice you just might become a money magnet.

## **Make Ready**

You've gotten clear about your intended goals; you've removed obstacles as best you could; you've clearly asked to receive your goals, expressing your desire in a FUN, playful, *“wouldn't it be totally cool if...”* manner; you've expressed gratitude for your goals and for the blessings from the past; you've plugged in to your higher power; you've shifted your expectational viewpoint from lack to having already received your goals.

The last step in applying the LOA effectively is to make ready for the goal.

If your goal is a new car, start thinking about when you could go get it registered, licensed, and insured. Start shopping for insurance rates on that make and model, today. Think about buying little things for it, such as cleaning products to keep the interior looking brand new. **What about parking?** Is there room for your new car? If not, clean out a space adequate to park your shiny new car—after all, it is coming, right? Better hurry up and prepare a place.

If you aren't willing to **make ready your life to receive** that for which you've asked, the universe cannot see fit to bring it to you—after all, to deliver it to you now (while you are unprepared) would clearly create bother and hardship, and the universe prefers not to bring you harm.

Are you attracting someone special into your life?

Begin making room in your social calendar for him or her.

Begin to think in terms of where you could go on dates. Imagine what meals or desserts would be fun to prepare together. Think about how to involve him or her in your holiday plans, etc. Get prepared, because the universe is simply waiting on you at this stage of the process. The goods are on their way; make sure the receiving dock (your life) is clear and able to take delivery.

Please take in seven deep, cleansing aroma breaths...flooding your body with feelings of gratitude and happiness, and speak these words:

**“I am safe and willing to receive the blessings  
I desire in life, and I am so glad!”**

Dear Friend,

Money is a mindset.

Run this program completely, and keep a journal of your progress for later review. Reduce each excessive potency down below a “2”, and above all...

...relax.

Learn to have FUN with the process of transforming your mindset into wealth mentality. You will be amazed at how life will begin to open itself up. Overlooked opportunities can present themselves in a clearer light. What before seemed too difficult for you suddenly becomes exciting and motivating. Fresh, new ideas can come to you out of the blue.

Be willing to become a student to the process of clearing out the tired, old obstacles that hold you back. Release the shackles of the past that have held you back. Notice how your health may improve as a result of this significant shift toward possibility-thinking.

In every way, I wish for you success, health, life, and happiness.

In love,



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