



How to Visualize Money

...and get results

Visualize Money

A Visualization Plan for Financial Abundance

"Man can form things in his thought, and, by impressing his thought upon formless substance, can cause the thing he thinks about to be created."

-Wallace D. Wattles

[TheScienceofGettingRich](http://TheScienceofGettingRich.com)



www.VisualizeMoney.com

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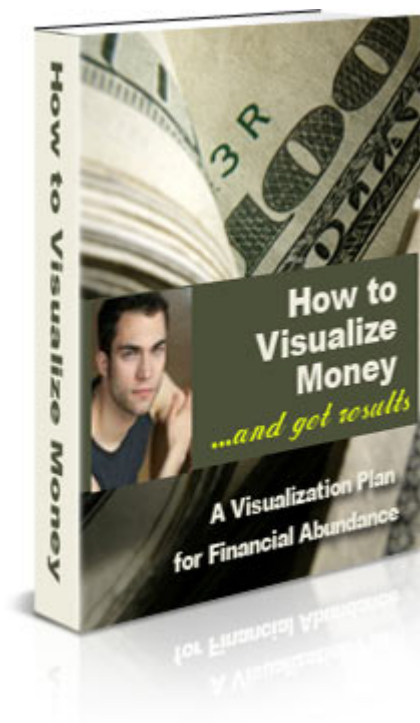
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Introduction



Welcome!

You are about to take a visual journey inward for the purpose of becoming a magnet for money.

At first, it may seem silly to you to sit and look at pictures of money. (Yes, that's what we are about to do together!) It may seem like an utter waste of time. Most people would think this. And unless it is done from a certain perspective, it would be true.

But we are about to do something together that very few people ever take the time or make the effort to do. And the process we are about to embark upon together may just change your life.

You are about to deliberately impress your thoughts upon thinking substance so that the things you think about will be created in your experience.

If the term "thinking substance" is new to you, that's because you have not yet read [The Science of Getting Rich](#) by Wallace D. Wattles.

It is not necessary that you read **The Science of Getting Rich** in order to get results with this ebook. You can simply follow the instructions and the universal principles will work for you. Universal law is consistent and it works for anyone who will employ it.

However, if you want to go deeper in your understanding of this process and how it works, I strongly recommend that you read:

- [The Science of Getting Rich](#) by Wattles
- [The TSOGR Intensive Training Course](#) series of ebooks

This book, **Visualize Money**, is meant to be used as an adjunct to those books. You will use the pictures and instructions in **Visualize Money** as triggers to do the inner work that creates wealth described in the books mentioned above.

In [The Science of Getting Rich](#), Wattles tells us that you can form things in your thought and can then impress those thoughts upon thinking substance.

Since thinking substance is the stuff from which all things are made, it has the ability to make for you what you are thinking about

There are many ways to do this. In this book we will explore only one. Here, you will learn how to visualize money.

The practice of visualization has granted success to people in all walks of life. It has worked to bring athletes to championship. It has brought authors to best-selling status. It has brought business people to great wealth, and performers to world-class stardom.

What do you want? What are your financial goals?

Now is your chance to make the power of visualization work for you.

This small book is your first step toward changing your relationship with money forever.

It does not have many pages and it does not have many words. How can it be so powerful? The power lies completely in your own mind. The words and images have been carefully selected so that they work for your greatest good. If you want to spend time reading for the pleasure of reading, find another book.

This book has one purpose and one purpose only. To help you get rich.

Of course we cannot guarantee the degree to which you will reap the results we intend for you with this program, but it is our sincere intention that you find great joy, satisfaction, and wisdom along with the wealth that we intend for you through this system.

Wishing you joyful abundance,
Your Friends at www.TheScienceofGettingRich.com

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Why Some People Get Outrageous Results Using Visualization

... and how you can be one of them

There are 3 secrets to getting solid results with visualizations:

- 1 – You must enter a state of complete **enjoyment** as you do them.
- 2 – You must **release all doubt** and conflict while doing them.
- 3 – You must bring as many of the **senses** into the process as possible.

1 – Enjoyment

Your enjoyment of the process is THE most important indicator that you are doing this in a way that will yield results. All the masters of visualization know this. Your enjoyment is your inner guidance leading you toward your goal.

You can tell by your enjoyment that you are in the process of manifesting that which you desire. It is a sign that you are allowing Universal Intelligence to flow to you and through you. It is an indicator of your connection to you Source.

If you are feeling anxious, frustrated, or remembering previous failures and feeling depressed or angry during the process, you are actually blocking the fruition of your desires.

These negative emotions indicate a resistant state of mind. Resistance simply means that you are focused on what you *don't* want instead of what you *do* want. It means you are focused on the *lack* of what you do want.

Since your thoughts are creative, in order to get results with this process, you must think of what you *do* want, not what you *don't* want.

That may seem obvious, but you'd be surprised how much of the time it may seem like you are thinking of what you *do* want but you are *not*.

Here's an example of how this can happen.

You may be thinking that you want money. That seems very clear. But if you are feeling a longing, or a sense of lack, anger, frustration, or a sense of defeat as you think about the money you desire, then you are not thinking about what you want. You are thinking about what you *don't* want.

Instead of thinking about the money, you are thinking about the lack. And since the universe is busy creating what you are thinking about, you are actively creating more lack!

Now that you are aware of this, you realize what your work is.

- You must begin understanding the difference between *thinking about what you do want* and *thinking about what you don't want*.
- You must begin to intentionally think about what you *do* want.

How can you reliably tell the difference every single time?

Thinking about what you want feels good.

Thinking about what you don't want (or the lack of what you do want) feels bad.

It is that simple.

That's why it is so important to enjoy the process. Your enjoyment tells you that you are thinking about what you *do* want.

When you feel good, you are releasing resistance. That means you are making a clear impression on formless substance.

It is therefore very important to pay attention to how you are feeling.

Since it takes time before your desires become physical manifestations, you must have some way of knowing if you are on the right path. You need a system that tells you if you should keep doing what you are doing or change strategies.

Your enjoyment is that indicator. If you are enjoying your visualization, you are moving toward the manifestation of your desire.

If you feel uncomfortable in any way, stop and change something. Change the picture, change the exercise, change your focus, or do something else completely different, and come back to this later.

Take your inner guidance seriously and it will lead you to everything your heart desires.

→ Resources for more about your inner guidance system:

www.abraham-hicks.com

www.YOFA.net

2 – Releasing doubt

Releasing doubt is crucial.

Doubt is another form of resistance. Doubt is yet another disguise for thinking about lack.

Anytime you doubt your ability to become rich, you are thinking about what you *don't* want and you are impressing formless substance with your images of lack. Doubting is equivalent to telling the universe you don't want money.

When you doubt, you put a barrier between you and that which you desire.

Trust this process.

Read [the Science of Getting Rich](#) over and over.

As you develop your understanding, faith will come. The system makes sense. The more you understand it, the greater will be your confidence. Doubt will fade away like a long forgotten ailment.

Once you finish a visualization session, doubts may creep back in. Notice them and release them every time. Use the cards in the [TSOGR Intensive Training](#) ebook or use one of the visualizations in this ebook as your antidote to doubt.

Every time you find yourself doubting the process, have your favorite image or TSOGR affirmation in mind and spend time with it. Even if you can't look at it with your eyes right at that moment, imagine it, remember it.

Relax into it.

3 – Senses

You will notice that some of the visualizations ask you to imagine a sound, feeling, or smell. Involving the senses strengthens your impression on formless substance.

In [The Science of Getting Rich](#), Wattles talks about impressing your thoughts on thinking substance. Read these sections over and over.

You will find many other ways to do this, but in this book, we will use images of money exclusively.

You may find that the images trigger surprisingly good feelings. This is your inner knowing of the abundance of the universe rising in your conscious awareness.

The physical sensation of money (how it looks, feels, sounds, smells) mingles with its beneficial symbolic meaning. One triggers the other in your awareness.

Since we want to activate your joyful knowing of abundance, we use the *senses* in these visualizations more than the *meaning* of money. Using the senses in this way helps you to tune into the aspect of money which is the physical representation of universal abundance.

These sense oriented visualization exercises bring you into harmony with the pure manifestation of infinite potential. If you notice any uncomfortable feelings such as frustration or defeat when you look at the images of money, this is your chance to neutralize these feelings.

You want to bring completely pure thought to thinking substance. Let your mind be clean, clear and quiet as you do these exercise. Even if you have experienced failure in the past, let go of all those thoughts. Look at the money as if it were an apple or a baseball or a pocketknife. Just a thing. No special meaning. Get the image and the feeling of it through these exercises and then just let them go.

The strange thing about getting results with visualization is that you must not be attached to the results. This is where many go wrong. In order to get results, you must do the visualizations for the mere joy of doing them.

By focusing on results and checking to see if you've gotten results, you continually activate your awareness that you do not yet have the results. Paradoxical as it may be, to get results, let go of the idea of results. Just play with these visualizations.

There are many different ways of approaching the activity of visualizing. Athletes can visualize the perfect run of their sport and then, when they get on the playing field, their visualization acts as a template for their action. They fulfill the image they have practiced.

Our method is different. We are relating more directly to universal forces. We don't need to expand your desire for money. It is already strong. We need to peel away the layers of doubt and limiting beliefs that are blocking you from receiving the abundance that would otherwise be yours. Our visualization process has more to do with melting your resistance while in the awareness of money. The more joyful and relaxed you feel while doing these exercises, the greater will be your success.

Mastering Visualization

You can master this process in less time than you may think.

Mastery of this process has nothing to do with the images.

You may think you need great abilities to see pictures in your mind or great powers of imagination to make this work. Many people make that mistake.

In fact, many people think they cannot do this because they don't see pictures in their mind. It's simply not true. Anyone can have success with this system if they will pay close attention to their inner guidance.

You can develop mastery of this system even if you do not see images in your mind. The key to this process has been a well-kept secret. Once you know what it is, your power as a visualizer will be virtually limitless.

The secret is hidden under the images, beneath your thoughts, below the surface of your mind. The secret is in your feelings.

Even if you don't have a single image in your mind, you can master the art of visualization by becoming sensitive to how you feel in response to thoughts.

The images are simply suggestions.

They activate thoughts.

As you look at the images in these visualization exercises, thoughts will be activated in you. If you think thoughts, and have good feelings as you think them, that indicates that you are in harmony with that thought. As you think that thought more deeply and more often, it must find a way into your experience.

That is the method you are about to begin putting into action.

Here is where the true mastery comes in. If you look at a picture and you get a little uncomfortable because you feel discouraged, that mild static in your mental field is blocking the manifestation.

The more sensitive you can become to that discomfort, the more quickly you can do something about it.

And the more skilled you become at doing something about it, the faster your riches will find you.

Sensitivity

[Abraham](#) tells us that your emotions are your guidance system. We already had a glimpse of how this works. When you feel good, that indicates that you are thinking about what you want. You are resonating with your Source. Good things are on their way to you.

When you feel bad, that is simply an indication that you are focusing on the lack of what you want. That bad feeling is simply your inner guidance telling you to course correct. Start thinking about what you *do* want instead of what you don't want. See how simple it is?

Usually you think the way you do because of something you are observing. You receive mental impressions from your environment and you react.

Becoming sensitive to your own reaction to mental impressions is your first step to freedom. It's as simple as noticing if you feel a little bit better or a little bit worse than you did in the last moment.

If you find yourself moving in the direction of *discomfort*, that means you have some conflict within you. It also means you are moving *away* from your goal.

When you notice this discomfort, even if you don't know what to do about it, **give yourself a pat on the back**. This is progress. You are noticing what is going on within you in a way that you were not aware of before. Now you have a chance to do something about it. Now you are empowered. You are on the path to mastery.

Do Something

Once you notice that you are feeling some conflict within you, what will you do about it? We usually associate doing something with physical action. In this case, "doing something" will be a change in the way you *think*.

To gain mastery, you must begin to notice when a thought you are thinking brings you to a "less good" feeling place. You want to turn 180 degrees and start moving in the "good feeling" direction because you now know that the good feeling is an indicator that you are on the path to the fulfillment of your desires (also because it just feels good!)

Since you are feeling the way you do in response to something you are thinking, it is now your mission to find another way to think about this subject that feels better.

Appreciation is always a wide highway to a better feeling place. Find things to appreciate. If all you have is one slim dime, give thanks for that dime. Appreciation will change your state, every time, guaranteed. But you can't just give it lip service. You've got to find the sincere feelings of appreciation that match the words. Then your heart will be glad and a smile will come upon you, maybe even to your surprise.

Another thing you can do is to take your thought to another subject completely. If the subject of money offers you no enjoyment at all, think about some other area of your life that is going well and ponder that for a while. Give thanks.

Another approach is to quiet all thought completely. Meditate, sleep or do something that releases the tight hold that your mind has on the negative aspect of life.

The purpose of all this is to bring your thoughts into the flow of that which you love, that which you desire.

Your mission is to bring your attention purely into the flow of that which feels good to you. You can do it by replacing the thoughts or releasing them. It doesn't matter which. What matters, is that you find a way that works.

How will you know if it works? You'll feel a little bit better. If you were feeling bad, the visualization will offer relief. If you were feeling good, you will feel even better. Only you know. Don't ask others for their opinion. You are the only authority on what feels good to you.

Developing this sensitivity to your inner guidance and strengthening your ability to change your state to one of appreciation can be applied to all of life. This is certainly not limited to mastering the art of visualization.

When you develop these skills and apply them to the focused manifesting power of visualization, you master this art.

Law of Attraction

Wallace D. Wattles talked about impressing your thoughts onto formless substance. [Abraham](#) explains the same process according to the universal law of attraction. Since this is not covered in *The Science of Getting Rich*, let's take a quick look at it here. This is a very valuable understanding to have when using these visualization exercises.

Law of Attraction is the universal law that brings things that are of a like vibration together. Abraham describes it as, "That which is like unto itself is drawn." In simple terms, we say, "Like attracts like."

No matter how you describe it, it is the law of the universe that brings everything to you and it is active and functioning in your life all the time.

You can make amazing things happen in your life by aligning with this unimaginably powerful universal law and teaming up with it for the manifestation of your desires.

By doing the exercises in this book, and feeling good while you are doing them, you are bringing yourself into alignment with money. Then, by law of attraction, you and money will be drawn together.

You are creating a point of attraction that matches money.

Then, universal law must bring money to you.

Will it work?

Yes.

It will work to the degree that you are pure in your practice. Here are the best ways to have law of attraction partner up with you for your success with these visualizations:

- 1 – Quiet your mind and do these exercises as deeply and sincerely as you can.
- 2 – Become sensitive to your doubts and when you notice them, work with your mind to find thoughts that bring relief. The [TSOGR Intensive Training Course](#) can help you with this.
- 3 – Bring all your senses to your practice. (Evoke the image, the sound, the smell, and the tactile feeling in your visualizations.)
- 4 – Don't worry about how this money will come to you. Just follow the instructions.
- 5 - Stay awake to opportunities that will be presenting themselves as a result of doing these visualizations. Be prepared to act when the opportunities arise.

- 6 – Have an antidote to doubt ready. Don't wait until the doubt comes because then you won't believe the antidote will work and you won't bother finding one. Have it on hand (Use a card from the [TSOGR](#) course or one of the exercises in this book.)
- 7 – Be patient. Let it all happen in "God's time."
- 8 – Cultivate an attitude of gratitude.
- 9 – Meditate. This will increase your ability to do these visualizations with depth and clarity.

The Visualization Exercises

These exercises are simple and easy to do.

They are meant to be done with the images on the screen.

Do the first exercise first. From there you can do them in any order. You may find one in particular that really changes your state. That may be the only one you'll need. That's fine. This is not about quantity but quality of attention. It's all about how you feel. Do the ones that make you feel the best when you do them.

Find the images in each category that bring you to a good feeling on the subject of money.

If any of the images or exercises activate less than good feelings, don't do them, or work with them until you find a way to truly feel good with them.

The exercises are divided into 4 categories.

Loose bills

The loose bills exercises work with your general experience of money. These work broadly in your consciousness. Use these as a general financial multivitamin.

- These help with all aspects of your financial state.

Handed money

The handed money exercises work with your personal experience of money. These work in a more focused and intense way in your consciousness. These involve the feeling of giving and receiving, and the flow of money in your life. Use these to open the gates to receiving money.

- These help you let the money in.

Stacks of money

The stacks of money exercises build your feelings of abundance. These are more abstract and work on the plane of your general relationship with money as an intangible force in your life.

- These help dissolve scarcity consciousness.

Wallet

The wallet exercises form a bridge between the personal aspects of money (addressed by the handed exercises) and the general aspects of money

(addressed by the loose bills and stacks exercises). The wallet exercises enhance your personal sense of abundance.

- These help connect you personally with the abundance you see in the world.

Currency

Nationality

This book includes images of currency from many different countries. You will probably only use the image or images of the currency used in your country.

There are times, however, when you may want to use some of the other images. Here are some ideas to consider when choosing images to work with:

- Use images of your country's currency as your primary tool.
- Use images of currency used in a country you would like to visit or move to.
- Use images of currency you would like to have, even if it is not your country's currency.
- Use images of foreign money in the following situations:
 - If images of large bills or large amounts of money in your native currency trigger feelings of lack, anger, depression, or frustration, begin your visualizations by looking at pictures of foreign money. This will feel like "play" money to you and will not cause resistance in your response. As this becomes comfortable, begin experimenting with images of your country's money.
 - If there are not sufficient images of your country's currency, select another country's images and work with those if necessary. Choose a currency that feels of most value to you.

Let us know what country you're in and we'll do our best to include more pictures in the next upgrade of the ebook. Thanks!

Denomination and Amount

You'll find images of small bills and large bills. You'll find over stuffed wallets and more modestly packed purses. You'll find spreads of a few bills and bank loads. Here you need to be like Goldie Locks and find the images that feel just right to you. If the bills are too large, or the stack too high, you may not be able to relate to the image. If you can, great. Use it. That's why it's

here. Remember, this is more an exercise of coming into relationship with your inner guidance than it is about looking at pictures.

Choose the denominations and amounts of money in your visualizations that stretch you from your usual range and feel good when you look at them. That's the formula.

Adobe Acrobat Viewing Tips

In order to do these visualizations effectively, you will need to read the simple instructions for each exercise and then spend some time with the picture on your screen.

➔ Note: Turn your screensaver off while doing these exercises or set it for 10 or 30 minutes so that your screensaver does not interrupt your contemplative state.

Once you read the instructions for the exercise you are about to do, find the picture you want to use.

Use the magnification options to zoom in and out of the photo. Let the image fill as much of the screen as you can. Find a level of magnification that allows you to get a tactile sense of the bills.

On the Acrobat toolbar you'll see a magnifying glass. Use the little down arrow next to this icon to open the drop down menu. Here you'll have options of zoom in and out.

Loose Bills Exercises

Session 1



1. Choose an image of [loose bills](#) to work with for this session
2. Look at the image and relax your eyes. Place your attention in your abdomen. Relax your abdomen. Let your eyes go in and out of focus if they want. When you feel ready, close your eyes.
3. Continue to see the image in your mind.
4. Reopen your eyes and look at the image again.
5. Continue, slowly opening your eyes and closing your eyes. Become very friendly with the image. Release all thought and simply let the image become pleasantly familiar.

This is how you will work with all the sessions in this program.

Session 2



1. Choose an image of [loose bills](#) for this session.
2. Look at the picture and get the feeling that those bills are there in front of you.
3. Close your eyes and imagine you are organizing them into a neat pile.
4. Feel the bills, their weight and texture. Imagine that this is a common activity.
5. Continue opening your eyes and closing your eyes. Become very friendly with the image and the feeling of the money in your hand. Release all thought and simply let the image become pleasantly familiar.

Session 3



1. Choose an image of [loose bills](#) for this session.
2. Close your eyes and imagine that you hear the sound of them as you touch them. Slide them against each other between your fingers and hear the sound they make.
3. Get the feeling of the bills as you slide them against each other between your fingers and you hear the sound they make. Imagine many of them between your thumb and fingers. Feel the feeling, hear the sound. Imagine that this is a common activity.
4. Continue opening your eyes and closing your eyes. Become very friendly with the image and the feeling and the sound of the money between your thumb and fingers. Release all thought and simply let the experience become pleasantly familiar.

Thank you for sampling How to Visualize Money... and Get Results

We hope that you have enjoyed the exercises offered here
and that you will use them often.

You may be amazed at the results.

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To really get Law of Attraction moving cash into your wallet,  
purchase the full version of the book and use it at least twice a day. You can buy it here:

<http://www.visualizemoney.com>

**But wait!**

For only a few dollars more, you can get more than **DOUBLE THE VALUE**  
With the incredible bundle that includes

**How to Visualize Money**  
plus

The Science of Getting Rich Primary and Essential Home Study Course (Book One)  
Called

**TSOGR Intensive Training Course**  
**The Foundation: Formless Substance**

Plus Special Bonuses

Find out about TSOGR here: <http://www.thescienceofgettingrich.com>

Get huge savings when you buy both together here:

<http://thescienceofgettingrich.com/tsogr-inter.htm>

These 2 books will revolutionize the way you think about money.  
You will become a spiritually aware, ethical, and generous magnet for money.

We wish you joyful abundance,

Your Friends at <http://www.thescienceofgettingrich.com>