

Clearing to Attract Money - Part 2
Presented by Dr. Joe Vitale
March 25, 2010

Brad:

Hello, everybody. We're ready to start "Clearing to Attract Money" hosted by Dr. Joe Vitale and this is part two in a three part series. For those that were here for part one, it was very exciting and we're really excited about part two. Joe has two surprise guests that he is going to interview, but before we get started, let me just give you a quick background on Dr. Joe Vitale for those that don't know.

Joe is a bestselling author who has written many books, including *The Attractor Factor*, as well as his latest runaway hit, *Attract Money Now*. He's appeared on several television shows, including Larry King, "The Big Idea" with Donny Deutsch, Fox & Friends, CNBC, CNN and ABC. He was in the hit movie "The Secret" and he's an internet marketing genius. We're really excited to have this three part series. Once again, it's "Clearing to Attract Money" and I will turn it over to our host, Dr. Joe Vitale.

Joe:

Thanks, Brad. Thank you for everybody calling in. I know some people called an hour and a half early because they didn't want to miss part two of the Clearing for Money audio series. So, thank you for doing that, thank you for being patient. I promise that this is going to be inspiring and informative. I have a couple of surprise guests for you that are going to rock your world and this is all designed to help you attract money.

I've been hearing from people who are struggling, or lost their home or they lost their job or they're worried about one or the other and so, I want to make a difference. If you haven't already read my book, *Attract Money Now*, I'm giving it away. Go to attractmoneynow.com and you can read it online. www.attractmoneynow.com

I want to talk about a couple of things. I have a Miracles Coaching program and every month I do a call and people get to ask me questions and the other day, somebody had asked me the question about, "Isn't the amount of money limited to what's available to us? Isn't there a very physical concrete limitation to what we can actually attract?" And I love the question because it illustrated the scarcity mindset that's out there and you want to start coming from an abundant mindset, but let me really help you override that scarcity one.

I did a little research and I found out that the Bureau of Engraving and Printing, now this is in the United States and I know that some of you are calling in from other parts of the planet, but you all have money and that money is being printed or minted someplace. In

this particular case, in the United States, the Bureau of Engraving and Printing prints so much money a day.

Now, just in your mind imagine, how much money would they print a day? If you're coming from a scarcity mindset, you're probably going to think fairly low. You might even think they're not even printing any. You might think that there's already enough money in circulation out there and they don't make anymore.

So, it's going to reveal your own thoughts and beliefs, your own paradigm, your mindset about prosperity and money in general. The Bureau of Engraving and Printing, in 2007, the last statistic I can find, but that's fairly recent, they print thirty two million notes a day. Thirty two million notes a day. Now, those are one dollar bills, twenty dollars, fifty, hundred and so forth. That's about 750 million dollars a day.

Now, I hope that's rattling your cage a little bit because it really shakes my mind and boggles my mind when I think that there's 32 million dollars printed a day, 32 million notes printed a day, amounting to about 750 million dollars a day. So, obviously, there's no shortage of the green stuff floating around. The only shortage is in our own mind and that's what we're talking about in this Clearing for Money audio program. Because as I said last week, I think there's a three step formula that I'm focusing on and the first one is, we're dealing with beliefs and we really focused on that last week with our two guests and we're going to be doing some more of that, but go even deeper tonight.

And beliefs lead to the actions or the lack of actions that are going on in your life. You're either doing something or not doing something based on your mindset, based on your beliefs. If you believe something's possible, you're going to move in that direction. If you believe it's not possible, you're not going to take any action.

So, that's oversimplifying it, but you have beliefs about money. You have beliefs about love. You have beliefs about deservingness. You have beliefs about how much money is being printed in the United States and it's 750 million dollars a day, according to a fairly recent statistic.

So, your beliefs lead to your actions and your actions are leading to your results. So, if you're looking around and you don't like the results that you're getting right now, it's because of the actions and you look before that, it's because of the beliefs. So, we are dealing, on this particular call and last week's, with the beliefs.

Now, let me tell you another quick story because that question for the Miracles Coaching program came the other day. While I was visiting with a friend today he was saying that he was trying to make a difference in his life, he was trying to work on one particular project, but it wasn't coming together. It kept falling through. One thing would break down, then there would be another thing that would break down and it just seemed like there was one problem after the other and he was really frustrated and he was really struggling.

So, stop and reflect. Have you ever been there? Or maybe you're there now, where you're trying to attract money, you're trying to attract a job, a car, a mate, whatever it happens to be and it just seems like everything's going wrong. What do you do? What do you do? He asked me that question and as I was listening, I was reflecting back and I remember well over thirty years ago, one of the first coaches I had...I had met a guy at a party who called himself a coach and he did this counseling work and belief work and he offered to give me a free session.

Well, at that point, I was really struggling, I was virtually desperate and I was driving a clunker of a car and I don't even know if I had work, but it was really a trying time and I agreed to take the consultation. He was going to give it to me as a gift and we set the appointment and on the appointed day, I started driving there in my car. That clunker, the thing I couldn't depend on, broke down and I remember being in Houston, being on the side of the road, being in this clunker, knowing I had an appointment, an appointment that could change my life. This was one of the early coaching sessions. This is where the seed for Miracles Coaching started and I can't get to it!

So, I said to myself, "I am going to go to that coaching session if I have to walk." I, in other words, created an intention that was so powerful, so emotional, so intense, that it overrode the unconscious tendency to block my own good. And the self-sabotage began to end right there. In fact, I started up the car, I went to that appointment. I remember going inside, meeting that particular coach and I told him the whole story, the car breaking down, how I talked to the car, I talked to myself. I said, "I was going if I had to walk." And he said my unconscious mind was just bringing up some of the beliefs and the fears and the hesitations and the doubt about me going and making a difference in my life. I was leaving my comfort zone, but what I did was stand up on my own two feet and yelled to the universe, "I am going!" and that's what made the difference.

So, part of what I want you to do is to state an intention. Yes, it might look like you can't get the job, or you can't get the money, or you can't bring in more income, or you can't get things to work, but that's only the moment, that's current reality. And this current reality is going to change. It will change all by itself as I said before, but it will change in a positive, up spiral direction if you help it along.

So, by being on this call and last week's and, of course, there's going to be another one next week, this is the kind of material that's going to inspire you and inform you to make a difference.

So, I'm going to invite you to make an intention, a very clear, very strong, very emotional, very powerful intention, for the kind of result you want from these calls. How do you want your life to be? Don't accept anything less. Don't settle. State an intention, own that intention and go for that intention.

Let me tell you one more quick story before I start bringing on my guests here. At the front of my book, *Attract Money Now*, the one you can have free at attractmoneynow.com, I dedicated it to Bobby Birdsall, but I never explained who Bobby Birdsall was.

Bobby Birdsall probably was my first prosperity teacher at a seminar I went to back in Houston and I don't know how I got the money or if they let me come in as a guest. I don't remember the whole situation, but Bobby was a guy who was in a three piece suit and he was talking about changing our mind about prosperity and he was reframing everything. He was talking about if you see somebody go down the road and they have a better car than you, don't grumble and swear at that person. Say, "Bless that person," and say, 'You're going to be doing something similar.' Let that person in the great car inspire you.

So, he was reframing things that bothered me. He would look at the IRS and say, "Quit bitching about the IRS. Instead, look at the IRS as a prosperity generator. You have to earn money to pay the IRS and they're encouraging you to attract more money, which is also going to benefit *you*."

So, again, he kept reframing this, but Bobby also went on to say that, "There's nothing wrong with you demanding what you want from the universe," and he talked about how he was setting up that particular seminar. The very seminar I was in and he didn't have all the people he wanted to sign up and he said he went into the parking lot and he raised his voice to the sky. This is his way of communicating with the Divine or God or the higher power, the universe, whatever you want to call it, and he said, "I demand that I sell out my seminar." He created an intention that washed away all of the little beliefs and objections that were within him and as a result, he put on this great seminar. A seminar that began to change my life.

So, again, I want you to reconsider some of your own beliefs. As they come up, I want you to ask yourself, "Is it really true?" When you start thinking that there's only so much money in the world, is that true? No, they print more every day. Is it true that you're going to remain in your situation right now? No, it's going to change and with what we're giving you tonight, last week and next week, it's going to change at an accelerated rate. And when you look at things that in the past you considered to be negative, try to find the positive spin on it. You can do all of this and as you do all of this, you begin to change your life and you start to get clear to attract money now.

Now, I can go on and on, but I've got some really juicy guests for you tonight and I'm excited to bring them on. The first one I want to bring back is from last week. This is the number one Miracles coach of 2009. She's been doing coaching for years and Janine, are you still there?

Janine:

Hi, there, Joe. This is Janine.

Joe:

Thanks for coming back. I just wanted you to give the listeners a real useful take away point. Something they can do to begin clearing themselves to attract money. What comes to mind that we can all work on right now?

Janine:

Well, Joe, I think in the tools that we utilize in Miracles Coaching to help students release their limiting beliefs and get free of these blocks, it's actually a three step process. The first step being that we neutralize the negative energy just so that we can think clearly. When we're in the midst of negative energy, we do need to neutralize that and so, of course, utilizing EFT, Emotional Freedom Technique, the Tapping Cure, or Ho'oponopono. These are great ways to neutralize negative energy and then we move into step two of the three step process that we use to help students release limiting beliefs and get free of blocks and that two step process involves step two of the three step process, I beg your pardon. Step two involves two different methods for analyzing the limiting beliefs that we have.

I think in this call I'd like to discuss one of those two methods because in last week's call, the students got to hear ,beautifully described from Morty Lefkoe, the differing data interpretations and so, this week, I'll focus a little bit on the benefit of the benefit. That is the name of one of the two methods for analyzing the limiting belief.

Now, the reason why we analyze the limiting belief is so that we are equipped to, through a logical sequence of thought, completely release it. It removes it literally from the subconscious mind and brings it to our conscious mind where then we can work with it and then we are free to let it go. The way the benefit of the benefit works is this -- and all of the students can begin applying this **right now**.

You first state the limiting belief that you have ascertained and that you have. Let's take, for example, one that maybe many students on this call might share and that would be, "My situation is just too desperate. Money won't be able to come to me fast enough."

Joe:

That's a good one, let's take that.

Janine:

Okay, let's take that one. So, possibly there are students out there who have the belief right now, "My situation is just too desperate. Money won't be able to come to me fast enough." So, there's your limiting belief. So, you state your limiting belief and then you ask yourself this question, "What is the benefit to me of believing that? What is the benefit to me of believing that?"

And, of course, Joe, in a situation like believing that my situation is just too desperate, the benefit might be something like "It allows me to stay the same. I don't have to change. If I believe that my situation is just too desperate, then the benefit to me of believing that is it allows me to stay the same. I don't have to change. I don't have to do anything."

So, then the second phase of the benefit of the benefit is to literally ask yourself the next question, "What is the benefit to me of the benefit?" So, if the benefit is, "I don't have to change, I get to stay the same," ask yourself, "What is the benefit to me of not having to change? What is the benefit to me of being able to stay the same?"

Well, the benefit of that benefit might sound something like, “I don’t have to think about ideas and then implement those ideas. That could bring me money. So, in effect, I get to be lazy and not take inspired action. That might be the benefit to me of believing that benefit.”

So, the underlying discovery in that thought process becomes, “I don’t have to think about ideas that could bring money to me.” So, the solution to overcoming that is write a brainstorming list of everything that you might like to do that could be ideas that could bring you money. Now, you will not know in that moment how it’s going to bring you money, but when you write the list of the ideas that could bring you money, you have set yourself free from being held and paralyzed by that benefit of the benefit. Does that make sense?

Joe:

It makes excellent sense and what we want everybody to know is that all the beliefs you have, those seemingly negative limiting beliefs, have a positive reason for being. So, in other words, they’re in you because they’re helping you in some way, but they’re not getting you the result that you consciously would prefer to have. So, you have some work to do and we both know, Janine, that when you have a coach, just as I was saying earlier with my whole story about the car breaking down, but I still went to the coach. When you have a coach, all of this becomes easier to understand, easier to do and the results are faster.

Janine:

Absolutely. We have amazing breakthroughs. The students absolutely get it. The light bulb goes on in their heads and it’s very, very exciting. We get to be a part of them being set free.

Joe:

Well, thank you for that one, Janine. I really appreciate you taking the time to come on. I know you’re busy and you’ve got all these clients to go back to, but thanks for coming on and making your cameo appearance for us.

Janine:

You are absolutely welcome. So, students, start asking yourself, “The benefit of the benefit.” Bye, bye, Joe.

Joe:

All right, thanks, Janine. If you want to hear an interview with Janine, who’s the number one Miracles coach of last year, go to miraclescoaching.com. That’s www.miraclescoaching.com and up on the top right, you’ll see about a forty-five minute interview. No cost, just click on it, you can listen to it. I interviewed her and it was very in-depth and all ranging and very practical. Also, you can see a little video about Miracles Coaching right under that as well.

Well, I'm excited to bring on the next guest, a mystery guest. I've been teasing you all about her. One of my all time favorite people in the world. I love her ever since I met her well over a decade ago. We've become fast friends, stayed in contact, worked together on different projects, been on speaking circuits together and I'm talking about Wendi Friesen. Is Wendi on the line?

Wendi:

I'm here, Joe.

Joe:

Oh, Wendi, thank you.

Wendi:

Oh, thank *you*!

Joe:

Wendi has the number one website on the planet, on the internet for hypnosis. If you go to wendi.com, well, you're going to see all kinds of things that she's been producing for a long time and helping lots of people. I think, Wendi, you've been doing this for ... what is your elevator pitch? How long have you been doing this?

Wendi:

Since 1994 and I've been like full time doing nothing else since then and as soon as I started digging into how the brain works and what happens with the mind and I got out of my own horrible, pitiful situation, I just couldn't stop. This is the most fascinating thing there is in the world, to me.

Joe:

Well, you are just rocking and going here in all kinds of wonderful areas, but I want people to really get what you just said as a tiny little comment. You had a rough time, you weren't always successful, you didn't always have any website. You didn't always have the number one website. As I remember from a call you and I did years ago for the one called, "Attract a New Car" you, at one point, were with your family and had no job, no money. I think the water was being turned off. Can you remind me of that and paint this for people so they know what you've gone through?

Wendi:

Yes, I was a single mom. I had no other means of support except for I was a new hypnotherapist and it was like every week there was a new utility being turned off and it was really hard to explain to my young kids why we didn't have water one day and couldn't flush the toilets and the next week we didn't have electricity and it got so tiring and I thought, "This makes no sense. Why would I keep making this ... there's got to be other ways. Other people make money."

So, what I did, I used the same processes that I would use with my clients to find out why I was sabotaging myself and the answers I got were pretty scary, because when I asked

this part that needs to be poor and I didn't even think it even existed. I didn't really believe that, but I decided to do it anyway. It said that you need to be more pitiful and that shocked me because it was coming out of me and there's no way I was pitiful. I asked the part again "Why do I need to be pitiful?" and it said again, "You need to be *more* pitiful," and so I asked the part again, "Why do I need to be pitiful?" and it said, "Because then, you'll be rescued."

Joe:

Wow.....

Wendi:

What I just said probably resonated for a lot of people here. If there's something that kind of tightens up when I say that, you know, some of you might have that agenda going. Imagine that ... if somewhere in my mind I thought I needed to be worse off because no one was rescuing me yet so, obviously, I needed to do a better job of that!

Joe:

Answer this, Wendi, because I know some people are going to be completely new to some of the stuff we're talking about and new to me as well as to you. When you say you asked a part of you, who are you asking?

Wendi:

Well, we all have ego states and these ego states are created from events in our lives that create beliefs and so, this particular ego state was about me being worthy of making money, deserving it, wanting to get rescued and bail out and who knows what combination of life events created it, but it has a very solid core belief.

So, we call it a part, because there's a part of me that wants to be poor. The reason that I knew that there was is because, "Hey, I am. I'm screwing everything up, I'm not making any money and it's gone on for over a year, year and a half and we're going to get kicked out of our house." So, there must be a part of me that wants this because your evidence is "What's happening in your life right now?" You've got to look at that and say, "This is what I'm creating." So, it's that part.

Anybody can do that. They can get quiet with themselves, take some deep breaths and decide, "Okay, there's a part of me that wants to procrastinate for a positive reason, or there's a part of me that wants to be unorganized so that I can never get on top of all the projects that I have, or whatever."

Joe:

What about being broke? What about people who say that they're trying to attract money and they're visualizing, they're affirming. They might even be doing hypnosis on themselves and they're not attracting money and they don't even want to accept what you just said. They don't want to say that it was *them*, that there's a part of them that's not attracting money. They want to say it's because of the economy, or a depression, or the recession, or the president, or the terrorists.

Wendi:

Exactly, and as long as you're looking outside of yourself for the reasons that you can't succeed, then you're helpless, you're a victim, and you'll never be able to change it. You're going to stay exactly where you are right now.

So, that's one of the big eye openers and I'll tell you for me, even at that point in my life, there was no way that I had any pitiful blood running through my body. But the truth is, I did, and I was in denial about that. So, that got me out of denial.

But there's some really cool research that is...I've been obviously very fascinated with manifesting because as I began to change those beliefs and then I started manifesting what I wanted, a lot of miracles started happening. But no matter how far you get in your success or your career, there's still humps that you have to look at and things that are going to be blocks and get in your way.

About two and a half years ago, I decided that I wanted to live on the beach but I realized that I had a belief that I couldn't live on the beach because I'm not *that* rich, or I'm not *that* worthy and that wouldn't make any sense that I could live on the beach. You have to have 10 million dollars to live on the beach, or whatever.

So, I just decided, "Okay, that's a belief that I have," and I did my work to release that belief and I did some writing and some visualizing, I did some hypnosis, I did many different things and then I kind of let it go and right now, I am standing here looking at my front yard that is made of sand and a beautiful harbor with some sailboats and I go out playing with the whales and dolphins in my boat now.

Joe:

Oh wow!

Wendi:

Yeah, I've been on the beach for two and a half years!

Joe:

Wonderful! Well, let me break that down real quick. So, first of all, you had an intention, you wanted to live on the beach. Okay, so you were clear about that, but then you noticed you had beliefs that were blocking that. How did you find the beliefs?

Wendi:

Well, one of the ways is certainly looking at something that is stopping you. I like to do this wall exercise and you take yourself and you've got to do it in trance. That's when you get real answers from deep within. You're going on this path of your future and you have this wall that comes up and that's like your current obstacle and you let yourself begin to notice the wall and find out how big or small it is, how thick, what it's made of. And you let that wall represent whatever the belief is right now that is holding you back and then you get to know this wall and you notice what kind of emotions you have about it and it's stopping you and blocking you from getting anywhere.

You know, our brains love symbols. We operate really well on symbols and the metaphorical value of them. So, then you ask the wall what does it want? Why is it stopping you? What does it need to come down? And I've done this with groups of hundreds of people and every time I do it, people have lights going off like you wouldn't believe because when they find it, sometimes the wall just crumbles. Sometimes they bring it down with a sledgehammer, sometimes they take their hands lovingly and remove each brick and then step out into their future.

But what happened was is that they had to find and identify the thing that was that block and bring it to a conscious awareness because when we bring something that was hidden or that was not known and we change it in our brain to a conscious awareness or a thought, it's processed differently and it's no longer an enemy inside of you. It's no longer able to work its agenda. It's like it's exposed. So, now you have the freedom to not let that keep stopping you unconsciously.

Joe:

So, this is a wall and this wall is in our unconscious mind, but we don't necessarily need to know what the beliefs are that built the wall?

Wendi:

Well, that's what you learn. You do learn what the beliefs are and that's what the wall will tell you.

Joe:

Oh, you do learn.

Wendi:

Right. Now, for some people, they talk to the wall and say, "What do you want? Why are you there?" Now, for me, when I did that a long time ago, it was beliefs about my father not believing that women should succeed and the wall told me, "You don't want to hurt your father because you love him," and I was like, "What? So, I'm not going to make money because I don't want to hurt his feelings and make him wrong that women shouldn't succeed?" Oh, it was unbelievable that this combination of thoughts was what was holding me back.

Joe:

This is fascinating because I want everybody to be listening to the idea that if they're trying to attract money and it feels like they're not doing it, they're only attracting so much, that there is something, not necessarily with their father like you're talking about. But there is something, something that is making up their wall in their unconscious mind and this is the part that we're talking about that we want to clear.

Wendi:

Exactly.

Joe:

Wendi, you mentioned that you've done this with thousands of people. I didn't talk to you about this beforehand, but is this something you can do on the call now with the thousand or so that are on?

Wendi:

We can, actually, and it's something that is very easy to do with everybody. I have some other stuff I want to explain first before we do it to kind of prepare for it.

Joe:

Sure, great.

Wendi:

But yes, I'd love to do it.

Joe:

Great, thank you.

Wendi:

Okay, some pieces of research that are really important if you want to understand how your brain works and how you can manifest something and do it successfully. After you understand this, it might be that you'll realize why manifesting has not worked for some of you.

One of the pieces of research is with the brain scan. They had people remembering a past memory, something that was very real and they'd look at where that lights up in the brain and it was in that frontal area. And then they had them imagine a future memory, something that has not happened yet and just had them imagine what they're going to do next week or next year. That memory showed up on a brain scan as a real memory and it was in the same place as the past memory.

So, not only did it use the same activation in the brain to be a real memory, but it stored it in the same place which proves that our brain doesn't know the difference between a real and imagined event which is great news because that leads me to the next piece of research which was taking people and putting them in an FMRI machine and while they're in there, one group of people, they're actually hypnotized to tell them that their left arm was paralyzed and they were told to try to lift it. The next group of people was told to visualize that their left arm was paralyzed and try to lift it, and the other group was simply told to lift their arm.

Well, the people who were told to lift their arm who had not been given any suggestion, when they lifted their arm this one spot on their brain lit up. The people who were told to visualize that their arm was paralyzed, when they lifted their arm, the same place lit up as the first group who had done nothing. But the group that actually was hypnotized to tell them their arm was paralyzed, when they tried to lift it, a totally different part of their brain lit up.

So, hypnosis and deep trance stuff is happening in a very different part of our brain than visualizing, which I think is pretty fascinating because people think, “I need to visualize.”

Joe:

It is just amazing.

Wendi:

So, what if you’re missing the depth that makes it real in your brain?
So, now having a paralyzed arm is not a real handy trait.

Joe:

Exactly.

Wendi:

It’s not a skill we need, but you understand where I’m going, okay.

So, now the next part of this is the things that are happening below our conscious awareness, it’s happening before you even are aware of it and we all know this, that we get triggered and there’s emotions that happen long before we’re aware consciously. But this next piece of research they had people holding a button in one hand and a button in the other, they had button A and button B and they ran a brain scan and they asked them, “As soon as you think of which button you’re going to press, you press it. At the same time that you make the decision to press it, you press it.”

So, in a brain scan they would press button A at the same time they decided and then when they decided to press button B, they’d press it. But what turned up on the brain scans was that the brain lit up, made the decision to press button B up to ten seconds before they thought they made the decision to press button B. Isn’t that wild?

Joe:

It is amazing.

Wendi:

So, by the time you’re sitting here, “Okay I’ve got this great intention, I’m going to do this, I’m going to visualize,” your brain has already been making decisions long before which really applies to bad habits and addictions and all kinds of things. But if it’s all really in the unconscious mind or below conscious awareness, we’ve got to change that.

So, I like to think of the brain as a hard drive. It holds the software. The mind is the software, so you get this software and you install it on the brain. You listen to this call, you read a book, you learn something about manifesting. When you do that, it’s like you’re installing the software onto your brain.

So, now you have the mind which is that software in the brain that it’s installed on, but we still have a problem. Just like a computer, if there isn’t something to run that program or something that will make it work really beautifully in the background or efficiently,

we still don't have something. So, I think that that thing is like the processor and that's that trance state.

So, using deep trance state is what automates the software to activate the brain states to make it happen and to make it happen smoothly and effortlessly.

Joe:

This is beautiful, Wendi, this is beautiful. So, this is something that you can walk us through? Are there any precautions if somebody's driving, are we going in a deep trance, or is this a relaxed state?

Wendi:

Well, since I was just talking about the depths of trance, if you do have an opportunity right now to find a quiet place and if you're in your car, obviously, that's a problem. You definitely don't want to do it if you're driving. But to let yourself get into that trance state, you don't have to be in a super deep trance, but you do have to be doing more than just visualizing and that's really important.

So, once we create this and you create this outcome in the future, the brain starts pulling in emotions and sounds, smells, kinesthetic feelings and it implants all these things into that future memory. This is why visualizing is nice, but it's not the same.

Joe:

It's not enough.

Wendi:

What we want to do in this is bring everything we can in this memory that we're building, this future memory and then we're going to have the wall between that. So, for everybody right now, just think about what you would want. Let's say, three months from now. Let's go with the very near future. Before you get relaxed, go ahead and think about what it is you would want to have happen and instead of thinking about, "I want lots of money," be more specific.

Like, what do you want to be doing that's bringing you that money? What opportunities or joint ventures or accomplishments, what kind of thing is going to happen that's going to result in you getting a lot of money? Okay, so take a moment just to think about what that is right now and if we had like a lot more time, I'd have you write it all down and get really solid on it because it's so important to get specific. You just can't say, "I just want my life to be great. I want all this pain to go away." That's not an outcome. That's where when you say your intention and your focus and you've got to know what it is that you want. So, are you guys ready?

Joe:

I'm ready. I'm going to do it right with you.

Wendi:

All right, okay. So, now what I want everybody to do is get your body relaxed and this is only going to be about ten minutes at the very most you guys, just so you know.

All right, so I want you to get your body nice and relaxed. Just uncross your arms or your legs and I want you to notice how you feel right now, adjust your body and take a nice slow, deep breath in and then let it all the way out. Let it all the way out, good.

Now, take another breath in and as you exhale this time, go ahead and let your eyes close and as your eyelids close, I want you to let your eyelids melt down into your cheeks and into your jaw and just feel your body softening right now. Give yourself permission to go as deeply into trance as you would like to go, as quickly as you would like to. So, just give yourself permission on the next breath that, "I can allow my mind and my body to go deeply into trance, into that perfect state where I feel wonderful. Where I feel all the concerns and worries are simply gone, where I'm able to focus on what it is that I do want." Good.

So, now you continue to breathe and as you exhale, let go of the tension from your body and feel your body relaxing down. Focus on the sound of my voice and notice that any of the ordinary everyday sounds around you simply relax you deeper and deeper now. Good.

So, I want you to notice yourself in the present moment right now. You have a past of all the things that you've done and all the things that have happened to you. You have a future from this present moment and if you imagine your future, where do you perceive it to be? Where do you feel that future is? Just notice if it's out front, or if it's in another direction. It's okay wherever it is. Relaxing even more deeply and focusing on my voice.

As you think about that future, I want you to notice it as a path that you can walk onto or run or fly. Maybe it's a path and you hear the sound of your footsteps as you step out into the future right now. Just slowly begin to move out into the future perhaps a few days, or a week. And as you slowly walk out into the future there are things that are changing and happening, there are people you're meeting and experiencing things with. There's family and relationships and the work that you do and just out in the future, there is something that's going to change very dramatically in your life and it's three months out there in the future but as you're moving a little bit further into the future along that path and you know there is something that you want, something you know that you can have.

As you get a little bit further, a little closer to it, on your path there's a wall. So, just go right up to that wall right now and I want you to notice, first of all, what you feel when you come directly up to this wall? What is the emotion that you feel, or the physical sensation you feel? Notice where you feel it in your body. Be willing to acknowledge right now that there is something that's been very stuck, something that's been stopping you from having what you want and as you get closer to that wall, perhaps you feel it, the

texture of it. Notice how big it is. Is it tall or short? How wide is it on the sides? How far does it extend?

Now, I want you to take a few steps back so that you can just notice how big or small that wall is and what it's made of and how sturdy it is. I want you to be aware of the emotions that are all part of that wall. All the feelings of all of your desires, what you want and what you've been so willing to do to get it, but also knowing that there's something right here that's stopping you. It's very familiar. It's a feeling you've felt many times before. Take a deep breath.

Now, in a moment, you're going to ask that wall what it means, what it represents. Without any thoughts from you about what you might think it is, you're going to let the wall show you what it is, what it really represents and why it's there. You're going to learn what it is that's been stopping you from having what you want.

So, go ahead and just ask that wall right now, "What do you represent? What do you want? Why are you here?" And the wall might talk to you and tell you, or perhaps it engraves it on the wall, the message of what it is that's been stopping you, why it's been holding you back. Maybe there's a feeling that you have that you can put to words that the wall helps you with, shows you what the emotions are that have been holding you back.

Now, ask that wall, "What is it that you believe that has been holding me back?" And notice where those answers come from and where it connects for you. Is it there in your gut? Is it in your head? Is it around your throat or your heart? Where do you feel it when the wall tells you this? Is it in your legs, or your arms, or your spine?

Now, I want you to ask that wall what it means to come down so that you can have what you really want, but before you do that, I want you to find a way to peek over the wall, or maybe drill a hole through it so you can see what's out there on the other side, or peek around the side. And I want you to notice what's there. It is the things that you really do want. It is the freedom to do the work that you love, to inspire other people, to have a beautiful home and a beautiful car and be worthy of having wealth. Look at it over there. Peek over around that wall, or drill a hole through it and look what's over there. It's a good life. It's rewarding and you create wealth and you do it in a way that makes you very happy and gives you an amazing sense of contentment.

So now, come back down from the wall and ask the wall what it needs so that it can come down and let you have the freedom to experience this future. So, ask that wall what it wants you to do or what it needs right now. When it tells you, just say, "Thank you."

And now, if you have your answer, I want you to find your way, whatever feels best for you, to take that wall down right now on the count of three. Ready? Find what you need. If it's equipment, a magic wand, your bare hands, explosives, whatever you feel is right.

You've had this wall long enough. It's been there, holding you back for so long. On the count of three, you're going to take it down. Ready? One, two, three. Good. Take that wall down and notice what happens. How does your mind choose to take it down and what does that mean about you? The way that you've chosen to finally let go of this issue and knowing that right now, deep in your unconscious mind, there are changes that are being made, awarenesses and understandings. There are agendas that can no longer sabotage you and hold you back.

And as that wall comes down, notice what's on the other side. There it is, step out into it, go on that path. Run or fly or skip or do cartwheels on that path to go all the way out into that moment, right there, three months in the future where that wall is down completely and you have the freedom to move forward and go into that future. What are you doing that is just so magnificent? What are you experiencing that makes you feel like, "This is freedom, this is life! This is the air that I breathe!" Step right into it.

If you're in a beautiful house, do cartwheels in the house. If you're driving your car, just enjoy the sound and the feel and the smell of your car. If you're with your family or your friends, notice that your relationships really can be good when you're successful and you make money.

And notice what one of the best things is about being in this future moment. What is the best thing for you about it? Find that right now. What is the best thing about it? I want you to hold that best thing right next to your heart. So, right now, just put one of your hands right on your heart and just feel it right there, "That this is why I deserve to be successful and wealthy. I deserve to attract money and friends and the things that help support me so that I can be an inspiration to others, so that I can do the work that I love that does make a difference for a lot of people." Take a deep breath. Good.

Now, I want you to float up above that moment. I want you just to float right up above it. Float up, lighter, lighter, lighter and just notice it from above. Surrounded in the most beautiful light, it's like a color that you can't even imagine ever having seen before. Surrounded in that beautiful, sparkly, twinkly light and float all the way back here to where you are right now in your body. As you float back to this present moment, the changes that happened are still here and your mind has some work to do because it knows there's something very exciting in the very near future.

So, bring your awareness all the way back and as I count from one to five, bring the energy all the way back into your body and on the number five, you'll feel very wide awake, clear headed and refreshed. Ready? One, bring the energy into your legs and arms and two, let that energy start to come back like little lightning bolts sparkling up through your feet, all the way to the top of your head and, three, feeling balanced and at peace. Take another deep breath. Four, your eyes will feel cool and refreshed and five, wide awake, clear headed and refreshed. Go ahead and open your eyes. Yay and smile! Big smile! There's good things that are happening to you in your future.

So, good times. How're you doing, Joe? Did I lose you?

Joe:

I had a great time, wow!

Wendi:

Awesome, awesome.

Joe:

I did that, too, and my goodness. I had my little wall. I did my thing with the wall, let it come down, it was on the other side and, yes, I'm singing and dancing and sprinting and all of that. Thank you!

Wendi:

Cool. You're very welcome and you know what's interesting, what you said about having a wall and bringing it down. No matter where you're at in your life, there's always issues, there's always things that come up and I don't mean to suggest that there's going to be more bad things or more obstacles, but we all have things that are beliefs that limit us based on where we're at in our life.

For me, when my business was doing several million in sales a year, I had a huge wall. It got bigger, because this was like so much risk and there was so much to stay on top of, and I hate to say this, but it was really hard work.

So, two years ago, I started downsizing and I did that on purpose because I knew that there was a better life. Now that I had accomplished that, now I wanted to have the life that I would love, looking out at the water and the boats and my sandy yard and just doing the things that brought me peace and contentment.

Joe:

That is beautiful and you're so right. I think as we just keep growing by the nature of the human experience, we're going to just keep raising the bar, but meaning there's always a bar. But when we bump up against it, the bar can be a wall, so to speak. We remove it, lift it, change it and then we go further. It's just the evolution of life.

Wendi:

And denying that there's going to be other obstacles like, "Okay, I can do this, I got all cleared out now," you're denying that there's other things that can come up. You're just crazy because they are going to be there and there's a lot of people who reach a wall when they're making a \$1,000,000.00 or \$2,000,000.00, or \$10,000,000.00 or whatever it is, because new things come up and new beliefs about being *that* wealthy.

You know, a lot of people might feel it's okay to make \$100,000.00 a year and that's where they're limited. When I do this in seminars people say, "You know, I saw my future and I had a problem. It wasn't all roses. My family now wanted money from me. My friends were gone when I was in that future moment because now we don't relate the same." So, there's stuff like that that you've got to be honest with yourself and look at and this is a great way to look at it.

Of course, this was really short. We only did like ten minutes, but when you do like a full session, it's a full half hour. You have time to really dig into the issues and then also really plant these future memories in three months and six months and one year and on and on in that future.

Joe:

Well, I know what you just did was priceless, and I also know that you have a vast website, vast information. I mean, I've seen you at speaking engagements. You and I can talk forever about all of this.

Wendi:

Yes.

Joe:

What would be the resource that you would send people to that are on this call? Where would you direct them as a next step?

Wendi:

Well, there are a lot of free things on my website and there's a ton of free videos on YouTube if you look up my name on YouTube, first and last name, and there's a bunch of sessions on there and stuff that are free, but here's what I want to give you guys today.

I have a program that is my abundance program and it's eight different sessions and each one is a different issue that you're going to look at and this is the thing that shifted my life from having that poverty consciousness and breaking through that and where six months later, my life was getting pretty darn magical in such a short time because each one of these things, these elements, had to be addressed.

But, anyway, what I did is on this page that I'm going to tell you about, so grab a pen, or you can type it in, the first day of it is free. There's a video and then there's a hypnosis session, a full length session, and the first day is completely free. If you decide that you want the rest of the program, if you use the coupon code that is called, "joesfriend" all one word. The program is normally \$150.00. You're going to get it for \$37.00 if you do it with "joesfriend."

So, here's the website. It's wendi.com/attractwealth which is a phrase I stole from Joe. So, wendi.com/attractwealth and then you get that first day free and if you only did that, there's a lot of things that will change in your life.

But also, there's a thing I have called, "Wake Up Happy," and one of the sessions in "Wake Up Happy" is waking up to attracting wealth and feeling really prosperous and waking up in the morning to just saying, "Wow, the world's just become my oyster and opportunity is everywhere I look." So, that session is free. I'm just giving that to you guys for free.

Joe:

Thank you.

Wendi:

So, when you use the coupon code, “joesfriend” and then you take this session and you put it on in the morning, when you first wake up. You stay in bed for about fifteen or twenty minutes and that’s how you start your morning every day, and your day will be so different.

Joe:

I love it. “Wake Up Happy.” That should be a bumper sticker right there.

Wendi:

I have a whole program called “Wake Up Happy” because I was waking up miserable, Joe, for a while. Like about a year ago, I was waking up with all the doom and gloom and the economy and the news. Oh, my gosh. (inaudible 53:10)

Joe:

Turn all that off. Don’t watch the news.

Wendi:

So, I said, “I’m going to wake up happy.”

Joe:

Wake up happy, right. Wendi, I can’t thank you enough. You are such a peach, you’ve got so much information, so much wisdom, so many practical techniques. I love you, I thank you, I thank you on behalf of everybody that’s on the call and I’m going to send them all to wendi.com/attractwealth and then put in the coupon code “joesfriend,” and you’ll get the discount for that. Wendi, thank you.

Wendi:

You’re so welcome. I can’t believe we’re out of time already but, Joe, thank you. I just love you dearly and I’m just so honored to be on this call with you.

Joe:

Thank you. We will talk again!

Wendi:

Absolutely.

Joe:

Well, everybody, that’s going to be volume two here in the Clearing to Attract Money trilogy. We do have another one next week and next week, I’m going to have a surprise mystery guest who’s going to talk more about the take action. What is the right action to get the right results? Remember the formula we’re going with here. The beliefs you have relating to the action you’re taking which is leading to the results you’re getting.

So, Wendi's been helping with the beliefs tonight and going really deep with that wall and the meditation and get your pen ready because I'm going to give out some links again. If you weren't writing them down earlier, I'm going to give you another shot.

So, get the pen out and a piece of paper and remember that what we're talking about here is change from the inside out. I have been speaking all around the world and I'll get on stage and say, "You know, if you're trying to change your life and you're doing it looking at the outside and trying to change your relationships and your bank account and looking for the jobs, you're looking in the wrong way. It's a little bit like looking in the mirror when you need to shave or you need to put on makeup and you're trying to shave the mirror, or you're trying to put makeup on the mirror. It doesn't work that way.

The outside world is a reflection of what's inside of you. So, you have to make the change on the inside and all these people, these experts, these resources like Wendi tonight, are all telling you the wall is not outside, the wall is inside. So, it's an inside job to make an outside difference.

So, some of these links. I want you to write these down. Obviously, I mentioned Miracles Coaching earlier. If you want to work with one of my Miracles coaches, go to miraclescoaching.com and you can hear the interview with Janine, you can see a video about Miracles Coaching and there's a lot of information and a questionnaire there. That's miraclescoaching.com.

Wendi's offer, which is spectacular. If you didn't write it down, it's www.wendi.com/attractwealth and then put in the code "joesfriend." wendi.com/attractwealth, coupon, "joesfriend.."

Also, remember that the definitive course on attracting money that I put together, the audios on CD with the DVD and guidebook is called "The Secret to Attracting Money" and it's at thesecrettoattractingmoney.com, www.secrettoattractingmoney.com, or thesecrettoattractingmoney.com. Obviously, the book, *Attract Money Now* is free. You can read it online at attractmoneynow.com. If you want the printed version, go to attractmoneynowbook.com and get the printed version which comes with a fiery presentation by me on DVD as a bonus.

And also as a favor, this is a surprise one for you. Some friends of mine who are in Pat O'Bryan's coaching program, have created an affirmation CD and I told them I would promote it for them and if you go to www.budurl.com/prosperitymrfire. One more time, budurl.com/prosperitymrfire.

And speaking of Pat O'Bryan, he and I have a clearing money audio. We've been coming out with some amazing clearing audios with unique music and binaural beats and guitar work and so forth. Go to www.clearingmoney.com.

All right. We have gone over here, but this was number two in the three part "Clearing to Attract Money" audio training series. Tonight's guest Wendi Friesen. I thank you again,

Wendi. I love you, Wendi. And go check out her website and definitely get her offer. wendi.com/attractwealth. Coupon code, "joesfriend."

Finally, remember that intentions, every moment, every segment of your day, can be a moment for you to pause and say, "What do I want to attract? What do I want to have happen?" And your mind works with repetition and emotion and imagery. So, when you repeat your intention and you have emotion behind it and you can visualize the end result, you are sending a missile of an intention right into your unconscious mind.

And as I end all of my emails anymore, most of my blog posts and most of my conversations, "Expect Miracles!" I'll see you next week, thanks.