



# Attracting The Energy Of Abundance...

**Michele Molitor**, CPCC, PCC, RTT, C-Hyp  
Nectar Consulting, Inc.

510-731-8725

[michele@nectarconsulting.com](mailto:michele@nectarconsulting.com)



## Attracting the Energy of Abundance

**“If Everything is energy, then how do I attract more abundance & money?”**

I hear this question a lot.

Physics tells us that EVERYTHING is made up of energy.

So, that means that Money is the same as water, the same as earth, the same as air,

***it's all energy.***

Physics also tells us that **Like Attracts Like** (The Law of Attraction). That means that negative energy attracts more negative energy and positive energy attracts more positive energy.

Base on how we're feeling, (yes, thoughts and feelings are energy too) we can attract or repel other positive or negative energies through our thoughts and feelings.

So, if money is just energy,

**How you are THINKING and FEELING about money can impact how you attract or repel money.**

Some people have positive feelings about money and are good at attracting it, therefore they are rich.

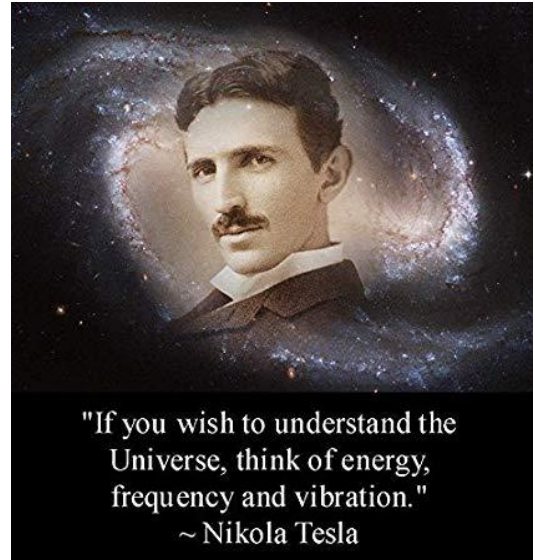
Some people have negative feelings about money and are not that good at attracting it, therefore they are poor.

That said, if you're regularly thinking negative thoughts about money, i.e.

- “I don't have enough”
- “I have to work hard to make just enough money”
- “Money is not available to me”
- “Rich people are evil”
- “I don't deserve money”
- “I can't keep money”

Then these negative thoughts about money are sending out negative or lower frequency vibrations out into the Universe. *Which then sends you back more of what you're expecting.*

**Now imagine this scenario:**



1. When we think about money, we are emitting money energy at a particular frequency.
2. Because like attracts like, more of that money energy will flow back to us.
3. Eventually the energy manifests itself as the real object: real money/something of value.

The theory is really simple: think about money and it will appear in front of us.

But the reality of this scenario is certainly different than the theory.  
Since we're not all running around as millionaires, speaks volumes about this theory.

It seems, that there is actually something more to attracting money than just to think about it...

### How to attract this particular energy called 'money'

Another way to say energy is frequency.

Money has its own unique frequency.

And you can choose this frequency or you can repel this frequency. It's something that you can consciously choose to attract or repel.

If a person **Wants** more money (["Wanting" is a state of Not Having](#)) then they are emitting a frequency that will repel money.

This tells us that they have some internal, subconscious belief, that they may not even be aware of, that is RESISTING the flow of money.

And this is one of the main reasons why people don't get rich.

They don't realize that actually they are resisting the abundance that is available to them, just like water and air.

Let's take a pulse check...

Click on this link to take the ["What Type of Money Mindset Do You Have" Quiz](#).

You can quickly determine, what kind of mindset might just be holding you back from achieving your goals:

- "I don't have enough"
- "I'm destined to be poor"
- "I have to work hard to make just enough money"
- "I can't be 'spiritual' and have a lot of money"
- "Money is not available to me"
- "My job doesn't allow me to make more money"
- "Rich people are evil"



- “Money doesn’t buy happiness”
- “I don’t deserve money”
- “I can’t keep money”

Even if you only resonated with one of these, you can see that you’ve got some underlying resistance to allowing abundance into your life.

These are all blocks that keep money just beyond your reach.

If you’re carrying around any of these kinds of thoughts, consciously or subconsciously, it is less likely that you will achieve the financial freedom you’re dreaming of.

So, what’s the best way to attract money?

To *love* money.

I know, that might sound silly, or weird or even strange.

I’m not saying snuggle up with a wad of bills...

But you can have a sincere appreciation for, respect and love of money (the energy of money) *for what it can provide to you.*

When you emit the energy, the frequency of love, appreciation, gratitude and respect for money, it will come back to you in a variety of forms of abundance.

Learning to move beyond the negative blocks and beliefs to abundance and money, can be simple or it can be hard.

There are 6 key steps to help you move from repelling money to attracting money and abundance more easily.

**Want to know what they are?**

Ok great...here we go!

**Abundance Key #1:**

- **Start to notice.** What’s the internal dialogue that you have about money with yourself? More importantly, notice how you FEEL about money? Is there any shame, guilt, fear, or other resistant emotions that are blocking your flow of abundance?

**Abundance Key #2:**

- **Write down those negative thoughts.** That’s right, get them out of your head and down on paper in front of you so you can see what’s swirling around up in your noggin.



- **Here's a fun exercise for you:**
  - Take a piece of paper and make four columns. In the first column, write your list of Abundance blockers down the left-hand side of your page. These are the negative thoughts you have about money.
  - In the second column, then write down how each of those thoughts **Feel** to you when you think them.
  - In the 3<sup>rd</sup> column, then flip the blocker in the first column to its **EXACT OPPOSITE**. What's that word or phrase?
  - And then in the last column, write down how it will **FEEL** when thinking that thought instead.

#### **Abundance Key #3:**

- **Choose.** Which thought feels better? The thought in column 1 or in column 3.

#### **Abundance Key #4:**

- **Focus your thoughts and energy there on the new thought.** As you focus your mind, your energy on the thought that *feels* better, your frequency will rise into a more positive zone. And as you raise your vibration, your energy, you will be attracting other positive people, circumstances and opportunities into your space.
- **Remember, your mind cannot hold two conflicting beliefs at the same time.** So, by filling your mind with positive thoughts, beliefs and behaviors, your brain literally cannot focus on the negative things you were once thinking. As you continually focus on these new thoughts, you're beginning the process of building new neural pathways in your brain for these positive thought pathways. And over time, these new thoughts become your "go to" thought instead of the old negative thoughts. Those negative thoughts become just a part of who you used to be, how you used to think, but they cannot, will not, do not influence you any further.

#### **Abundance Key #5:**

- **Practice. Practice. Practice.** Shifting your beliefs isn't always easy. Your mind is a clever place and your Amygdala (the Fight or Flight response in your brain) will always try to "keep you safe." Work your brain muscle until these positive thoughts, feelings and behaviors become as easy as brushing your teeth. Eventually they will become your new "normal."

#### **Abundance Key #6:**

- **If you find the first 5 steps difficult to achieve on your own, then ask for help.** We all need a helping hand and an outside perspective to get out of our own way sometimes.
- Know when it's time to stop doing the same thing and expecting different results. Find a friend, a coach, a therapist, [a Rapid Rewire Expert](#), who can help you uncover those limiting beliefs and blockers and assist you to eliminate them for good. Isn't it time to Thrive?

*“When you change the way you look at things, the things you look at change.”*

*~Dr. Wayne Dyer*

When you can love, respect, appreciate the energy of money, for all that it can help you do, to be of contribution with your gifts and talents, and have the life you’ve been dreaming of...

Then, you will see that Abundance has just been waiting patiently at your door step for you to say YES! to receiving it.

**Bottom line**

To attract money and abundance into your life, you have to delete your blocks first.

**Don’t forget to take the Money Mindset Quiz if you haven’t already**

Click here to take the quiz: **“What Type of Money Mindset Do You Have”**

It will help you quickly determine what kind of mindset might just be holding you back from achieving your goals and preventing you from attracting the financial freedom you want.

**Plus, you’ll receive access to my free guided Meditation for Abundance!**

To Your Success,



Michele Molitor, CPCC, PCC, RTT, C-Hyp  
Your Executive Confidence Coach & Rapid Rewire Expert  
Nectar Consulting, Inc.

**PS.** If you’re ready to [Rapidly Rewire Your Brain](#) and unlock your power to achieve everything that is important to you, then **email me at:** [rapidrewire@nectarconsulting.com](mailto:rapidrewire@nectarconsulting.com) and tell me what you’re struggling with. I answer every email.



**Michele Molitor, CPCC, PCC, RTT, C-Hyp**  
**Your Executive Confidence Coach &**  
**Rapid Rewire Expert**

Michele is the Founder and CEO of Nectar Consulting Inc., and co-author of the best-selling book “Breakthrough Healing.” She works with executives and entrepreneurs bringing over 25 years of experience, intuitive insights and strategic business savvy to their success. She is an expert at enhancing the capacity of leaders, to build high performing teams and exponentially increase bottom-line results.

Michele’s unique Rapid Rewiring™ approach is a culmination of years of study in the realms of emotional intelligence, neuroscience, organizational psychology and Rapid Transformational Therapy. She helps catalyze shifts in thinking and eliminate mental/emotional blocks to rapidly rewire your brain for greater confidence and success.

She has provided executive coaching, training, leadership development, organizational development and Rapid Transformational Therapy globally to individuals and entire organizations in a variety of industries verticals: Insurance, Law, Engineering, Education, Marketing, High Tech, Finance, and Real Estate in both the public and private sectors. Helping organizations revitalize their teams, enhance emotional intelligence, create strong cultures of positive communication while infusing them with clarity, purpose and greater productivity.

As a nationally recognized speaker, certified executive coach, certified Rapid Transformational Therapy (RTT) practitioner, certified hypnotherapist, consultant, trainer, and writer, Michele’s passion for helping amplify natural talents and expand leadership is conveyed through all aspects of her work and writing.



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