

The Wallet Process

The Wallet Process is an Abraham-Hicks process as seen in the book “Ask and It Is Given” by Esther and Jerry Hicks – Process #15, Page 245-248. (The information here is derived from this process.)

It is an effective tool for shifting your focus to abundance and fostering a more positive relationship with money. This process helps you to offer a vibration that is aligned or compatible with receiving money rather than pushing it away. Most are focused on the lack of money rather than on the having of it or the presence of money. This is because they are used to seeing lack in their experience. Anytime that you have a feeling of lack of abundance, it causes resistance and does not allow it in. This process helps to shift this and allow abundance to flow into your experience. It helps you to cultivate an abundance mindset and attract more money into your life. The purpose of it is to help you feel more abundant and remind you of the abundance that is available to you.

The Wallet Process:

This technique involves carrying a \$100 bill (or an amount that feels significant to you) in your wallet, purse, or pocket. Always keep it with you and remind yourself that it is there. You can remind yourself every time that you hold your wallet or purse or touch your pocket. Feel the pleasure of having it there and remind yourself of the security and good feelings that it brings you.

Throughout your day, as you come across things you would like to have or experience, remind yourself that you have the money in your wallet

to afford them. Pay attention to the number of things that you could purchase with the money. As you see things, say “I could have that. I could have that. I have the ability to purchase that.” Tell yourself that if you really wanted to, you could purchase it. The idea is not to actually spend the money, but rather to practice the feeling of having enough money to buy what you want. When you hold the money, it gives you the vibrational feeling of abundance every time you even think about it. If you were to actually spend it, you would get the *Feeling* of financial abundance only once. But when you *Mentally* spend it over and over again, you will get the vibrational *Feeling* of spending large amounts of money. Every time that you acknowledge that you have it to purchase an item or to do something, your point of attraction shifts, and you step into feeling abundant.

In order to attract abundance, you do not have to be abundant, but you do have to *FEEL* abundant. So, when you mentally spend the money over and over again, you practice the vibration of abundance, financial security, and financial well-being. The universe then responds to the vibration that you have achieved by matching it with manifested abundance. Magical things will begin to occur when you can step into the feeling of financial abundance. You will start seeing more and more evidence of it coming to you. In time, it will feel like the floodgate of abundance has opened. And you may find yourself wondering where it has been all of these years.

Remember that you have to feel good about money in order to allow it into your experience. As Abraham-Hicks says, “You have to feel good about great abundance before you will allow the pleasure of great abundance to flow into your experience.”