



MILLIONAIRE LIFE ON ZERO BUDGET

Saying yes to our symptoms - to all of Life.

We're going to, again, keep the focus here on the simplest-but-most-profound tweaks that we can make in the everyday, *in the everymoment* - so that we can set our intention round up this course work neatly - like a circle closing perfectly.

As I've mentioned, our full embodiment is **the** most necessary aspect of our living in gift. It might sound like too literal an 'instant karma' challenge that we'd have so immediate an action-and-consequence between *presence* and *divine Flow*. It's hard to avoid the association of god manipulating us, punishing us, by withdrawing divine Flow just because we're distracted by stuff going on around us in the world...

So we have to cultivate a little discipline around letting go of our small mind in this; the part of our thinking that equates power with retribution and meanness, which in turn keeps us in a conflict with our own divine power. It's a core aspect of our cultural conditioning, that keeps us, effectively, enslaved.

It demands discipline and commitment to a deeper creative force in our body-mind-spirit - and that's precisely why presence, sentience, and just *being here*, are so pertinent. As we soften into our bodies, our capacity to feel increases... and so effortlessness also unfolds naturally, in ways that simply cannot happen when we're clinging on and tense.

This final, simple task is about stepping pro-actively into the denser parts and habits - perhaps the numbness, or pain, or emotion - that are keeping us from moving around with ease in the world.

I want to ask you, gently, to reverently bring to mind an area of your life that feels most impossibly far away from harmonious alignment. It might be a part of your character, a memory, something that happened to you which makes you cringe inside - or an aspect of yourself that feels wrong, misplaced, inherently 'bad'. Find the place that you automatically focus on, as soon as this idea is presented - the thing that feels most challenging and least full-of-beauty for you...

Sit with this quality/ memory/ aspect: make a safe space for it - a protected space. This doesn't have to be a visualised container - just a knowing that you accept this part of you, or this event; the allowing of it to exist, without the usual effort to hide it, or the emotional rejection of it - no judgement, no meddling with it.

Let this thing, the essence of this thing, sit with you for a few days - bring your attention back to it throughout your day - *particularly on waking and before sleeping*. **Allow your attention to be light, smiling, friendly.**

When you feel that the time is right, bring more of that lightness, the inner-smiling, the friendliness, into the thing that you're carrying. Work on your deep ability to both hold space for this thing, whilst not being entangled in the emotional friction of it. First apply a smile, then gentle good humour, then build up your beaming sun vibes. Spend several days, several dawns and sunsets, becoming more familiar, and more friendly with this personal 'monster' or 'pit of shame', or however you see it.

This might be a disturbing exercise - do tread gently and slow down if it begins to feel too uncomfortable. If you need additional support, *please do* reach out to me; I am very happy to give you a complimentary session or two to help unravel what seems to be stuck.

Now, write a list of 21 reasons why this thing you're carrying is a great Gift, a genuine treasure in your blessed Life. As ever, don't think too logically about this; just let the reasons rise to the surface naturally, by breathing in deeply and *anticipating* them. **KNOW** that your body-mind-spirit has access to this wisdom, and that **you have** divine alignment with deep gratitude, throughout your being.

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