

REV DR KIM

Alchemy

OF ABUNDANCE

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The Alchemy of Abundance

Money has been part of your story since before you understood it -
from your parents' arguments, to the lessons, silent and loud,
that shaped you.

This journal isn't just about dollars;
it's about the energy, beliefs, and patterns passed down to you,
often unconsciously.

Here, you'll uncover those stories,
witness the layers that have built up, and ask yourself:

What have I been carrying?

What am I afraid to release?

What am I ready to let go of and call in?

The questions within these pages will help you connect with your
body, soul, and the deep relationship you've had with money.

This is not just about changing beliefs; it's about healing the
emotional ties that bind you.

Be radically honest with yourself.

This isn't a quick fix or a new "script" for money.

It's about uncovering hidden stories and, with compassion,
rewriting them to align with the abundance you deserve.

Take your time, be gentle with yourself,
and let go of what no longer serves you.

This journey is about healing your money story
and your relationship with yourself.

What did you witness about money growing up?

Close your eyes.

Picture your childhood home.

Picture the way money was spoken about — or not spoken about.

Was it a whisper? A fight? A sigh? A silence?

What feeling lived in the walls about money?

Whose face held the stress about it?

Write what you saw.

Write what you felt but couldn't say.

*What did your mother teach you about money
with her words, actions, energy?*

What was allowed?

What was feared?

What was inevitable?

Was there guilt?

Was there lack?

Was there recklessness?

Be honest. Even if it feels ugly or complicated.

*What did your father teach you about money
with his words, actions, energy?*

Was there pride?

Shame?

Anger?

Silence?

Did money feel like safety?

Power? Control? A burden?

What did you learn just by watching?

What silent agreements did you make about money?

Without even realizing, what vows did you make?

"I'll never have enough."

"I'll always have to work harder than everyone else."

"I have to give it all away to be good."

"I can't have more than my parents."

"Rich people are cold and greedy."

Let the agreements crawl out of the corners.

See them clearly.

Where do you feel these old stories living in your body?

Throat tight?

Chest heavy?

Gut twisted?

Hands clenched?

Put your hands there.

Feel what's been trapped.

Check your inner beliefs

Answer honestly. No thinking. Let your gut answer.

Money is:

People with lots of money are:

If I had a lot of money, I would feel:

If I became truly wealthy, my family would:

Having more money than my parents means:

Who would you "betray" if you became abundant?

Whose suffering are you loyal to?

Name them.

Name the loyalty cords.

Not to shame yourself

but to set yourself free.

If money were a being (spirit, animal, lover, friend)...
what is your relationship like?

Are you chasing it?

Is it avoiding you?

Are you angry at it?

Are you apologizing to it?

Are you pushing it away while pretending to want it?

Be brutally honest.

Describe it like a relationship.

Would you not trust yourself with wealth?

Are you afraid of how you would change with money?

Are you afraid of what people will think of you if you become successful?

Would you not like the person you'd become if you were wealthy?

Check in with your gut.

Be real.

Feel it.

Who do you become when money is easy?

If money flowed to you easily and endlessly...

Who would you be?

Would you be softer?

Would you be more generous?

Would you finally breathe differently?

Write as if it's already happening.

New Vows to Money, to Life, to Yourself

Write your new vows:

Not for scarcity survival. Not for wounded loyalty. Not for false virtue.

But for your full, wild, free self.

Examples (but only if they feel true):

"I am allowed to thrive without guilt."

"I honour my lineage by healing, not by suffering."

"Money is love moving through my life."

"I let it in. I let it stay. I let it bless me and others."

Write your own. Raw. True. Yours.

Embody Your Abundance

As you close this journal,
know that the journey doesn't end here.

What you've uncovered, healed, and released
has already shifted the energy around you.

Remember, abundance isn't just a destination;
it's a state of being.

You've begun the process of rewriting your money story,
and with each step you take, you're aligning more deeply
with the prosperity and flow that's already yours.

Every shift, no matter how small, ripples out into your life.

Trust that every change you make is creating space for more.

Be gentle with yourself as you continue.

Trust in the process, trust in your worth,
and trust that everything you need is already on its way.

This is just the beginning.

Let the alchemy of abundance guide you,
and may your path ahead be filled with limitless potential.

With compassion and courage,
allow yourself to fully receive.

R E M E M B E R :

W H E N Y O U F E E L L I K E Y O U H A V E N O T H I N G ,

G I V E .

M O N E Y S H I F T R I T U A L

Morning Open to Receive

Place your hand over your heart.

Whisper into your chest:

"Thank you for this life.

Thank you for what is already flowing to me."

Close your eyes.

Picture a golden light pouring into you.

Filling you.

Softening you.

Say:

"I am magnetic to miracles.

I trust money to come with ease.

I trust myself to receive."

Choose your word for the day.

Breathe it in three times.

CARRY IT IN YOUR BONES

M O N E Y S H I F T R I T U A L

Evening Release and Reset

Sit.

Let your hands rest on your belly.

Feel the weight sliding off your body, down into the earth.

Whisper:

**"I release what is not mine to carry.
I trust more is already on its way."**

Name the ways abundance showed up today.

Small. Large. Silent.

Say:

**"I am worthy of a life that supports and delights me.
I allow abundance to stay.
I allow it to multiply."**

Sink into trust.

Tend to your field.

YOU ARE THE ALCHEMY

Affirmations for Alchemy of Abundance

I deserve abundance, not because I've earned it,
but because I am part of the natural flow of life.

Money is energy, and as I align with the energy of abundance,
it flows to me effortlessly

I am releasing old stories that kept me small,
and stepping into new beliefs that support my growth.

As I heal my energy, I recognize the power I hold
to attract and direct the flow of money.

I am fully responsible for my financial energy,
and I choose to release what no longer serves me.

The universe is limitless, and I am open to receiving
all the abundance it has to offer.

Money is a tool to experience life's fullness,
and I allow myself to say yes to that experience.

I let go of old beliefs, creating new stories that align
with my true self and the abundant universe I am a part of.

I am mastering my thoughts, beliefs, and emotions,
and in doing so, I create the space for more abundance.

I am a magnet for prosperity, and I invite the flow of energy
that is always seeking me.

I am worthy of infinite abundance,
and as I align with the flow of life,
I allow it to reflect in every area of my life.

AND SO IT IS

Permission to Receive

I, _____,

give myself permission to receive.

I release any blocks, doubts, or fears
that have held me back from receiving the abundance
that is already mine.

I trust in the flow of life and in my worthiness
to receive all the blessings, prosperity, and opportunities
the universe has for me.

I am open, I am ready, and I am willing
to receive with grace and ease.

Signed: _____

Date: _____

AND SO IT IS