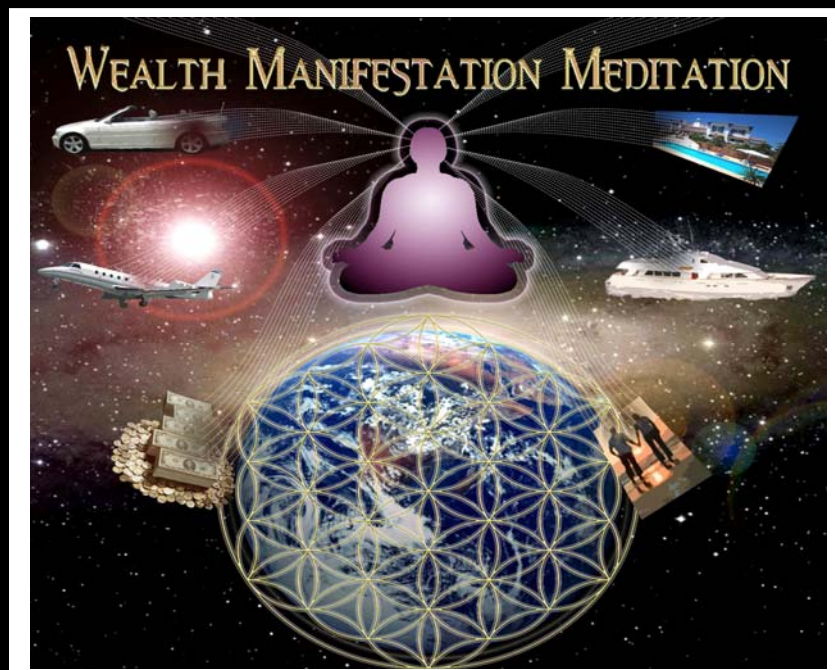


Your Wealth Flow



Mu Shemsu-t

An eBook from the Master Force Project

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INTRODUCTION

Wealth has been defined as a lifestyle primarily for the rich and famous. It is mostly depicted by the size of a person's house, or by how many diamonds, cars and boats they own. If we take a closer look at this version of wealth we will see that many of the people that fit in this category have not really developed the processes for generating wealth, they have only inherited it. Unfortunately, from this example we may be led to believe that if we weren't born into money, then we will probably never have it. This is far from the truth. The purpose of this book is to introduce you to hidden treasures buried in the recesses of your mind that you can use to manifest wealth and prosperity for yourself and your family.

It is important that you learn how to use the methodologies in this book for yourself and then teach them to your children and your entire circle of influence. As a matter of fact, until you can determine that these processes work to create wealth in your own life, you really shouldn't discuss them with anyone else. In other words, it doesn't make sense to only have knowledge as a conversation piece. To truly know something is to use it. Demonstrate in your own life that these processes work, and then, only then, begin to share and teach them to others. This way you are leading by example first.



HOW TO USE THIS EBOOK

I suggest that you begin by purchasing a journal just for your wealth expansion. Write down the date that you begin to read this eBook, "Your Wealth Flow". Read this book in its entirety before you complete any of the exercises. Then read it again, but this time complete at least one set of lessons. It would be wise not to execute the exercises all at once. Come back later, and finish each assignment listed. Tremendous value is provided when you leave time to process what you are learning about yourself as you complete each application.

It is recommended that you use your journal to record your insights and ideas as they come. It is necessary that you give attention to thoughts and ideas as they flow to you. You will be amazed at the many wonderful and creative visions that will come to you as you utilize this information. Remain open to seeing and exploring your own genius. Recognize who you become as your wealth consciousness expands. This is the fun part. How incredible it will be for you to live leisurely in the joyful expression of a wonderful life. This is the ultimate intention of this eBook -- to open you to the possibility of an amazing adventure with yourself.

OPEN TO FLOW

In order for each of us to create an opening for wealth, we have to first prepare ourselves to receive and hold this energy. Often times we start out by thinking that we can justify our lives and our conditions based on what has happened to us in the past, or by how we were raised and the type of parenting we received. This level of understanding only works until the age of about twelve, after that, each of us is responsible for the circumstances and conditions we create in our lives. If we train our children to believe that parents have to take care of them, then they transfer that same responsibility to teachers, employers, the government, society and etc. As soon as we teach our young people how to assume responsibility and leadership for their own lives, the stronger we will become as a community.

You may ask, "How am I responsible for my life when I didn't want to be born?" Well, this is the first premise I encourage you to move away from. Each one of us is a request to be in life right now. There are no accidents and no mistakes. We entered this life with a mission and a purpose already worked out. Our agreement was well established before we arrived. We have to tune into the Source from which we have come to remember who we are and why we are here. It is imperative that we learn to receive our direction from inside ourselves. In this eBook we will begin to see ideas, behaviors and beliefs that have us blocked from being in touch with the true source of all wealth and abundance.

EMOTIONAL BLOCKS

Many of us harbor thoughts of anger and regret against our parents or other family members based on how we were treated or not treated during our childhood. It is necessary for you to acknowledge these emotions and then forgive the people you have been holding bondage so that you can open yourself to the replenishment and rejuvenation of your spirit.

Take a moment to recognize if you have feelings of discomfort or disharmony as it relates to people in your family. Write their names in the space provided (you need to have at least one name you can put here):

If you can't think of anyone to forgive; then look to see if you are holding yourself in regret or disappointment due to past failures in business and/or relationships.

You will want to complete this exercise for each of the people you listed at the beginning of this practice. The more you are able to forgive, the larger your opening becomes to hold and receive the generosity of the Universe. If you feel that you are not ready to let go of the pain involved in your relationship and/or situation that you listed, then consider that you may need another level of support. Find someone to talk to -- Life Coach, Counselor, Therapist, etc.

In order to move forward in life it is encouraged that we develop the capacity to forgive. The quicker we forgive others and ourselves for shortcomings, the easier it is for us to trust and value people and situations as they show up in our lives. Many people will arrive to teach us about our strengths and weaknesses. Some will stay with us for a long time; others will come and go quickly. If we insist on the outcomes of these relationships, then we will fail to experience the true appreciation of the gifts they bring to us.

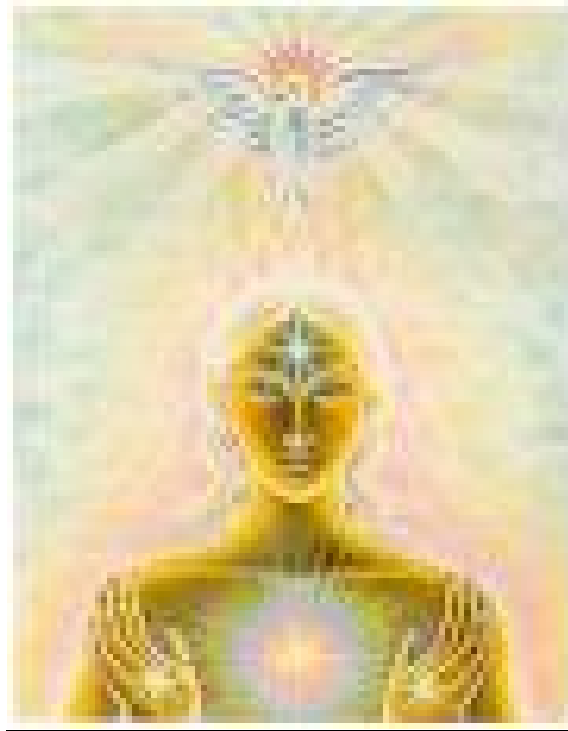
BELIEF SYSTEMS

“Money is the root of all evil.” Were you told this as a child? Or maybe, “Rich people go to hell.” My grandmother’s favorite words were, “don’t ask me for nothing, because I don’t have it.” It is easy to see that my thoughts about money became those of the typical poor person, “there is never enough.” Or maybe in your environment it wasn’t so much the comments but the behavior, the attitudes or the tension in the house that let you know how money was working, or not working.

Unfortunately, this condition of “lack” is demonstrated in our society on so many platforms that very few of us experience the opportunity to generate a different reality for ourselves. We tend to perpetuate the same lifestyle of struggle and determination that we experienced in childhood, long after we have enough money to support living a good and worthy life. Why do we do this? It is an automatic response to life because we haven’t consciously worked to examine and change our core beliefs; even as adults, we still think that there isn’t enough to go around. This is why it is necessary to practice daily the MARV technique -- Meditation, Affirmation, Relaxation and Visualization. We will talk more about this later in this book.

Take a moment and write a few of the comments and/or conditions you heard or experienced about money when you were a child:

Do you think it is possible to become wealthy when you actually don't believe that abundance can exist for you? In order for you to experience the ease of having everything you need around you, you must first become the essence of that. In other words, are you someone that others can see wealth and abundance in? This is best seen through generosity, patience, peace, and attitude. The Law of Attraction states that you can only bring to you what you already are. Until you change your thoughts about money and abundance, it's going to be challenging for you to bring it into your life and keep it flowing through you. Let's see what you can do to be an opening for wealth manifestation.



ENERGY

All of life is energy – everything is energy. Energy has an upside that is always giving of itself and regenerating. When we practice keeping ourselves akin to this type of flow we will find that attracting opportunities for wealth are almost automatic. It works like this...

Keep your energy high, opportunity and ideas flow to you. Your vitality naturally increases as you do the things you love to do and make money in the process. When you allow your energy to sink to low levels, you experience fatigue and brain fog. Ideas can't flow through a congested mind. If you are interested in generating wealth, then you need to make sure that your energy is vibrant. There are a number of habits you can create on a daily basis to support you with this. Here are a few of them:

1. Eat healthy, Live foods
2. Exercise Daily
3. Get plenty of fresh air
4. Drink clean, pure water
5. Take nutrients as needed
6. Make sure you rest properly
7. Minimize Energy Drain

ENERGY DRAINS

There are times when events take place in our life causing us to temporarily lose our focus. This can happen when someone close to us dies, we lose a job, or have a breakup with a significant other. We may need to take a little break from life to recuperate or at least go through some of society's rituals to complete these events before we can get back into the happenings of our life. On occasion I have seen a few people get caught in a downward spiral because they allowed themselves to indulge in the following energy drains:

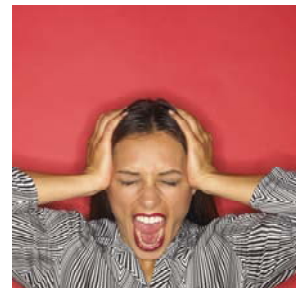
Negative Thoughts

- Complaining
- Criticizing
- Gossiping
- Sarcasm
- Bitterness
- Regret
- Guilt
- Unforgiving
- Pettiness
- Anger
- Greed

Poor Health – Sugar, excessive alcohol, smoking, lack of rest, not exercising, and eating meat from dead animals can all lead to our body's debilitation.

Bad Attitude – Carelessness in our behavior can lead to a way of being that produces a nastiness or haughtiness in how we deal with others.

Low Energy Relationships – many people are afraid to be alone so they stay in co-dependent relationships to avoid doing the work necessary for growth and change. It has been my observation that most of the time these situations can only end tragically, because that is the energy that is created in toxic environments. Here is an exercise that will allow you to observe the relationship patterns in your life.



Low Energy Relationships

Draining
Unproductive
Competitive
Strained
Unfulfilling
Intense
Needy
Dependent
Selfish
Closed

List 3 people in your life who fit this category....

Mutually Energizing Relationships

Tolerable
Moderately Productive
Nurturing
Interactive
Independent
Amiable
Give/Take
Missing
Functional
Crisis Oriented



List 4 people in your life who fall into this category...

High Energy Relationships

Vibrant
Energized
Creative
Healing
Fulfilling
Supportive
Intuitive
Productive
Generous
Inter-dependent



List 5 people in your life who fall into this category...

ENERGY GRID

Where are you currently in your energy expansion? Read each item and check the box next to it that best describes you at this time.

Items	Yes	No	Sometimes
Bad Attitude			
Poor Health			
Low Energy Relationships			
Negative Thoughts			
Daily Exercise			
Healthy Food			
Fresh Air			
Sufficient Rest			
Pure Water			
Supplements*			

*Ultra Metabolism by Dr. Mark Hyman M. D., is excellent for having you understand how supplements support the body and which ones to take for the physical challenges you face.

PART TWO



The MARV Technique

THE MARV TECHNIQUE

In 1990 my family and I hosted classes in our living room to create a sense of community among the African-American families that lived in the predominately white suburb that we lived. Each week on a Wednesday evening we came together and talked about different issues our sons and daughters were dealing with at school and in the community. We would end the evening with a meditation that focused attention on whatever lesson was learned from the topic of discussion. By the time we ended these sessions we had created several processes, products and systems that came about through our natural participation together. The MARV Technique is one of these systems we are going to share with you in this eBook.

MARV is the acronym for Meditation, Affirmation, Relaxation and Visualization to be used toward the focus of any goal or intention you create for yourself. Before we actually explain this technique let's first make sure you have written down goals that you intend to achieve with this system. Here are the five (5) areas you may want to write goals for:

- 1. Financial Goal**
- 2. Relationship Goal**
- 3. Spiritual Goal**
- 4. Home Life Goal**
- 5. Health/Fitness Goal**

CURRENT GOALS

Name: _____ Date: _____

1. I intend to create \$_____ (amount) in excess income by _____ (date).
2. I intend to have a wonderful relationship with _____ by _____ (date).
(Use this goal to heal all estranged relationships that are not harmful or toxic to you.)
3. I intend to develop the spiritual capacity of _____.
(Examples: patience, tolerance, surrender, joy, kindness, faith, etc.)
4. I intend my home will be known for _____.
(Examples: peace, beauty, welcome, joy, family, etc.)
5. I intend that my health will be optimized by increasing _____ and eliminating _____.

MEDITATION

If you have never meditated before begin this practice by setting aside at least 10 minutes a couple of times a day to develop the discipline of stillness. The habit of stillness is one of the first steps in learning to find fulfillment in meditation. There is to be no noise and no interruptions for these 10 minutes. If you have a meditation CD you would like to listen to by all means use it. If you would like to purchase my *“Wealth Manifestation Meditation”* CD to assist you with this process, it is perfect for beginning meditation practice. Visit our website www.mekhaskhen.com.



Once you have created stillness for yourself, you are now ready to add breathing to the process. It has been noted that many of us are shallow breathers only taking breath into our chest without fully extending our lungs. There is so much to be said about breathing that I will not be able to talk about it here. However for the purposes of fulfilling on our discourse about meditation it is important that you at least understand what a full inhalation and exhalation feels like.

Exhale all of the air from your lungs, now slowly inhale noticing the natural expansion of your belly. (It's important that you are wearing loose fitting clothing so there is no tightness around the abdomen area.) As you take the air in allow it to fill your stomach before moving into the lower portion of your lungs, and then continue to breathe into the upper lungs allowing the chest to expand without adding stress to the shoulder and back area.

Once you have filled your lungs to full capacity, hold your breath for about four seconds so that oxygen moves more efficiently into your blood stream. Then slowly exhale watching your breath as it goes from the top of the lungs down to the lower abdomen. Softly push in the stomach to completely empty the lungs. This last action allows much of the toxin that we take in to expel. Do this at least 10 times to give your body plenty of oxygen so that you are able to relax.

Now that you have practiced stillness and added breathing you are officially ready to experience the thrill of meditation.

When you focus on your breathing it automatically slows down the thoughts rushing through your mind. The deeper you go into your meditation the slower your thoughts become until you are no longer focused on your mind. The true art of meditation disconnects you from the outer world of worry and concern and has you only available to peace and centeredness that is found inside you. When you have

mastered this process you will be able to use it at any time, for any length of time. Often when I am on the bus, waiting at the bus stop, waiting in line at the grocery store, standing in line at the bank, any time I have to wait, I meditate and silently repeat affirmations.

Here are the steps again, abbreviated:

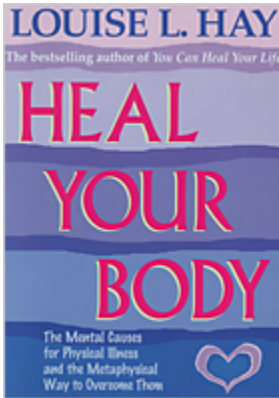
1. Practice Stillness – being sure not to be disturbed or interrupted during this quiet time.
2. Exhale all of the air from your lungs.
3. Slowly inhale first filling your abdomen, the lower lung cavity and slowly the upper lung cavity.
4. When your lungs are filled to capacity, hold your breath for four seconds.
5. Slowly exhale the air from your lungs.
6. At the end, softly press in the stomach.
7. Do this approximately 10 times.

AFFIRMATIONS

The power of words is spoken about in the opening pages of the bible, "in the beginning was the word, and the word was God." Many Masters have gone on to teach that the hidden meaning behind this statement is that what you speak and what think will be created. Let me say that again, what you say out of your mouth creates your life experience. The first practice to implement with ourselves is to stop our negative speaking and our negative thoughts. This particular feat will take most of us the rest of our lives even if we begin right now.

Affirmations are statements that affirm what it is we intend to produce. In other words, it's the positive use of words to generate a positive result. So often we think our complaining about something makes it turn around. Or, that we can speak negatively about someone, and still expect them to love and appreciate us.

On a personal note, I have used affirmations for over 20 years and have found them to be extremely useful for healing physical and emotional pain, keeping me focused when seeking new opportunities, and for raising my vibration when I feel tired or overwhelmed.



I was first introduced to affirmations from the reading of Louise Hay's book; *You Can heal Your Body*. When I was first introduced to this book, I went through it and marked all the ailments I had experienced in my life, past and present.

I was totally amazed at the power behind this technology and I continue to use it in my life everyday. Every time I create my goals, I write down coordinating affirmations to support the outcomes I truly desire. And whenever I hit a bump in the road, I use these statements to calm and center myself. After a short while, the words I am repeating help stimulate my faith which in time have me believe that what I am affirming is coming to pass.

Here are a couple of wealth affirmations for you to use:

"I deserve to be happy."

"My life is absolutely amazing."

"It is safe for me to be rich."

"Money comes to me easily."

"Life is for me."

"It is easy for me to create abundance in my life."

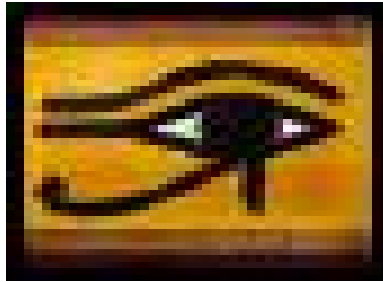
RELAXATION

This is the true discovery of your willingness to grow and change, you become willing to surrender to the process of life and allow it to unfold with your passion and dreams being revealed. The depth of relaxing that I am speaking of is not about how cool and calm you look on the outside to others. It's like being able to breathe and feel a calmness within you that flows into a perfect peace.

The true art of relaxation is knowing deep within that you are well taken care of no matter what is going on around you; Being able to be peaceful in the face of upset and chaos; Trusting in the possibility of life even when others have betrayed you, over and over again. This is the Divine connection each of us are worthy of. Our entire life is to know that we are truly a gift of life, and a life worth gifting.



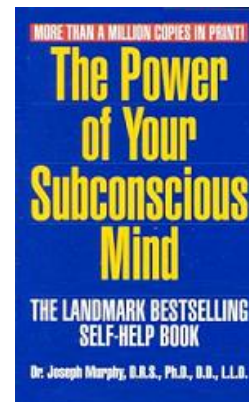
VISUALIZATION



"If you can see it, you can achieve it."

When your desire comes from the intuitive nature of your being experienced through your quiet meditative agenda, you can be assured that it is aligned with the outcome you are seeking. Trust the vision that you see from within. Feel it, know it, be the essence of it as it flows to you patiently.

I was 17 years old when I learned the power of this technique. I had a broken femur bone and was concerned that I wouldn't be able to walk across the stage for my high school graduation. One of my teachers from Du Sable High School in Chicago came to visit me at the hospital and brought me a copy of Joseph Murphy's, *The Power of Your Subconscious Mind*.



The first night that I received this book, I read only three chapters that dealt with healing. When I went to sleep that night I began using the information that I had learned.

Three days later I was able to leave the hospital with a full body cast. I only wore the cast for 8 weeks when they thought I would have to wear it for a year. I was able to walk across the stage for my graduation without crutches. The biggest lesson that I learned in that trauma, was that I had visualized myself being in the hospital long before I got there. From that time on, I have spent my life recreating my internal visions and healing past thoughts and visions that no longer fit in the life I desired to create for myself and my children.

When I was able to picture three little men knitting my bones back together, while at the same time hearing my doctor say, "It's a miracle", I embarked on a high tech discovery that changed my life forever.

I continue to teach my children and others how to utilize this process in creating everything they are open to receiving in their life. When you couple visualization with meditation, affirmations and relaxation, you have the perfect remedy for getting what you want out of life. However, remember you will still have to develop the character and the stamina that go along with maintaining it.

THE VIBRATION OF GRATITUDE

I once read that the closest energy to god is being thankful. It has taken me a lot of lessons – pain, sorrow, and loss – to get to the point of welcoming and appreciating all that shows up in my space. And now I can. Every problem (challenge) has a silver lining. You have to look for it with the heart of a child.

The secret to this great process is being willing to surrender to pain and disappointment quickly. Clear the space as soon as you can. To do this it may require you to write a few affirmations, call someone that can help you balance your energy, or write a letter forgiving and releasing whatever circumstances that has you held hostage in this moment. This level of development builds maturity, character and tolerance.

When you can keep your energy at a high level of gratitude you are nearing a capacity of manifestation that borders on the edge of miracles. Be willing to celebrate and acknowledge every single serendipitous event. Be present to love even when just acknowledging the sunshine on a cold winter morning in January.

One practice is to begin every morning being thankful for what you have and then ending every night being thankful for what you have learned. Your energy stays high and mighty, with a lot of passion in between.

YOUR LIFE THE LOVE STORY

Magnificent stories are those that come from the hard core pain of living without love as a child and then later discovering its essence as a means of saving your life. When you can create your life to be a legacy of love, it is a true demonstration of god at work.

What will it take for you to master the techniques and processes illustrated in this book? And once mastered, will you be generous enough to share them with people in your life who are ready and willing to learn along with you?

And then, what about the children, are you willing to give a portion of your time, energy and attention to making sure they have full use of this knowledge long before they become spoiled by the materialistic callings of the world?

I suggest you read this again, and again, and again. Read the other books that I have highlighted in this eBook and share them with others as well. If you have any teaching ability at all, host a seminar or class in your home for the young people in your neighborhood exposing them to literature and methodologies they may not otherwise experience.

Love is a verb. It is active. Have your life be one that makes such a difference for others that it really doesn't matter much about you. When you are able to lose yourself in this capacity, true wealth follows. It can't help but to. Joy is the ultimate, wealth magnet. Thanks for listening!

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