

# EXERCISE

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## CHAPTER THREE

# MAGNETIZE YOUR FORTUNE

## INSTRUCTIONS:

**ONE.** IDENTIFY THE FORTUNE YOU WANT TO MAGNETIZE. THIS COULD BE LOVE, MONEY, OR GENERAL WELL-BEING.

**TWO.** CHOOSE AN OBJECT THAT WILL FIT IN THE PALM OF YOUR HAND, LIKE A HEART SHAPED STONE, A COIN, OR A FUN MAGNET. FOR THIS TO WORK, THE OBJECT CANNOT BE SOMETHING YOU ALREADY ATTRIBUTE MEANING TO; **IT MUST BE ENERGY NEUTRAL.**

**THREE.** FIND SOMEWHERE QUIET TO SIT IN A MEDITATIVE POSITION.

**FOUR.** CLASP THE OBJECT IN BOTH HANDS ON YOUR LAP. IMAGINE AN ENERGETIC WHIP COMING OUT OF THE TOP OF YOUR HEAD. AT THE END OF THIS WHIP IS A CLAW.



NOW, USE YOUR VISUALIZATION SKILLS TO ENERGETICALLY THROW THE WHIP AS FAR OUT INTO THE WORLD AS POSSIBLE. SAY SOMETHING LIKE, **“TO ALL THE MONEY SURROUNDING ME, I CALL YOU CLOSER NOW.”**

ALLOW THE CLAW TO GRAB MONEY FROM THE WORLD, DRAW IT BACK TO YOU AND ADHERE TO YOUR OBJECT.

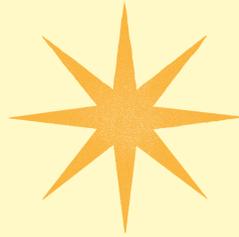
THROW THE WHIP OUT AS MANY TIMES AS YOU FEEL NECESSARY UNTIL YOU **SENSE THE OBJECT IS FULLY CHARGED.**



**KEEP THIS ITEM WITH YOU AT ALL TIMES UNTIL YOU CONNECT WITH WHAT YOU ARE INTENDING TO HAVE AND PULL IN TO YOUR LAYER OF REALITY.**

# REPROGRAMMING STICKERS

THESE WILL COMPLETELY REPROGRAM YOUR MIND AND DRASTICALLY INCREASE THE QUALITY OF YOUR THINKING, **IF YOU ALLOW THEM TO**. I'M NOT KIDDING, THEY SUPER WORK! THIS IS HANDS DOWN MY BEST TRICK FOR TUNING INTO MY OPTIMAL SECTOR OF REALITY.



## **POINTERS:**

THESE STICKERS TAKE ABOUT 3-5 DAYS TO KICK IN TO FULL EFFECT. BE PATIENT. HERE ARE SOME POINTERS!

**ONE.** PUT THEM EVERYWHERE YOU REGULARLY GO! HOME, OFFICE, SCHOOL, CAR ETC.. VANITY MIRROR, MICROWAVE, FRIDGE, DESK, CAR DASH, LOCKER, LUNCH TIN, BACK OF CELLPHONE.

**TWO.** FOR THE FIRST WEEK, EVERY TIME YOU COME IN FRONT OF ONE, SYSTEMATICALLY TRAIN YOURSELF TO READ IT, EITHER ALOUD OR IN YOUR HEAD. READING OUT LOUD WORKS BEST.

**THREE.** AFTER A WEEK, BEGIN SIMPLY ACKNOWLEDGING THE STICKERS WHEN YOU SEE THEM, NO NEED TO READ ANY LONGER.

**FOUR.** ACKNOWLEDGE THE CHANGE IN YOUR THOUGHT QUALITY!



**PLEASE TAKE A PIC OF YOUR STICKERS "IN ACTION" AND SEND TO [RENEE@TRANSURFING.US](mailto:RENEE@TRANSURFING.US) - I AM BUILDING A COLLAGE OF VARIOUS PLACES TRANSURFERS HAVE THEIR STICKERS ON DISPLAY!**

MY WORLD IS TAKING CARE OF ME  
EVERYTHING IS GOING ACCORDING TO PLAN  
THINGS ARE WORKING OUT BEAUTIFULLY  
AND WILL CONTINUE TO DO SO WITH EASE



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# OPEN TO RECEIVE CHECKLIST



## DO'S

## DON'T'S

<input type="checkbox"/>	Honoring your worth and time	<input type="checkbox"/>	Not honoring your worth and time
<input type="checkbox"/>	Giving and receiving freely	<input type="checkbox"/>	Not giving or being open to receive
<input type="checkbox"/>	Opening your heart	<input type="checkbox"/>	Closing your heart
<input type="checkbox"/>	Coming from your heart	<input type="checkbox"/>	Worrying that the worst will happen
<input type="checkbox"/>	Expecting the best to happen	<input type="checkbox"/>	Getting into power struggles
<input type="checkbox"/>	Doing your best	<input type="checkbox"/>	Cutting corners
<input type="checkbox"/>	Wanting everyone to succeed, cooperating	<input type="checkbox"/>	Competing
<input type="checkbox"/>	Focusing on how you can serve others (frailing)	<input type="checkbox"/>	Thinking only of what others will give you
<input type="checkbox"/>	Telling yourself why you can succeed	<input type="checkbox"/>	Telling yourself why you can't succeed
<input type="checkbox"/>	Coming from integrity	<input type="checkbox"/>	Compromising your values and ideas
<input type="checkbox"/>	Focusing on awareness and where you place attention	<input type="checkbox"/>	Operating on automatic
<input type="checkbox"/>	Applauding others' success	<input type="checkbox"/>	Feeling threatened by others success
<input type="checkbox"/>	Embracing your challenges as learning opportunities	<input type="checkbox"/>	Choosing safety and comfort over growth
<input type="checkbox"/>	Releasing things (material items, people, opinions) easily	<input type="checkbox"/>	Hanging on to things
<input type="checkbox"/>	Believing it's never too late, acting on your Intentions	<input type="checkbox"/>	Thinking it's too late, giving up
<input type="checkbox"/>	Believing your purpose in life is valuable	<input type="checkbox"/>	Waiting for others to give you permission
<input type="checkbox"/>	Giving yourself permission to be and do what you want	<input type="checkbox"/>	Not believing in your path
<input type="checkbox"/>	Doing what you love for your livelihood	<input type="checkbox"/>	Working only for the money
<input type="checkbox"/>	Detaching, surrendering to your higher good	<input type="checkbox"/>	Feeling needy or that you must have something
<input type="checkbox"/>	Giving to others, supporting others' prosperity	<input type="checkbox"/>	Giving to others need
<input type="checkbox"/>	Prioritizing your highest purpose activities	<input type="checkbox"/>	Putting off higher purpose activities until you have more time
<input type="checkbox"/>	Seeing yourself as the source of your abundance	<input type="checkbox"/>	Viewing others as the source of your abundance
<input type="checkbox"/>		<input type="checkbox"/>	

<input type="checkbox"/>	Believing in abundance	<input type="checkbox"/>	Believing in scarcity
<input type="checkbox"/>	Believing in yourself, self-confidence, self-love	<input type="checkbox"/>	Worrying, fears, doubts, self criticism
<input type="checkbox"/>	Clear intentions	<input type="checkbox"/>	Vague or undefined goals
<input type="checkbox"/>	Following your joy	<input type="checkbox"/>	Forcing yourself, creating "have tos" and "should's"
<input type="checkbox"/>	Surrounding yourself with objects that reflect your aliveness	<input type="checkbox"/>	Keeping objects that are tools to express your liveness
<input type="checkbox"/>	Expressing gratitude and appreciation	<input type="checkbox"/>	Feeling the world owes you
<input type="checkbox"/>	Trusting in your ability to create abundance	<input type="checkbox"/>	Worrying over finances
<input type="checkbox"/>	Listening to your inner observer	<input type="checkbox"/>	Ignoring your inner observer
<input type="checkbox"/>	Looking for a winning solution for everyone (frailing)	<input type="checkbox"/>	Not caring if other person wins
<input type="checkbox"/>	Becoming your own authority	<input type="checkbox"/>	Not believing in your inner wisdom
<input type="checkbox"/>	Measuring abundance by fulfilling your purpose and happiness	<input type="checkbox"/>	Measuring abundance only by how much money you ha
<input type="checkbox"/>	Enjoying the process as much as the goal	<input type="checkbox"/>	Doing things only for the goal
<input type="checkbox"/>	Clear agreements	<input type="checkbox"/>	Unspoken or vague expectations
<input type="checkbox"/>	Acknowledging how far you have come	<input type="checkbox"/>	Focusing on how far you have to go
<input type="checkbox"/>	Speaking on abundance	<input type="checkbox"/>	Talking about problems and lack
<input type="checkbox"/>	Initiating high-frequency conversation	<input type="checkbox"/>	Remembering past failures
<input type="checkbox"/>	Remembering past successes	<input type="checkbox"/>	Thinking in limited ways
<input type="checkbox"/>	Thinking in expansive, unlimited ways	<input type="checkbox"/>	Focusing on how you need money
<input type="checkbox"/>	Thinking about how you will create money	<input type="checkbox"/>	Focusing only on what you don't want
<input type="checkbox"/>	Focusing on what you love and want	<input type="checkbox"/>	Feeling you don't deserve
<input type="checkbox"/>	Focusing on what you intend to achieve	<input type="checkbox"/>	
<input type="checkbox"/>	Allowing yourself to have	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

*add your own here* 