

**Essential Skills**  
group

*presents*

# The Money Magnet

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Kim McFarland and Tom Vizzini

3260 Keith Bridge Road #269

Cumming, GA 30041

[www.essential-skills.com](http://www.essential-skills.com)

[kim@essential-skills.com](mailto:kim@essential-skills.com) and [tom@essential-skills.com](mailto:tom@essential-skills.com)

Seminars, Products & Corporate Training

*Kim McFarland*

*&*

*Tom Vizzini*

## **Money Magnet Manual**

This booklet is to help guide you through the Money Magnet process. We would like you to use it to clarify some of your goals, desires and what you would like to magnetize to your life.

Before you go completely through the process, I would like you to complete some of the steps in this booklet. The things like clarifying your values are very important. If what you want also happens to violate one of your values then you will have to make some type of adjustment.

### **Opening your mind**

From a relaxed state, I want you to begin to think of the things that you desire to have in your life. I want you to make a list of about 10 things that you want.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

Next, I would like you to take these 10 things and put them in the order of importance to you.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

As you look at these things, I want to notice what they have in common. Of course one of your choices might have been money. I want you to focus beyond that. I want you to think about what having those things to do for you. For example, what would having a lot of money do for you? A couple of examples would be that money would give you freedom or status.

I want you to again look at your list of 10 things. This time I would like you to list what each of those things would get for you.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

## Your values

Everyone has a list of values that they live their life through. If you want to manifest something into your life and it violates your values more than likely it is not going to happen.

List your top 10 values. Keep it simple. An example of these values can be health, family, money, honesty, satisfaction, happiness, education, relationships and so on. For this exercise just put them down as you think of them as quickly as you can.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

Now looking at your values put them in the order of importance.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

Take a moment and examine how the thing that you want to draw into your life fits with your top-five values. Are there any conflicts between what you want and your values?

If there are, take a moment and list what those conflicts are.

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Take a moment and see if you are willing to either adjust your values or adjust the thing that you want to manifest so that they fit together.

Choose one of the desires that fits your values as the one you would like to focus on in this exercise.

### Wants Vs Needs

In everything we choose in our lives, there are parts which we need and other parts which we just want. In the desire you have chosen list your needs and your wants.

#### Needs

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

#### Wants

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Now that you have done this look at each of your needs and each of your wants and as we did earlier, list what this really gets for you. It doesn't have to be a value, but it can be something specific but you don't know how it will happen. When I was looking for a house one of my wants was a large house, but I didn't think I could afford it. On my list of wants I put what I really wanted which was enough room to do what I want. What I found was a medium sized house with a full unfinished basement where I could have a game room and a gym. This way I had what I really wanted with out having to pay the high price I consciously thought would be necessary.

#### Needs

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

#### Wants

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

### The connection

Imagine a picture of the thing you want. It does not have to be detailed. Just a general idea. What kind of connection to you have to that picture? For example, are you associated into it? Are you connected to it by a chord? Is that cord a color? Are you connected by a feeling?

Describe your connection.

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### Changing your focus

Many times we become overly invested in one particular path. We may be invested in this path because of how much effort we have used in the past on this path. Truly successful people rarely have this type of limitation. By not putting too much focus on one path, we allow ourselves to see unexpected opportunities we may not have seen before.

Think about this. If you have someone that went to six years of college to follow a certain career how invested are they in that particular career? If they then spend five years doing that career, how invested are they now?

So many people will stay with the path even though it is truly not fulfilling any of their 10 desires.

I want you to think of the desire that you have chosen.

List the path that you are most consciously aware of.

1 \_\_\_\_\_

Now, list three ways that are other possibilities.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Now imagine all of those four ways are available. Let your mind wander for a moment and fantasize. Let your wildest dreams lead you. Even if they seem totally unrealistic take other ways that your desire can be fulfilled.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_



For a moment I want you to let your mind wander. Imagine that there are 1000 other ways that you are not aware of that can get you what you want. Stop for a moment and imagine all of those ways that you are not yet aware of floating around out there just waiting for you to discover them.

### **Is it all about you ?**

Many people have a habit that only thinking about how things benefit themselves. The byproduct of that is that they generally don't get much help to either. While one person would find it quite difficult to pick up 1000 lbs, it would be much easier for 10 people pick up 100 lbs each. Even easier for 20 people to pick up 50 lbs. each. Even easier for 100 people to pick up 10 lbs. each. And yet even easier still for 1000 people to each pick up only 1 lb.

By only thinking of yourself, you also isolate yourself. For a moment, imagine that there is energy running throughout the universe. By only thinking of yourself, you cut yourself off from all of that available energy. I don't know what "energy" really is. I don't need to know. What I do know is that it does have an effect.

So for a moment, imagine only how your desires benefit you.

Now I would like you to think of three other people that it might benefit and list them.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

For each of those people I want you to imagine that how many people will benefit when those people benefit from your desire. You don't have to know their names, but you can imagine that they are out there. For each of those three list three more that you may not even be aware of.

For example if I wanted freedom and that meant that I manifested a boat. How many people could benefit from me having that boat. The person I purchased it from would benefit. The person's family would benefit. Everyone that knew each individual and that family would benefit. The grocery store where they shop would benefit. The Telephone Company would benefit. The employees of the Telephone Company would benefit. The families of those employees would benefit and so on.

For each one of the people above I wanted to go through this same type of list. See how far out you can stretch the amount of people who will benefit.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

A want you to take a moment and think of the thing that you desire while thinking of all the people who will benefit by you getting it. Does this feel different?

**Three questions**

Now I would like you to ask yourself three questions. I think it is important to write out the answers.

Do you deserve this? If not, what would it take to deserve it??

Do you desire this? If not, what would it take to desire it??

Are you capable of it? If not what would you have to do to become capable?

Again imagine a picture of the thing you want.

Describe your connection. Notice if there is any difference between the first time you described it and now.

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**Energize**

It is important to energize the things you want to bring into your life. There are many visualizations to do this. You don't really have to visualize it at all. Some people get a feeling and use that as a guide to energizing the outcome.

We are free to either use the visualization that is suggested in the tape or design one of your own.



Now follow the directions on the videotape to energize each part of what you want until they are fully energized.

## The big sendoff

This step is very important that is why I would like to address it here in this handbook. Sending off your manifestation and forgetting about it is an essential part of the process. I would like you to design your visualization for it ahead of time so you don't have to think about it later.

It is up to you. What I would like you to do is take a moment and the write out how you're going to send them off.

*Keepin' track*

## Letting go

The next thing you have to do is let go. My visualization is cutting the cords so that they are no longer attached to me or my limitations about how I believe these things can happen. If that is not a visualization that works well for you I want to take a moment and design what would.

For instance I send them off and then cut the cord. You might decide that cutting the cord and then sending them off might be easier for you.

Take a few moments and decide what visualization works best for you.

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## Keeping track

I would like you to keep a journal of things that happen over the next few weeks. The reason that this is important is that sometimes people forget. What starts out as an amazing coincidence quickly can become commonplace. Sometimes many small coincidences can begin to add up as validation that things are going into the direction that you desire.

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## One last word

This is a skill that can be used for many things in your life. I believe that in most cases it is not good to be too specific. By being too specific we tend to limit the number of ways that we can achieve our outcome.

Sometimes when we are not getting what we want it is good to go through the process again and re-examine our values, desires, and connections. Sometimes to make adjustments but other times to notice if they have changed.

Have fun with the process. Sometimes we take our desires way too seriously. Use this process with a playful attitude and an open mind. Results will vary from person to person. The real key is to notice how what you're asking for is actually arriving.

That is the reason to keep a journal.

I hope you fully enjoy this process and are able to use it as successfully as many others all around the world have been able to use it. We enjoy hearing about your success stories. Feel free to e-mail either of us at any time.

Here are a few extra pages to keep a journal of your progress. Keep track of even the most insignificant thing.

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