

I AM A MONEY MAGNET

**THE TOP 30
MONEY MAKING
AFFIRMANTRAS TO
MANIFEST MORE**



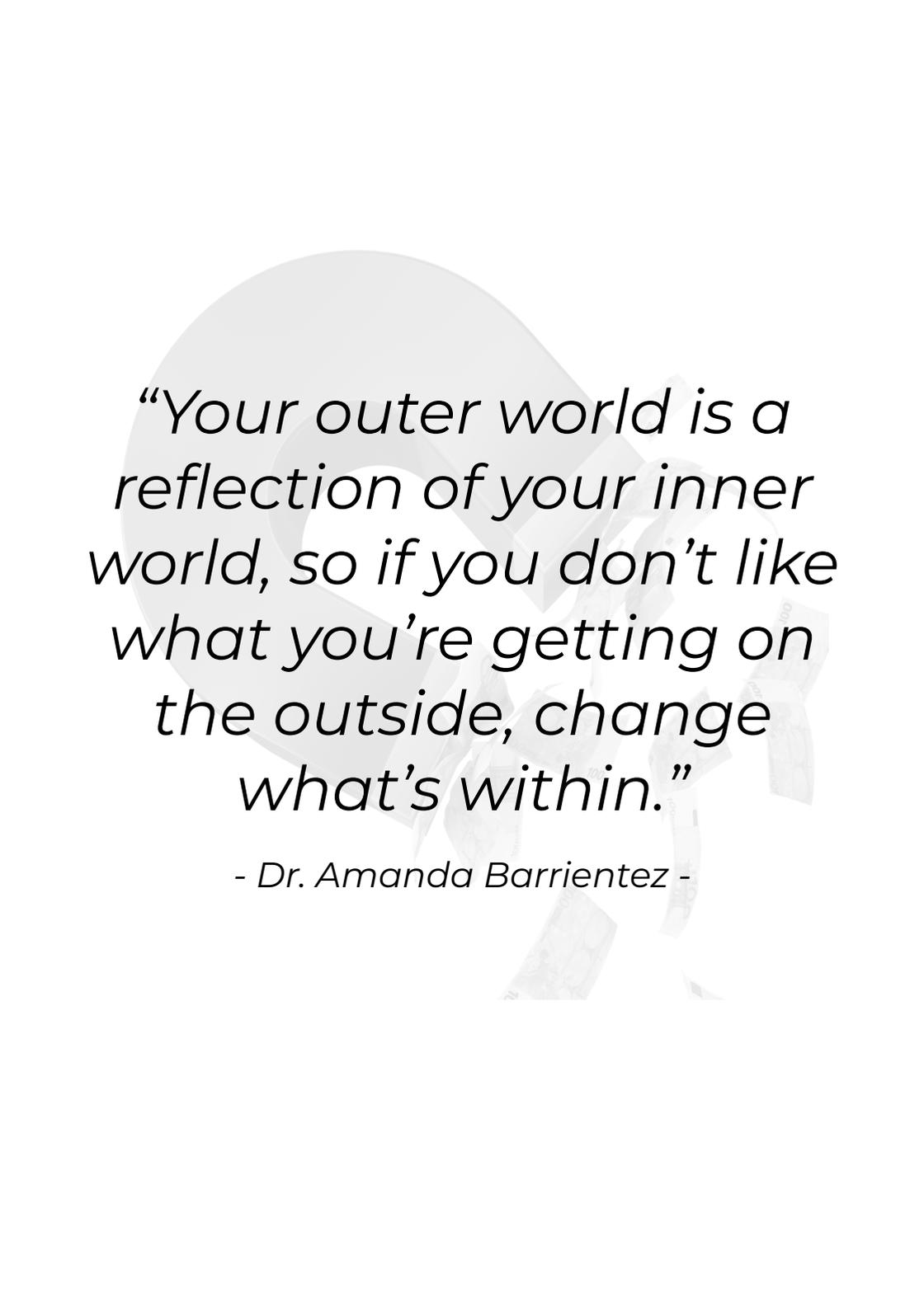
Host of the *Law Of Attraction for Business™* Podcast
DR. AMANDA BARRIENTEZ

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“Your outer world is a reflection of your inner world, so if you don’t like what you’re getting on the outside, change what’s within.”

- Dr. Amanda Barrientez -

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DEDICATION

This book is dedicated to my angel pups who have taught me about unconditional love and in whom I am filled with gratitude that G.O.D. (*Grand Organized Design*) brought you to me. I love you all so very much and am honored you chose me to be your mama. To my closest wise-woman and soul-sister, Kendra, who has been there with me through the last decade of falling down and getting up, over and over again. Our thousands of miles of runs, together in nature, have healed some of my deepest wounds. I am forever grateful for you. To my life partner and soul-mate, Abe, with whom I am blissed out to be on this life journey with as we expand to our fullest potential. I am giddy with inspiration and joy to see what we create as a heart-centered, magnetic, power couple. I love you. Last and certainly not least, to my Inner Power Family who fuels my Zone of Genius and inspires me every single day to be the best I can be in order to continue delivering tools that will inspire, transform, and empower your personal and professional lives.



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HOW TO MANIFEST MONEY USING THE *INNER POWER FORMULA™* + *AFFIRMANTRAS*

This book is all about you learning how to reprogram your subconscious mind, so you can manifest money and prosperity in every area of your personal and professional life. What this requires is that you apply the *Inner Power Formula™* - RECOGNIZE, REFRAME and REPEAT - in order to reprogram your old ways of being.

First, start by answering all the questions in the previous chapter about your childhood and current money beliefs. This will help you RECOGNIZE your subconscious money beliefs. Then, you can take step 2 - REFRAME - using the 30 *AffirMantras* in this book. You'll also add daily journaling and meditation to continue RECOGNIZING and REFRAMING your beliefs. Adding step 3, you'll REPEAT by doing the journaling and meditation process every day for 30 days as you read this book.

What are “*AffirMantras*?”

“*AffirMantra*” is a term I came up with combining “affirmation” plus “mantra” (*I’m pretty sure you figured that out by now, smarty pants!* (-;). An *affirmation* is a declarative statement made in the present tense, that programs your subconscious mind because it believes the statement to be true. Traditionally, a *mantra* is any word or phrase that is repeated over and over as a spiritual practice. In Sanskrit, the root of the word “*man*” means to think, and “*tra*” means to protect or to liberate. Historically, mantras have been used to cleanse, purify, and spiritually connect to your higher power (*whatever/whoever that is for you*).

The reason I combine *affirmation* and *mantra* into an “AffirMantra” is to emphasize that in order to reprogram your subconscious mind, you’ve got to REPEAT an affirmation. When used this way, *AffirMantras* rewire your brain because you use them repetitively. They are potent REFRAKE tools that will reprogram your subconscious beliefs when used the *right way*.

The “Right” Way to Use AffirMantras

The reason the traditional use of affirmations does not work is because your subconscious mind does not believe the affirmation to be true. For example, if you were to say, “*I am a money magnet*” over and over again, but don’t 100% believe it, you’d actually be causing RESISTANCE internally. RESISTANCE slows down manifestation time.

Inner Power Manifestation Formula

- 1. DECIDE with CLARITY and CERTAINTY what you want.**
- 2. TAKE IMMEDIATE ACTION in the direction you want to go.**
- 3. ALLOW the Universe to bring opportunities your way.**

When you’re manifesting, you’ve got to decide with clarity and certainty what you want to manifest. So, if you’re using an affirmation that you don’t 100% believe to be true, your subconscious cannot be clear or certain. You’ll use an affirmation (*because you’ve heard that affirmations work*) with no results. In fact, you’ll be *increasing resistance* to manifesting what you want because your subconscious dialogue is saying, “*Yeah right, you’re full of crap! This isn’t going to work.*”

To fix this resistance problem, you’ve got to repetitively use *AffirMantras* that you 100% believe to be true. Instead of repeating something over and over that you *wish* to be true, you’ll create your *AffirMantra* from the statements below. I created these *AffirMantra*

Starter Statements to be phrases that your subconscious mind can 100% believe to be true. This simple and critical shift in choice of words allows your subconscious and conscious mind to be aligned when using *AffirMantras*.

16 AffirMantra Starter Statements:

1. I prefer _____.
2. I am learning to _____.
3. I am in the process of _____.
4. I am getting better and better at _____.
5. I am committed to _____.
6. It is 100% possible for me to _____.
7. I am ready and excited to/for _____.
8. I choose to feel _____.
9. I choose to believe _____.
10. I enjoy _____.
11. It feels good when _____.
12. I love it when _____.
13. I am open to receiving _____.
14. I am willing to be _____.
15. I feel myself attracting _____.
16. I am aligned to be _____.

How to Choose Your *AffirMantra Starter Statements*

Let's say you do not yet fully believe *AffirMantra* #1: "*I am a money magnet.*" Instead of using it, you could use the *AffirMantra Starter Statement* number 5 from above, "*I am committed to becoming a money magnet,*" or number 9, "*I choose to believe that I can become a money magnet.*" The trick is to use the *AffirMantra Starter Statements* that are 100% believable to you.

To figure out which ones are believable to your *subconscious* mind, test out each of the *AffirMantra Starter Statements* and *feel* the difference when you use an *AffirMantra* that is 100% aligned versus one that is not. Your *feelings* are always your guide to your subconscious beliefs. You will *feel* more positive, calmer, happier, elevated, inspired, more energetic, and clear when the *AffirMantras* you're using are aligned. You'll *feel* doubtful, frustrated, stuck, irritable, angry, lower energy, and confused when you're using *AffirMantras* that are not aligned. Pay attention to how you *feel* and only use the *AffirMantras* that cause you to be in an elevated state. This is critical because you magnetically attract what you *feel*.

Neville Goddard, who prolifically wrote about the *Law of Attraction* and the Bible, described that in order to manifest, you must "*assume the feeling of the wish fulfilled.*" By connecting to the *feeling* and emotion, you'll unlock the power of magnetism to manifest more easily.



*“Assume the feeling
of the wish fulfilled.”*

- Neville Goddard -

Using 100% Believable *AffirMantras* Will:

- Raise your money vibe which will increase your money magnetism.
- Uplevel your thoughts, beliefs, and feelings about money which will attract what you consciously choose to attract.
- Retrain your brain to look for what you're affirming.
- Cause you to giggle to yourself when you say it, which will raise your frequency.
- Attract opportunities and easier money your way because you will rewire your brain for prosperity.
- Cause you to take inspired action in the direction you want to go.
- Send clear and certain communication to the Universe about what you want so it can bring opportunities your way to manifest faster.

Now that you know how to choose *AffirMantras* that work for you, let's dive into how you will use them over the next 30 days to reprogram your subconscious mind. You will apply the *Inner Power Formula™* to each *AffirMantra* using the *Morning Manifesting Strategy* combined with the *Throughout the Day Manifesting Strategy*.

Remember, in order to change your outer reality, you must change what's within. If you truly desire to manifest a life you love and create freedom of choice because money is flowing in easily, then it is critical that you make time to reprogram your subconscious mind using the steps outlined.

MORNING MANIFESTING STRATEGY

To follow the *Morning Manifesting Strategy*, schedule 15-30 minutes a day for 30 days in a row, to complete the steps outlined below.

Note: Each of the 30 *AffirMantras* has these steps included, along with space to answer the journaling questions and to write down your chosen *AffirMantras* repetitively.

1. Read an *AffirMantra*.
2. **RECOGNIZE:** Journal - answering the questions to recognize your money beliefs.
3. **REFRAME:** Choose two to five of the *AffirMantra Starter Statements* that are 100% believable to you.
4. **REPEAT:**
 - a. Write the chosen *AffirMantra* statement, repetitively, filling the journal space provided.
 - b. Meditate and visualize the *AffirMantra* coming true.
5. Start your day with an upheveled money magnet vibe!

2-MINUTE MEDITATION

Get comfortable. Set a timer for 2 minutes. Close your eyes and start by taking 3 deep breaths. Then, visualize your *AffirMantras* coming true. Imagine how you'll feel when what you want is fulfilled!

This short meditation is effective because it'll keep your mind from wandering. Simply breathe and stay focused on your *AffirMantra* coming true for 2-minutes and then move on with your day.

💡 Remember what you learned about your R.A.S.? Because your brain doesn't know the difference between reality and imagination, visualization based meditation rewires your brain to look for what you're visualizing. So, this short meditation will help you use your imagination to manifest!

THROUGHOUT THE DAY MANIFESTING STRATEGY

You will notice that as your day progresses, you'll regress back to old ways of feeling and thinking. When this happens, you will need to immediately implement the *Inner Power Formula™*:

1. When you **RECOGNIZE** your thoughts and feelings going into old programming, stop immediately.
2. **REFRAME** by spending just a few minutes using *AffirMantras* to shift your energy in the direction you consciously choose for it to go.
3. **REPEAT** this process throughout the day to reprogram your subconscious mind.

Here are three examples (compiled from client experiences) to illustrate how you can use the *Inner Power Formula™* throughout the day to reprogram your subconscious mind, using the *AffirMantras* from this book.

Scenario 1:

You get on Instagram to find post ideas to promote your business. After spending 20 minutes looking at other people's posts, you don't feel like posting anymore because you're thinking, "*Why bother? _____ influencer has 10,000 followers, and I only have 1,000. There's no way this is ever going to work. I'll never make any money. Why am I even doing this?*" Now you're procrastinating and spiraling into feeling sorry for yourself.

Then, you remember the *Inner Power Formula™*!

You immediately and consciously choose to RECOGNIZE your feelings. You acknowledge the fear and self-doubt. You notice that this fear and self-doubt has you worrying that you won't be successful at building your business. Now that you've taken a few minutes to RECOGNIZE your fears and the underlying belief that you won't be successful, you're ready to REFRAME. You choose *AffirMantra #26* - "*My success is inevitable,*" or a variation, "*I chose to believe that my success is inevitable*" - to REFRAME your thinking.

You REPEAT this *AffirMantra* in your mind. As you're repeating the *AffirMantra*, you visualize yourself creating an Instagram post to promote your business. In this visualization you see yourself feeling good that you're making a difference by putting out positive energy. You see your business growing because you know that your success is inevitable as long as you decide, commit, and take daily action. You trust that the Universe will bring you opportunities because this one post - even if it gets zero response from your community *today* - is planting the seed of future success and attracting prosperity your way.

Once you notice an upheveled shift in your energy (typically around 2-minutes) you stop your visualization and post your content on Instagram. Having dropped the resistance, your post now has the possibility of attracting money making opportunities your way.

Practicing this strategy for a few weeks, you are pleasantly surprised when you get a DM on Instagram asking you to collaborate with a big player in your industry who can help you grow your brand.

Scenario 2:

You wake up feeling low energy and full of complaints...

*"I didn't get enough sleep. I have so much sh*t to do today that I don't want to do. I'm so tired of worrying about money and feeling stressed. I just want to feel happy."*

As you're brushing your teeth, you remember the *Inner Power Formula™!*

So, you consciously RECOGNIZE that you are having autopilot negative thoughts, and that it is up to you to REFRAME them so you can create something different.

What you deeply desire is to design a life that feels good where you're making money doing what you enjoy. Fortunately, you now know that to do this, you've got to REPROGRAM your subconscious beliefs.

You choose *AffirMantra* #21 as your REFRAME, *"I am in control of my thoughts, decisions, and actions, so my life feels good."* Or, the starter statement that is 100% aligned, *"I choose to be in control of my thoughts, decisions, and actions, so my life can feel good."*

You REPEAT this *AffirMantra* over and over for a few minutes, as you finish getting ready for the day.

Now, when you go downstairs to get the kids ready for school, you're feeling less grumpy and more present as you eat breakfast together. On the way to work you're even feeling *good* because you have decided to be in control of your thoughts, decisions, and actions.

From this upleveled vibe, you have more energy and feel a bit happier. Over the next two months, your daily practice of consciously reframing your thoughts helps you attract a new position you enjoy AND a raise!

Scenario 3:

You did your morning manifestation routine using an *AffirMantra* in this book and started the day feeling pretty darn good.

Then....

You open your computer. All the tasks pile up fast. You start taking action, struggling to get everything done. As the day progresses you feel more and more overwhelmed, stressed out, and resentful.

“Why is there so much on my plate? I shouldn’t even be the one taking care of this project. I can’t work any harder to make more money. How will I ever get ahead?”

At lunch, these thoughts fill your mind, when you remember the *Inner Power Formula™!*

Immediately you stop to RECOGNIZE the thoughts - *I feel stressed out and overwhelmed about having too much to do and worry that I’ll never get ahead financially.*

Now, you choose to REFRAME using a variation of *AffirMantra* #10, *“It feels good when I narrow my focus to expand my freedom.”* You REPEAT this over and over in your mind as you eat your lunch and allow it to uplevel your vibe.

What’s really powerful is that you notice your thoughts turning to delegation strategies. You’re now becoming solution oriented, brainstorming ways to remove items from your plate that are causing you to feel overwhelmed. The possibility of offloading tasks causes you to feel hopeful about money flowing in more easily.

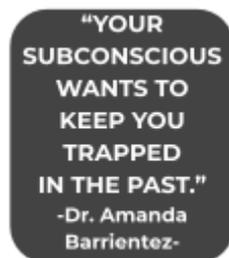
When you return to your desk after lunch and see an email from a virtual assistant looking for work, you giggle to yourself and think...

Wow, this manifesting stuff really works!

WARNING

At this point, you may be thinking, “*Seriously, Dr. Amanda - this sounds so easy! Will this really work?*” Here’s the thing ... The hardest part of change is that your subconscious wants to keep you trapped in the past.

Why? Because this is where it can keep you safe. Your limiting beliefs, fears, uncertainties, and doubts, albeit irritating, are a survival mechanism to keep you alive. Neuroscientist Rick Hanson says, “*The brain is like Velcro for negative experiences, but Teflon for positive ones.*” What this means is that you are hardwired to remember negative experiences more easily than positive experiences.



Your brain is constantly tracking its environment for what could go wrong based on experiences from the past that have been programmed into your subconscious mind. What this means for you in terms of money, is that any negative feelings you have about money from your *past* will keep playing out in your *current* and *future* reality. Until you choose to consciously reprogram your subconscious mind, using the strategies outlined in this book, you will not be able to manifest money easily. Instead, your financial situation will start to improve, but your subconscious will pull you back into what is safe and comfortable. This is how self-sabotage works - it’s wired into your subconscious and is what will keep you making the same amount year after year.

Fortunately, there’s a fix! FOLLOW THE STEPS OUTLINED IN THIS BOOK to uplevel your money vibe. As you practice, you’ll experience shifts. You’ll notice that you feel more at ease, you’ll have easier opportunities come your way, and your income, savings, and investments will increase over time. The upleveled feelings and flowing money will provide evidence that you’ve reprogrammed your subconscious mind and now know how to manifest using *AffirMantras!*

✱ AffirMantra 6 ✱

The Less I Work, the More I Make

One of the biggest unconscious money blocks that people struggle with is the belief that you have to work hard to make money. Why?

Because, beginning at a very young age, we are conditioned to believe that hard work (or luck) is what it takes to make money. Most of our parents told us, *“Go to school, work hard, get good grades, save up, and then you can retire and have fun.”* They didn't say, *“Learn how to get energetically aligned, master your money mindset, and discover how to do what you love to make money.”* Imagine where you would be today if they had taught you that from a young age!

On top of repeatedly being told that, *“You've got to work hard to make money,”* there is also a hustle culture ideal that causes us to believe we're lazy if we're not working hard all the time. We get addicted to stress and don't know how to relax. When we see others making easy money doing what they enjoy, we say things like, *“They got lucky,”* or *“Must be nice.”*

What's subconsciously underlying our harsh judgment is that we don't understand how to make money doing what we enjoy. This makes all the years at our jobs or in our businesses feel drudgerous. “Work” becomes a prison of our own making.

➡ In order for you to break your addiction to stress so you can design a reality where you “work” less and make more, you'll need to start with possibility thinking. This *AffirMantra* plants a seed of new thought to reprogram your subconscious mind to look for ways to work less and make more. When you do more of what you enjoy, you can make *easier* money because of your high-joy-vibe.

RECOGNIZE Your Money Beliefs

Journal about the following:

1. Growing up, what were you told about hard work?
2. Do you still believe this to be true? Why or why not?
3. What do you believe about people who make *easy* money?
4. How would it feel if you were able to do what you enjoy to make easier money? What's stopping you?
5. Identify 3-5 tasks that you do during your work day that you dislike doing. Then, brainstorm ways you can drop or delegate the tasks you don't enjoy, so you can experience working less and making more.

REFRAME Using *AffirMantras*

Choose 2-5 of the *AffirMantra* statements below that are 100% believable to you.

1. ***I prefer*** to work less and make more.
2. ***I am learning*** to work less and make more.
3. ***I am in the process of*** making more by doing what I enjoy.
4. ***I am getting better and better at*** coming up with ways to work less and make more.
5. ***I am committed to*** working less and making more.
6. ***It is 100% possible for me to*** work less and make more.
7. ***I am ready and excited to*** work less and make more.
8. ***I choose to feel*** good doing what I enjoy to work less and make more.
9. ***I choose to believe*** that I can work less and make more.
10. ***I enjoy*** it when I get to work less and make more.
11. ***It feels good when*** I work less and make more.
12. ***I love it when*** I get to work less and make more.
13. ***I am open to receiving*** easier money working less and making more.
14. ***I am willing to*** do what I enjoy to work less and make more.
15. ***I feel myself attracting*** easier money as I work less and make more.
16. ***I am aligned to*** work less and make more money, doing what I enjoy doing.

REPEAT TO REPROGRAM Your Subconscious Mind

- Write the chosen statements, repetitively, filling up the space below.

- Meditate for 2-minutes, visualizing the *AffirMantras* coming true.

Now, start your day with an upleveled money magnet vibe and use the *Inner Power Formula™* throughout the day to stay high vibe.

BUY THE FULL BOOK NOW!

**Available on Amazon -
scan below or go to Amazon and
search “*I Am A Money Magnet Book
by Dr. Amanda Barrientez.*”**

