



## Money Wisdom Coaching

Align your spirituality with your money life for your unique prosperity path

- Enrich your prosperity toolkit with new perspective
- Uncover money archetypes that may be blocking your flow
- Discover joy, trust, and gratitude exactly where you are today

Susan Shloss, Certified Money Coach (CMC)<sup>®</sup>



Susan Shloss, Certified Money Coach (CMC)<sup>®</sup> is passionate about igniting breakthroughs in her clients' relationship with money. With over 20 years in financial services and a lifetime of spiritual practice, she combines practical financial expertise with spiritual and intuitive inspiration to support a powerful transformational journey.

*Susan's guidance has helped me move through money blocks I did not even know existed! I have made immense mental, emotional and spiritual shifts that have decreased my money anxieties and made me more confident in all my money matters. Whenever I work with Susan my income goes up! – Amy Shouse, DACM, MS, LAC*

*In Susan's coaching program I experienced shifts that helped me receive more money in my business, including letting go of my fear of success. I've become more active in visioning a prosperous lifestyle that is supported by my business. Communication with my husband around money has improved greatly too! – Kari Joli Estill, Joly' Vita Bookkeeping & Consulting*

*From anxious and depressed to confident and vibrant, Susan's coaching helped me completely heal old wounds and childhood programming surrounding money. Her coaching has changed me and my life for the better. – Katie Nelson, Legal Associate*

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## 10 Daily Prosperity Practices *for Spiritual Women*

Each practice is introduced below and expanded upon in the following pages. Choose two or three each day to boost your abundance!

### 1. Grace

How can you invite Grace into your prosperity path to expand your field and include divine intervention?

### 2. Humility

Do you confuse Humility with humiliation? Humility allows you to own your gifts AND acknowledge where you need to grow.

### 3. Surrender

How do you know when to let go of your plan and shift directions on your prosperity path?

### 4. Forgiveness

Are you holding any resentments toward people or conditions in relation to money?

### 5. Service

How can an attitude of service help you align with right action and quell egoic tendencies of self-consciousness and fear?

### 6. Gratitude

Are you using Gratitude as a prosperity magnet?

### 7. Inquiry

How can you identify your blocks to prosperity?

### 8. Ritual

What new symbols or practices can you incorporate to raise your vibration?

### 9. Self-Love

Are you loving yourself into your prosperous vision?

### 10. Non-doership

Are you feeling overly responsible for the outcome of your contributions?

## 10 Daily Prosperity Practices *for Spiritual Women*

### 1. Invoke Grace

Grace is a benevolent gift that doesn't depend on anything you think, say or do. To invite this gift, you can say "I let go and allow grace to fill my life" or "I invite grace to permeate my life and my intentions." Then sit quietly and open your heart and body to the energy of grace. Imagine the divine energy of grace showering down on you and filling every cell of your body.

### 2. Humility

Humility is owning up to where you're strong, talented and gifted. It is also facing your areas of challenge or dysfunction with love and compassion. Make two lists: One of your strengths, talents, and gifts and one of your challenges or survival patterns around money. Be with whatever feelings come up for you until you can peacefully accept all of where you are right now.

### 3. Surrender

How do you know when to shift directions on your prosperity path? If it's feeling hard to achieve your vision, it may be time to let go and pray for guidance. You may need to move through some emotions to get to surrender. Journal your frustration, anger, disappointment, or fear, then let yourself feel a full-bodied surrender so you can open to the next right steps.

### 4. Forgiveness

When you harbor resentment toward anyone or anything that has contributed to financial challenges, you block your prosperity flow. Cleaning up the past is essential. Practice the Ho O'Pono Prayer or Metta Practice toward yourself and the person or condition that has harmed you or write a letter of forgiveness.

Ho O'Pono Pono

I'm sorry  
Please forgive me  
Thank you  
I love you

Metta (Lovingkindness) Practice

May you be safe  
May you be happy  
May you be healthy  
May you be at ease

### 5. Service

An attitude of service helps you align with right action and quells egoic tendencies of self-consciousness and fear. When you're in service, you get out of our own way. Service builds a sense of self-worth because you are contributing to something greater than yourself.

Anything you do can be in service to the divine, can be an offering to your higher self. A simple prayer to align in this way is, “Oh Divine Mother, how may I be of service today?”

# 10 Daily Practices for Prosperity *for Spiritual Women*

## 6. Gratitude

Gratitude raises your vibration and is the number one prosperity magnet. A grateful heart is creating the reality that “I am abundant, I have so much.” Proclaim your gratitude out loud every day!

## 7. Inquiry

Going inward is essential for identifying your blocks to prosperity. How is your relationship with money today? Try this meditation to gain insight into where you are.

From a relaxed and grounded state, imagine that money is before you. What does it look like? How close or far away is it? How do you feel in the presence of money? What does money have to say to you? What do you want to say to money? Write your insights in your journal.

The eight money types can shed light on the energies that are operating in your relationship with money. **Find a description of the money types [here](#). Take the money type quiz [here](#).**

## 8. Ritual

What is your favorite ritual to invoke prosperity? Place symbols on your altar, like pictures of Lakshmi, the goddess of abundance, or Ganesh, the remover of obstacles. Light a candle of intention before embarking on a project. Chanting, dancing, or stating your intentions out loud are all ways to move the energy and invite divine intervention to permeate your path.

## 9. Self-Love

The energy of money is no different from the energy of love. You may have old imprints or projections that get in the way of experiencing the loving energy of money. Often it is issues of self-worth that block the flow of abundance. When your heart is in a state of love, you can open to receive your vision of prosperity. Look at yourself in the mirror and say, “I love you.” Notice what comes up for you and explore how you can open to deeper self-love.

## 10. Non-doership

Non-doership is the recognition and intention that the divine is working through you to accomplish it’s will. Non-doership brings the practices of service, humility and surrender together so you can get out of your own way on your prosperity path. You can say, “Divine Mother, I ask that you work though this body-mind to achieve your divine plan today.”