



# Love & Money

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## The 5 Principles of Prosperity

# Today's Objectives

- Today, we're not talking about money as numbers, or hustle, or even "strategy."
- We're talking about the alchemy of receiving, the invisible conversation that happens between you and the energy of prosperity.
- This class is about the subtle shifts that change everything: how you feel about value, what you believe you deserve, and the energy you bring when you open your hands (or your heart) to receive.
- It's part science, part spirit, part psychology. But mostly, it's about remembering that money, like love, is a living relationship.
- Money is not just currency. It's communication. It's how life speaks to you about worth, trust, and flow.

We often think of money as neutral (like math) but it's deeply emotional. It mirrors how safe you feel being seen, how much you trust yourself, and whether you believe life will support you.

When you start to treat money as a relationship instead of a resource, you stop chasing it and start partnering with it. That's the alchemy when money becomes a reflection of inner harmony rather than an escape from fear.

# The 5 Principles

Tonight, we explore five subtle laws that govern the flow of prosperity:

1. The Law of Resonance
2. The Law of Value
3. The Law of Sufficiency
4. The Law of Identity
5. The Law of Reciprocity

Each of these laws is both mystical and practical.

They're spiritual principles that also govern real-world results.

They'll give you a new framework for understanding how you relate to wealth, abundance, and the art of receiving (whether in money, love, or opportunity)

# The Law of Resonance

## Money Matches Your Energy, Not Your Effort

You don't get what you want; you get what you are.

Money responds not to effort, but to energetic congruence, the vibration you emit when you think, feel, and act from alignment.

Every dollar carries a frequency.

Every transaction holds emotion. You've likely felt it moments when you've worked hard and still struggled, and other times when something flowed easily, almost magically.

Effort alone doesn't create prosperity energetic coherence does.

When what you believe, feel, and choose are aligned, life responds accordingly.

When they're divided, you may find yourself exhausted and underpaid.

This is resonance: your internal radio signal for abundance.

# The Law of Resonance

Example: Two people planting seeds. One is frantic, checking the soil every hour, the other plants with care, waters with consistency, and trusts the process. Both took action but one infused her actions with faith and receptivity. Her garden thrives because she's aligned with the natural rhythm of creation.

When you operate from anxiety, even good actions carry static. But when you move from faith and alignment, everything you touch grows faster not because you're luckier, but because your energy is fertile.

Think of resonance as your inner atmosphere. You don't have to force what you're already a match for you simply allow it in.

*ACTION: Pause before you act, spend, or speak about money. Ask yourself: "Am I in contraction or connection right now?" When you feel tense, anxious, or desperate, you're in effort energy. When you feel grounded, curious, and grateful, you're in ease energy. Shift from control to collaboration. Let money meet you where your energy is clear.*

You don't need perfect affirmations you need energetic honesty.

Before every financial decision (spending, saving, or charging) ask that one question: "Am I in contraction or connection?"

(Your awareness alone changes your frequency. That's the real work.)

# The Law of Value

## You Don't Get Paid for Time, You Get Paid for Meaning

Money follows meaning. You don't attract abundance through hours worked, but through energy given in service of something meaningful. Value is emotional, not transactional. It's the felt sense that something, or someone, matters.

“You must give more in use value than you take in cash value.” - Wallace D. Wattles, *The Science of Getting Rich*

In every career, relationship, and exchange, what we truly offer is energy.

Meaning amplifies value. When your contribution carries heart, care, or beauty, it multiplies in worth.

We live in a world obsessed with metrics but meaning is what magnetizes abundance.

When you feel connected to the why, your energy multiplies the what.

# The Law of Value

Example: A teacher who loves her students radiates more value than one who's simply clocking hours. A barista who greets you with warmth shifts your whole morning. A parent who listens deeply adds invisible value that shapes a child's future.

Each person is offering more than labor, they're offering presence.

When people feel seen, nourished, and uplifted by your presence, you've added meaning. That meaning is your true product the rest is form. Money is just how the world measures the impact of the energy you've given it.

*ACTION: Ask yourself: "How is my work, or my presence, making someone's life better today?"*

*Value isn't limited to your job. It's in how you speak, how you love, how you contribute.*

*Infuse meaning into what already exists. When you see the sacred in the simple, you multiply your value in the eyes of the universe.*

You don't need to do more to be worth more. You need to mean more to yourself, to others, to life.

That shift from performance to purpose turns every act into prosperity.

# The Law of Sufficiency

## Wholeness Is the Gateway to Wealth

Scarcity doesn't come from lack; it comes from separation, from believing you are cut off from the source of supply. Sufficiency is a frequency of wholeness. It's the quiet knowing that who I am and what I have in this moment is enough. From that state, life can finally trust you with more.

“What you appreciate, appreciates.” - Lynne Twist, *The Soul of Money*

We've been trained to chase abundance as though it's something out there. But sufficiency is what unlocks abundance from within.

You can't magnetize more from the energy of “not enough.” It's like shouting affirmations from an empty cave, the echo returns hollow.

But when you stand in sufficiency, in gratitude, in presence, in trust, you create the resonance that abundance recognizes as home.

Sufficiency isn't stagnation or complacency. It's power. It's saying: “I'm whole, and I'm ready for more but I'm not waiting to feel enough until I get it.”

# The Law of Sufficiency

Example: Think of a person who always feels behind financially. Even when money comes in, it disappears fast because their internal state still whispers “not enough.” Contrast that with someone who feels grounded in what they have, who blesses their bills, celebrates their groceries, and takes joy in small pleasures.

The first person measures life by what’s missing. The second measures it by what’s meaningful. Guess which one the universe trusts with more?

Money is energy. It flows where it’s welcomed, not where it’s worshipped.

When you approach money with appreciation, even in times of little, you signal to life: I can hold this with grace.

And life, ever responsive, says: Then you shall have more to hold.

*ACTION: Each morning, name three ways you already feel abundant in love, in beauty, in laughter, in time.*

*At night, thank money for one thing it allowed you to experience that day a meal, a moment, a lesson.*

*Reframe the mantra from “I don’t have enough” to “I have enough for the next right step.”*

Sufficiency begins as a practice and becomes a posture.

When you meet money with gratitude, you neutralize scarcity. And from there, what flows to you no longer fills a void it expands a vessel.

# The Law of Identity

## You Can't Out-Earn the Self You're Ashamed Of

You rise to the level of your self-concept, not your strategy.

If deep down you believe you're irresponsible, unworthy, or "not a money person," your reality will quietly agree. To change your financial life, you must upgrade the identity of the person earning, spending, and receiving.

"You can never outperform your self-image." - T. Harv Eker, *Secrets of the Millionaire Mind*

Every financial pattern (overspending, undercharging, avoiding bills, saving too tightly) is an expression of identity. It's not logic; it's self-perception.

You don't sabotage yourself because you're lazy or undisciplined. You do it because your subconscious is loyal, it will always return to who it believes you are.

The work, then, isn't just to "make more." It's to become the kind of person who naturally receives more with ease, integrity, and joy.

# The Law of Identity

Example: A client once told me she couldn't keep money in her account no matter how much she earned. When we traced it back, her identity was "the one who gets left." She subconsciously kept repeating abandonment, with people, jobs, and even money. When she rewrote that identity to "the one who rises," her choices changed: she saved differently, asked for more, and began to trust stability as her new normal.

Identity is the soil; money is the fruit. You can't grow wealth in soil poisoned by self-doubt. When you update who you believe you are, you update what the world believes you deserve.

*ACTION: Write this prompt in your journal: "The version of me who easily receives is..." and finish the sentence. Describe how that version thinks, speaks, decides, and carries themselves. Read it aloud not as a wish, but as remembrance. You're not becoming someone new; you're remembering the wealthier version of you that's been waiting underneath.*

Identity work isn't ego; it's energetic architecture.

The more truthfully you embody your worth, the less you have to perform for it.

Let who you are be the richest thing about you.

# The Law of Reciprocity

## Money Moves Through Relationship

Money doesn't come from people; it comes through them.

Every transaction is a mirror of exchange — giving, receiving, circulating.

When you open yourself to generosity and allow yourself to receive without guilt, you step into the current of prosperity itself.

“The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe.” — Deepak Chopra, *The Seven Spiritual Laws of Success*

If you hoard or withhold (praise, gratitude, generosity) you dam the river.

If you give endlessly without allowing yourself to receive, you drain the current.

Reciprocity is balance. It's learning that life flows best when the giving and receiving are equal in joy, not in measure.

This is also where love and money intertwine: both flourish in circulation, both wither in shame.

# The Law of Reciprocity

Example: Think of someone who can't accept a compliment. You tell them, "You look amazing today," and they deflect: "Oh, this old thing?"

That same energy shows up with money. If you can't receive acknowledgment without guilt, you'll likely struggle to receive prosperity without guilt. The art of receiving begins with letting good things land.

Every time you diminish your own value, by downplaying a gift, rejecting a tip, or apologizing for your success, you interrupt the sacred exchange. Money doesn't judge. It simply follows the path of least resistance and that path is receptivity.

**ACTION:** This week, practice receiving without justification. When someone offers help, praise, or a gift, respond only with "Thank you." Also, choose one act of generosity that feels joyful, not obligatory, and let it flow from ease. This dual practice keeps you in the current of circulation the true river of prosperity.

Giving and receiving are the inhale and exhale of abundance.

If you only breathe out, you suffocate your wealth. If you only breathe in, you stagnate it.

Let both be sacred.

# The 5 Principles

1. Resonance — Energy first. Money follows alignment, not effort.
2. Value — Meaning multiplies worth. Give with heart, not just hands.
3. Sufficiency — Gratitude expands what is. Wholeness attracts wealth.
4. Identity — You can't out-earn the self you deny.
5. Reciprocity — Prosperity circulates where love circulates.

Money isn't a reward for good behavior it's a reflection of relationship.

When your energy, meaning, gratitude, self-concept, and generosity are aligned, prosperity becomes inevitable. These aren't just ideas to remember; they're practices to embody. Each one rewires your nervous system to hold more. You don't have to hustle to be worthy. You don't have to prove to be powerful. You already are. Let that be what leads.

Prosperity begins not with more doing, but with deeper being.

You don't have to chase wealth... you have to become a safe home for it.

So going forward, let your energy be your invitation. Let your sufficiency be your spell. Let your gratitude be your gold.

# Exercise & Homework

## 1. Reflection Prompts

- Which law feels most alive for you right now?
- Where do you notice resistance to receiving?
- What new story about money are you ready to live from today?

## 2. The Letter to Money- Write to money as though it were a person you love or want to love better.

- What would you say about your relationship?
- What do you appreciate about it?
- What do you want to change?
- What are you ready to receive together next?

# Tangible Takeaways

## 1. The Law of Resonance – Energy Before Action

Pause before you act, spend, or speak about money.

Ask yourself: “Am I in contraction or connection right now?” Shift from effort energy (anxious, proving) to ease energy (curious, grateful). Let awareness recalibrate your frequency before you move.

## 2. The Law of Value – Infuse Meaning into What You Do

Each day, ask: “How is my work or my presence making someone’s life better?” Value isn’t only what you do, it’s how you do it. Add sincerity, presence, or beauty to what already exists; meaning multiplies value.

## 3. The Law of Sufficiency – Practice Daily Gratitude

Each morning, name three ways you already feel abundant, in love, time, laughter, or beauty. Each evening, thank money for one thing it allowed you to experience that day. Reframe scarcity thoughts with: “I have enough for the next right step.”

## 4. The Law of Identity – Embody the Wealthier You

Journal this prompt: “The version of me who easily receives is...” Describe how that version thinks, speaks, spends, saves, and gives. Read it aloud daily, not as an affirmation, but as remembrance of who you already are becoming.

## 5. The Law of Reciprocity – Open the Flow

This week, receive without apology. When someone offers help, praise, or a gift, say only “Thank you.” Then, offer one act of generosity that feels joyful — not performative. Let giving and receiving become the balanced breath of abundance.

# Recommended Reading

- The Science of Getting Rich - Wallace Wattles
- The Soul of Money - Lynne Twist
- Love Money, Money Loves You - Sarah McCrum
- Think and Grow Rich - Napoleon Hill (especially “Faith” and “Autosuggestion” chapters)
- The Element- Ken Robinson
- Making Magic- Briana Saussy
- Secrets of The Millionaire Mind- T. Harv Eker