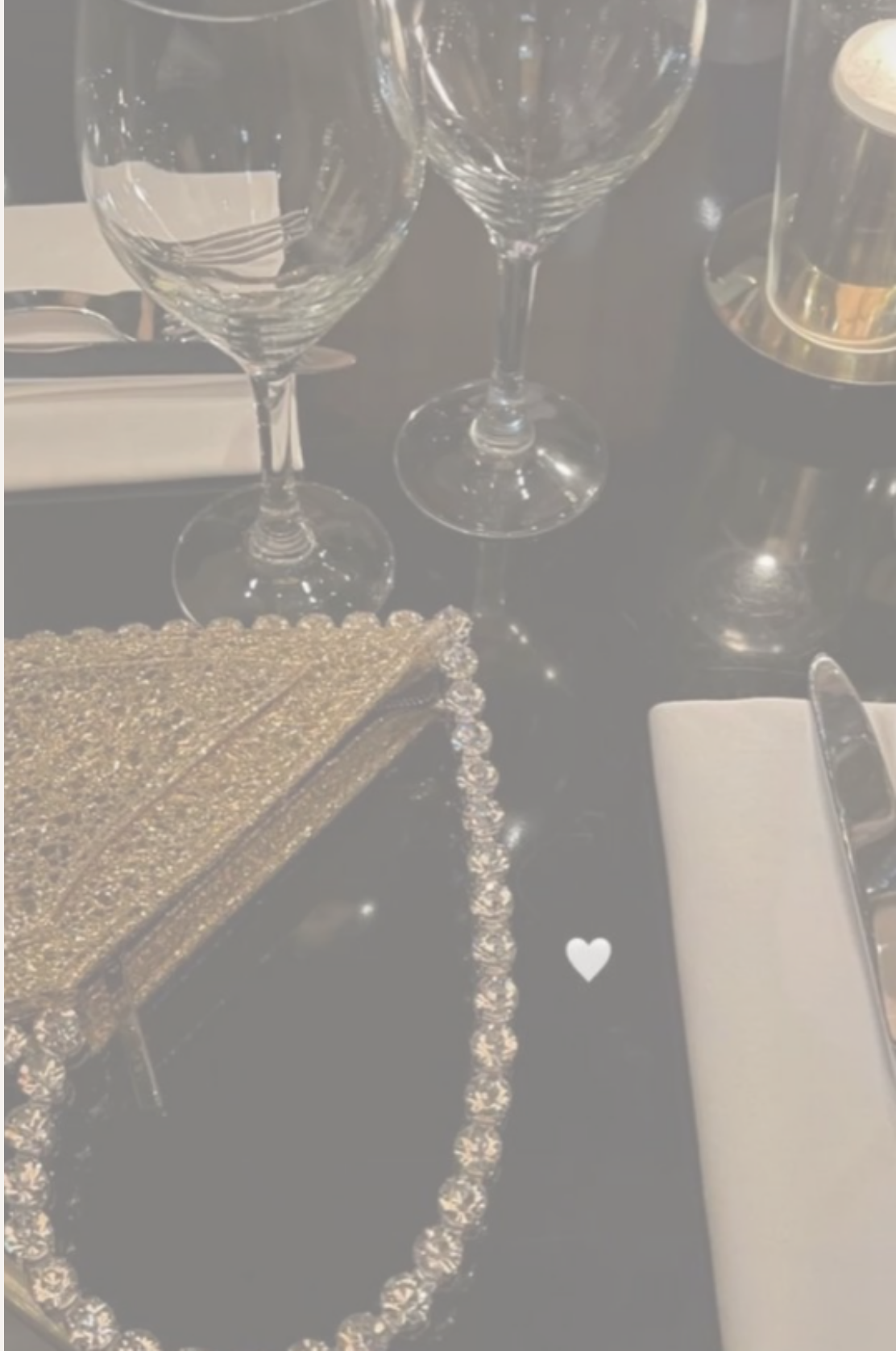


ABUNDANCE



CHEQUE

WITH SCHERISE SASKIA

INTRODUCTION

I used to struggle with money, and I was on a quest to find manifestation techniques that would work for me. One particular technique that I found extremely helpful was using manifestation checks. It felt like a constant reminder and intention that stayed with me all the time, lightening my spirits every day.


Everyone has different money stories, and mine revolved around not spending money due to growing up with limited resources. I was determined that as I got older, I would always have more than just enough. However, as I reached adulthood, it manifested as a reluctance to spend money and a constant focus on saving.


To overcome this mindset, I took small steps on my entrepreneurial journey and learned about investing. I started investing more money into personal development, stocks, shares, causes I believed in, real estate, and my own business. I continued to cultivate an abundance mindset and used various techniques and tools along the way. The manifestation check was one of those tools that I always carried with me, typically tucked in a little zip pocket in my purse.


Having the manifestation check helped me release the fear of spending money, knowing that more abundance was always on its way to me. I combined it with inspired action, ensuring that I consistently attracted more and more abundance into my life.

This tool has been transformative for me, and I wanted to share it with you, my gorgeous friend, no matter where you are in the world. I hope you have fun exploring and utilizing this technique. We'll speak soon!

PRINT THIS PAGE

THE BANK OF THE UNIVERSAL ABUNDANCE	DATE	
PAY		
TO THE ORDER OF		
DRAWER: THE BANK OF UNIVERSAL ABUNDANCE	SIGNED	
THEASLMEMBERSHIP.COM		

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HOW TO USE

And start manifesting money

1. Print out your abundance cheques or all of them. Set the scene for your manifestation ritual! Create a beautiful ambiance that resonates with you. For example, I love to light scented candles, play soft classical music, and cozy up in a comfortable spot with a cup of herbal tea. Choose whatever elements bring you joy and help you relax.

2. In the "Pay" line, write your name, and in the "to the order of" section, choose an affirmation that resonates with your financial aspirations or you can write your name again, the word "Universe," or a powerful affirmation like "Abundance flows to me effortlessly" or "Financial abundance is my birthright." Use a sleek pen to add a touch of refinement to your manifestation check.

3. Instead of being vague, be specific and precise in your financial manifestation. Write down the exact figure you desire, such as "£10,000 monthly" or "An annual income of £70,000."

4. Sign the check gracefully. Personally, I love using a fine-tip pen for this, but feel free to use whatever pen feels comfortable and aligned with your style.

5. Connect with the intentions of the check by keeping it with you. For me, I love having mine in my purse. Sometimes, I also place it on my vision board, but most of the time, having it in my purse makes me feel connected to the abundance I'm manifesting. It may feel a bit strange at first, but it helps expand your mind to the possibilities around you.

7. Take inspired action, even if it gets a bit messy! Consider what steps you can take to receive the money you desire. Start by getting clear on what you want and consider visiting the monthly section of the membership and taking a class that resonates with you. For example, the vision board masterclass can help you clarify your goals. From there, taking inspired action will become more natural and easier for you.

HERE ARE TWO OPTIONS TO HELP YOU FEEL INTO THE REALITY OF YOUR MANIFESTED FINANCIAL ABUNDANCE:

Option 1: Future Projection

Find a quiet and comfortable space where you won't be disturbed. Use a voice recorder or your smartphone to record a guided visualization. Close your eyes and imagine your life once you have manifested the desired financial amount. Describe in vivid detail how it feels, what you see, and the experiences you are enjoying. Speak as if it has already happened, fully immersing yourself in the emotions and sensations of living that abundant life. Save the recording and listen to it regularly to reinforce your belief in the manifestation.

Option 2: Journaling

Set aside 10 minutes in a quiet environment with a journal or notebook and a pen. Close your eyes, take a few deep breaths, and then open your eyes to start writing. Imagine yourself in the future, having already achieved the financial abundance you desire. Write in your journal as if you are living that reality, describing the experiences, opportunities, and feelings associated with it. Allow yourself to freely flow with the words, capturing the essence of your abundant life. Set a timer to keep yourself focused and committed to the exercise.

Both options allow you to tap into the feelings and experiences of already having manifested your desired financial abundance. Choose the one that resonates with you the most, or even alternate between the two methods. The key is to fully immerse yourself in the visualization or writing, embracing the emotions and sensations of living that abundant life. These practices help strengthen your belief in the manifestation and align your energy with the reality you desire.

MANIFESTATION ISN'T AN EXCUSE TO GO ON A SHOPPING SPREE AND RACK UP DEBT.

Hey, darling!

As your Manifestation and Mindset Mentor, I'm here to spill some tea and give you a little advice. While using the manifestation cheques is a fantastic tool, It's all about finding that perfect balance. Manifestation isn't an excuse to go on a shopping spree and rack up debt, darling. We've got to keep it real and practical. So, as you work your manifestation magic, remember to also be smart with your money. Do your research, educate yourself about finances, and create a budget that works for you. Set those fabulous financial goals and track your expenses. And hey, if you need some expert guidance, don't be afraid to spill the beans and seek advice from professionals who know their stuff. Remember, darling, it's all about mixing those spiritual practices with practical money management. Keep that positive mindset, shower yourself with gratitude, and celebrate every fabulous step you take towards your goals.

Scherise. X