



mindvalley academy  
masterclass

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**WORKBOOK**

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Unblock Your Abundance

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*with Christie Marie Sheldon*

# Unblock Your Abundance

Masterclass  
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## YOUR OFFICIAL MASTERCLASS WORKBOOK

### 4 Simple Tips to Get the Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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- I. Before the Masterclass, please fill in the quiz below. On a scale from 0 to 10, please rate where you are right now. 0 being you're nowhere near where you want to be/less likely, 10 being it is exactly where you want to be/more likely.

My Financial Well-being		
Where you are now.		Where you want to be.
	How are abundance and money like for you?	
	Do you have barriers when it comes to attracting wealth?	
	Is money a non-issue in your life because you have plenty?	
	Do you love money and are you not afraid of it?	
My Beliefs Around Money		
Where you are now.		Where you want to be.
	As a child, did you hear your parents complaining about "greedy" and "unethical" rich people, and how the government always sides with them instead of the masses?	
	Have you heard of the Bible passage stating it's harder for a rich man to enter heaven, than for a camel to pass through the eye of a needle?	
	Have you watched a film, heard a song or read an article referring to money "the root of all evil"?	
	Do you believe that you don't need money?	
	Do you believe that if you had money, people will only want you for your money and to ask you for things?	
	Do you believe you can make money quickly?	
My Career Growth & Success		
Where you are now.		Where you want to be.
	Have your parents told you that working hard is the only key to success?	
	Do you ask yourself at times "Why am I so broke?" or "Why am I stuck in debt?"	
	Is your job your only source of abundance?	

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**II.** This next part is for you to take notes while you listen to the Masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. You have \_\_\_\_\_ that are putting a cap on your happiness and on your true potential.

2. What is stopping you from all of this, is your own \_\_\_\_\_.

3. By removing these blocks, you not only make your own reality a happy and positive one, but you also change the \_\_\_\_\_ of the people around you.

4. Where would you be in 3 years if you mastered this skill? \_\_\_\_\_

5. The truth about money is \_\_\_\_\_.

6. Abundance blocks are \_\_\_\_\_ that have been implanted in you — from family, religion and people you grew up with. It sabotages your efforts to \_\_\_\_\_.

7. Even having \_\_\_\_\_ is enough to completely derail your life.

8. You are \_\_\_\_\_, so if you clear these abundance blocks, you have no other option but to be abundant and happy.

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9. \_\_\_\_\_ is a thing that you choose to do that created value as you put \_\_\_\_\_ and energy into it.

10. If you are living in the \_\_\_\_\_, then you are on your path because you are playing in the energy of love, joyfulness and freedom.

Use this space for any additional notes you have:

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## SUCCESS STORIES

**“Two weeks into the program, my business sold with ease and...**



I had 26k left over”

My goal starting out was to sell my business. Two weeks into the program, my business sold with ease and after paying off debt, I had 26k left over. After this goal, my goal was to find my perfect \*male :) mate. While I haven't found “the one” yet, I have definitely felt the love within myself, for others, and others towards me. All of my friends have been taking me out to lunch and paying for me! And I see the richness and quality of friendships that I have. I am so lucky! I know my perfect mate is coming! I also am working on manifesting my perfect career. I plan to do the sessions on more time.

Little things: I got an extra cash back bonus check from American Express for \$225. I got an \$845 tax return when I thought I was going to have to pay. All business calls with closing my business went extremely smooth and every one

I talked with was so friendly and made sure I would incur no fees.

Yes!!!!!! I love Christie, and I am so grateful for the universe for putting this program in my path. To this day, I still have no idea how I found it, which makes it even better!

I love Unlimited Abundance it truly is the truth!

~ Elizabeth Roberts

**“I am about halfway through your course and it is really resonating”**

My goal was/is to breakthrough my limiting beliefs and release my full potential and rock the rest of my life. I am 50 and was married for 14 years and kind of lost myself and my value. As that ended, I am reinventing myself and career so that I can feel the freedom to once again support myself and my daughter easily and take on a life that inspires both myself, my daughter and those women around me feeling the same way as I did.

I am about half way through your course and it is really resonating... Thank you!

I respond very well to energetic work and love that I can now see that ease and joy in life can be realized. I am fired up and am pursuing the creation of graphic photography merchandising for businesses in the Napa Valley.



~ Julie Robertson

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## SUCCESS STORIES

**“I have managed to save about \$7,000 in a very short time period”**



I am a writer, lecturer, facilitator, and relationship coach. I am very creative but I knew I had some energy blocks so I was looking for the best way to get to the matter and resolve it. I am looking forward to have an abundant year with many opportunities to speak and facilitate play shops for couples and I do not want to be held back in any way. I am feeling much freer and way less stressed and I am staying in my creative energy longer. I am not completely where I want to be yet but I am seeing some signs of my fear to self promote lessen so I am very happy about that.

Now I am choosing to make the connections that will put me in the front of my field, and I am working a wonderful new book. Soon I will be approaching various media about interviews.

I have managed to save about \$7,000 in a very short time period of about two months. I am on my way to a job interview that lasts 5 days at a hot-springs resort so at the very least I will have free organic vegetarian meals and lodging at a wonderful spa resort while I decide if I want the position. I am being approached by many beautiful women who want to get to know me better and I am feeling very confident about my future as money making ideas fill my thoughts. I am also putting my intention out there to meet Christie to thank her in person when the timing and energy is right.

~ Darrell Lokahi Wilson

**“I had shed 173 lbs. and was at a ‘what next’ phase in my life.”**

Getting unstuck from debt and wanting to open up more to life is why I signed up for this course. I had shed 173 lbs. and was at a “what next” phase in my life. I am ready to open up to life. The first one I listened to was “Clearing Feeling Stuck” because that was where I was at the time. I’m not stuck any more! Whoo hoo! The question that got me going was something like “what have I been wanting to do but haven’t taken action yet to do?” The first thing that came into my mind was simple. I’d been wanting to get a certain haircut. So I did! And it got the ball rolling.



Next, I started yoga. And this week I got my art room combined with my office in the brightest lightest space in our home. The old art room is now a relaxing guest bedroom and meditation space. We have never had a guest bedroom before so that ones us up to more people.

I love Unlimited Abundance so far! Thank you!

~ Leah Smit

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## SUCCESS STORIES

### “\$30,000 of unexpected money has come into my life”

I just wanted to let you know that I purchased Unlimited Abundance recently and I listened to one session per day for 24 consecutive days. The results have been way beyond anything I could've imagined in my wildest dreams.

I was working full time for a software company and we were going through a restructuring. I had a feeling my job was going to be eliminated so I wanted to test Christie's Unlimited Abundance exercises. I started manifesting that \$20,000 or more would come to me in some fashion during February. Today is only February 13th and \$30,000 of unexpected money has come into my life. I was notified today that my job is ending next week and I'm receiving 3 months severance which I wasn't expecting. I've also received numerous consulting opportunities that I'm sure came to me once I removed my blockages. I will easily receive more than \$40,000 this month because of my clearing the blockages. I was especially blocking my ability to receive from the universe. I love to give but always felt uncomfortable receiving but Christie removed those blocks for me.



Thank you and Christie for changing my life. She's amazing!!

~ Ted Prodromou

### “It is life changing!”



So far since starting the course just before Christmas I have had some money show up. Firstly I was given a 10% pay rise which far exceeds the industry average in this current economic climate. Secondly I mentioned my successful laser surgery to a friend who mentioned it to her friend who had it done herself and gave my name and said i had recommended her. I got a cheque of £50.00 for the referral. Totally unexpected!

My family all live in London some 200 miles away, I usually end up going to see them as its more convenient. Not having visited me for over a year my dad decided to come up this weekend with one of my brothers, despite the fact that I'll be visiting them next weekend. He gave me a cheque for £5000.00 and the £60.00 to get something nice for my self with.

Apart from the financial manifestations, the energies in my home feel my lighter and peaceful due to clearing out my clutter. Being positive and optimistic is now becoming the norm rather than a struggle.

Thank you Christie so much for Love Or Above and Unlimited Abundance. It is life changing!!!

~ Lila Halai



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## SUCCESS STORIES

**“This course will definitely give a new perspective on life challenges”**

My goal for using Unlimited Abundance was to continue on my path of self-improvement and ensure that there were no remaining blocks to my abundance and also learn and integrate a new method of removing them.

I noticed I was angry when I would wake up after playing the sessions during my sleep. I felt this was a big indicator I still had more work to do and I have been applying the techniques given. They are working great!

I believe everyone needs to better understand themselves and their patterns. This course will definitely give a new perspective on life’s challenges while actually fixing the root cause and not just addressing the symptoms. It’s great!

~ Brandy Thomas



**“I’ve gained approximately \$60,000 worth of consulting contracts”**



It has taken a few weeks, but manifestation has been at work – so I’ll be in a position to pay my outstanding Unlimited Abundance course fees on Thursday.

Just to fill you in, I made a promise that, if within the 10-day \$1 trial period I was able to gain an additional \$4,000 in resources – I’d happily pay for the course.

The flow of events has been such that I’ve gained approximately \$60,000 worth of consulting contracts stemming from actions and decisions taken during that trial week. As the flows have begun to arrive I’m delighted to pay my fee, and also to share my success story with you.

Wishing you a wonderful day.

~ AJ

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## SUCCESS STORIES

### **“Unlimited Abundance opens doors of the mind to more possibilities”**

I just went through a divorce. I know the first thing is to take it to God. Then to look at myself and see where a change is needed, to fully fill my purpose and get on with it. To not attract what does not serve the best in me and create, as co-creator, a brilliant plan.

I have joined a choir, created a web page to display my portrait painting, invited my friends to come over one at a time for quality time and reflexology.

Taken care of important business. Started taking French. Just for fun worked to speed up my typing skills. Completed three more commissioned paintings. Opening my heart to love even more fully has enabled me to do this and more..

I am a private person, so to put any personal information out there is a big deal. I share easily with my close friends. I am not a timid person, I have been brave and adventurous throughout my life.

I am in my later years now, but the next steps are as important to me as if I were in my 30s again. I have lost 25 pounds. I work out daily and eat a healthy diet. All these changes since I joined Mindvalley programs and Christie's program has had a wonderful effect on my situations and decisions.

To be open to change is very freeing. Unlimited Abundance opens doors of the mind to more possibilities. Action must be taken for any great thing to come about.....

Thank you for your support, loving words and fun spirit.

Blessings to you.

~ Carol McIntire



### **“I have felt a dramatic reduction on self-doubts and fears”**



My goal was to acknowledge and remove/transcend any blocks I may have on my overall life. I am familiar with energy clearing, so the program resonated deeply for me.

Since the beginning of the sessions there has been a strong shift on my awareness regarding thought and emotional patterns in my daily life. As someone who has been struggling financially, the main improvement has been the almost complete removal of anxiety towards the future, unnecessary and automatic worrying and stress.

I have felt a dramatic reduction on self-doubts and fears that had me paralyzed and unable to move forward in the past, becoming “lighter” and filled with new ideas and enthusiasm.

I still feel as if this is a process thing, and the “long term” effects have yet to take place, but these are what I can comment on so far. I would definitely and certainly recommend it to someone that is “ready”.

I think Unlimited Abundance is a great tool for creating personal breakthroughs. It is an AWESOME product.

~ Omar Regalado

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## SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

- Imagine if you mastered the skill Christie has taught you, where could you be 3 years from now? (or 3 months)
- Think of what money could do in your life if it wasn't an issue – think of all the people you'd be helping and the smiles you'd be putting on other people's faces...
- When you go to work every day, do you feel that life source energy?



To sign up for *Unlimited Abundance*, Christie's new course on Mindvalley Academy, please visit <http://www.unlimitedabundance.com/products>.

*TIP:* Wait until you watch the Masterclass to sign up for the course. Near the end of the Masterclass, the course will be offered at a special price as a thank-you gift for class attendees.