



UNBLOCK YOUR **ABUNDANCE**

YOUR MASTERCLASS WORKBOOK
WITH CHRISTIE MARIE SHELDON

WELCOME TO YOUR WORKBOOK

Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. Think of how you can quickly implement the secrets revealed in this session to increase abundance in your life.
4. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

Table of Contents

1. PRE-MASTERCLASS EXERCISE - Pg. 4

- Set your intentions before the Masterclass.

2. SELF-ASSESSMENT QUIZ - Pg. 5

- Assess your current abundance levels with this self-assessment.

3. UNBLOCK YOUR ABUNDANCE - Pg. 6

- Section 1: The Truth About Money
- Section 2: Abundance Blocks
- Section 3: How Energy Clearing Works
- Section 4: Energy Clearing Session
- Section 5: How Much Are Your Abundance Blocks Costing You?

4. TEST YOUR KNOWLEDGE - Pg. 9

- Solidify your learning after the Masterclass by completing a quiz.

5. REFLECTION - Pg. 10

- The right question can spur your unconscious mind to feed you the right answers.

6. STUDENT STORIES - Pg. 11

- Read what other people said about Christie Marie Sheldon.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Setting intentions is key to stepping into consciously creating your reality. For what reasons did you decide to join this class? What do you hope to leave with?

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the questions above.

2. SELF-ASSESSMENT QUIZ

Assess your current abundance levels with this self-assessment. How true are these statements to you?

| Rate yourself on these statements on a scale from 0 to 10. (0 - least true; 10 - most true) | Rate 0-10 |
|--|-----------|
| 1. I am happy with my current job. | |
| 2. I get paid for doing what I love. | |
| 3. I deserve abundance in all areas of my life. | |
| 4. I have the skills and talent to provide great value to others. | |
| 5. I feel supported on my path to success. | |
| 6. I have a step-by-step action plan for abundance. | |
| 7. I can be successful and abundant and still have balance in my life. | |
| 8. I am making more and more money yearly. | |
| 9. Finances don't cause stress on my family life. | |
| 10. Finances don't cause stress in my social life. | |
| 11. I am satisfied with my current level of abundance. | |

In one sentence, answer:

What is money like for you currently? Is it easy to get? Hard to hold onto?

3. UNBLOCK YOUR ABUNDANCE

Follow along the Masterclass and fill in the blanks. You may use the column on the right for any additional notes.

Notes

SECTION 1: The Truth About Money

The idea that the love of money is the root of all evil is a _____ programming the people have bought into.

Money is an _____ we can use for good.

Wealthy people think money is _____ to get.

Money is just an _____. The true cause of your money situation is your _____ field and abundance programming.

Abundance blocks are subconscious _____ society has implanted in you.

SECTION 2 : Abundance Blocks

Common Abundance Block #1: _____ work equals success.

Common Abundance Block #2: A belief that money is the root of all _____.

Common Abundance Block #3: The world is not a _____ place.

Common Abundance Block #4: Treating your _____ as a source of income.

Common Abundance Block #5: Feelings of _____.

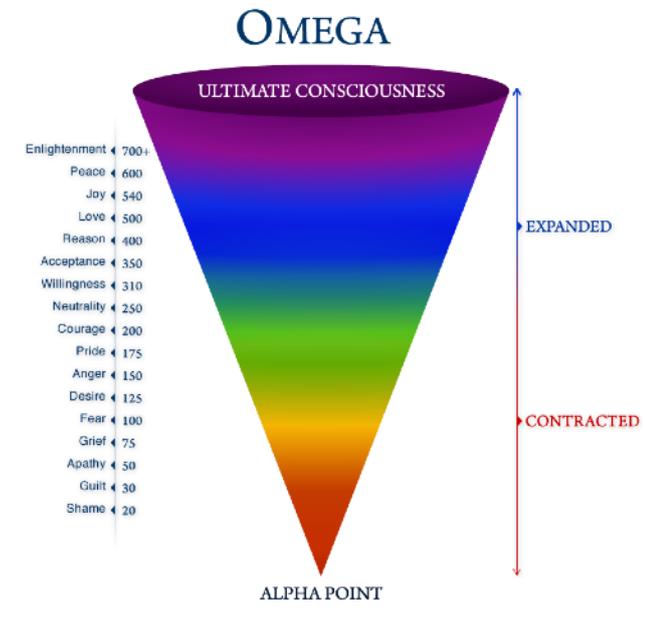
Common Abundance Block #6: Feeling that you don't need _____.

Common Abundance Block #7: Belief that _____ people are somehow bad.

Common Abundance Block #8: Belief that money will make you _____.

Common Abundance Block #9: Belief that money can't be made _____.

SECTION 3: How Energy Clearing Works



Scale of Enlightenment

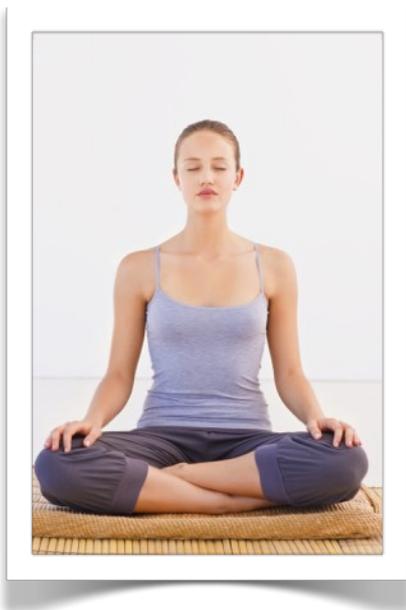
Most abundance blocks were imprinted between the ages 0 to ____.

At the scale of 500 is the vibration of _____.

_____ purposes sabotage and block abundance from flowing through.

The Maharishi Effect is a phenomenon whereby groups of people can spark positive change by focusing on a common _____.

SECTION 4: Energy Clearing Session



- Make sure you are in a quiet place where nothing can distract you, and that you are not driving any vehicle. Be in a comfortable position so you can fully take part in the guided meditation.
- 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 the guided meditation.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

SECTION 5: How Much Are Your Abundance Blocks Costing You?

Think: what if you didn't have any abundance blocks?

How much money do you think you could have made by now?

\$ _____

Use the space below for additional notes.

You're done for now!
Put this workbook aside and enjoy the rest of the Masterclass.

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. Christie mentioned a few truths about money at the beginning of the Masterclass. Can you identify 3 of those truths?

2. What are the 9 most common abundance blocks?

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

3. In section 3 of the Masterclass, Christie explained the Scale of Enlightenment. How does this scale of vibrational frequencies relate to abundance?

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Imagine – what would your life would be like if you cleared all your abundance blocks?
2. How can you contribute more to your family, relationships, yourself, and community if you enhanced your ability to gain more abundance?
3. How will your life change once you remove the fears and limitations in your abundance channels?
4. What is the one thing you can do right now to demonstrate you are dedicated to increasing more abundance in your life?

THANK YOU for joining Christie Marie's Masterclass!



6. STUDENT STORIES

“This course will definitely give a new perspective on life’s 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 am currently on session 15, and things have already started to change.”



I want to manifest my own home and have financial security for me and my family. That was my aim when I saw the program... not knowing Christie’s ability I decided to follow my intuition and it said yes.

I am currently on session 15, and things have already started to change.

I am noticing my energy is up. I have been going to bed later and getting up refreshed. I have noticed this, especially this past week. I have been on the program for just 3 weeks now. I have also noticed I am feeling very happy and relaxed and content with my life, I am very pleased with this. I have been having problems with stress as I am 60 years without a home of my own and very little capital but still supporting children and grandchildren. I now feel hopeful.

~ Lily Bonnici

"Little miracles did happen in my financial universe."



As the founder and owner of beautiful global brand called Healing Hotels of the World with over 115 hotels in all continents, I was always facing financial challenges.

Being happy in healthy body and loving relationship with my husband and my daughter, the only struggle was money. I have done many many many Abundance courses over the past 20 years and found little relief but nothing so very authentic as with Christie.

I feel more secure, more grounded and trustful since I started the course. Little miracles did happen in my financial universe and I appreciate them and I am deeply grateful. But more so I see the shift in my awareness which is more nurturing and less in survival mode.

~ Anne Biging

"I felt the shift, and now I am more aware of my subconscious mind and my negative patterns, and can use your exercises to get myself back on track and believing again."



What prompted me to use Unlimited Abundance was to turn around the negative pattern I have got into about money, career, and loss.

It has been three weeks now since I first started using Unlimited Abundance, and the bonuses, and I have found that my mind not only has become more clear and less filled with the dreaded self depreciative mush, but also that I am having more faith in my goal setting.

One such miracle that occurred in the last few days in particular was when I had set a financial goal for myself, using the methods laid out. Not only did a good chunk of that goal manifest itself on that very day, but it also came in the form of a large car repair of \$1200! It turned out all of this repair was done under the warranty, which was due to expire in just 2 days time.

On top of that, also on the same day, I got shortlisted for a commercial in Toronto, for which I thought I had given a bad audition. That journey to Toronto also was made easier for the fact that I found the necessary Canadian dollars wrapped up in my passport as I went across the border. I had just the right money as it turned out for tolls and parking, with some left over for a Starbucks latte!

I would definitely recommend this to others, and advise them that you must have patience and continue to have faith in the program, even if at first it appears nothing seems to be happening. Because it will.

~ Guy Collins

"I could feel the energy (light) running through my body like crazy."



I was highly skeptical. I am familiar with energy medicine, but had my doubts about me being able to receive the light from an audio. Boy was I wrong! The first session took me by surprise. I could feel the energy (light) running through my body like crazy. It was magical, right when Christie would say "delete, destroy, across all time," I could feel the dense parts of my body being cleared and I felt lighter. It's been about a week and a half now that I have been listening to the audio session daily and I feel focused, positive and clear headed. I can sleep at night and I have more confidence. I can't believe how fast her program is working. I can't wait to see what else will come in the following weeks.

~ Desiree

"It has helped me move forward in very positive ways in all aspects of my life."



I am happier and feel less weighed down by problems. I know that the powers-that-be will provide and I am worthy of it all!

I recommend Unlimited Abundance for anyone who is stuck or fearing change - it has helped me move forward in very positive ways in all aspects of my life.

I listen at least twice (or more!) to every recording because there are so many levels to all issues.

I know that once I am through, I will repeat again for more understanding and peace ... I have sampled some of Christie Marie Sheldon's meditations and looked into her Love and Above course and saw some very cool possibilities that I want for myself.

~ Susan Zachariasen

"I am on my way to being a master of manifestation!"



Since I have started using the program, I have noticed so many more people openly approaching me and being kind and loving. I also randomly received an unexpected check in the mail for \$628 a few days after starting! I still have a ways to go.....especially if I am going to manifest a letter from the IRS saying our tax debt is gone!! I am looking forward to continually practicing these meditations and affirmations. I love being able to connect at a moments notice and seeing my whole environment shift around me. I am on my way to being a master of manifestation!!

I shared it on facebook with a link to the program and with my team members who feel stuck! I know that even if people don't understand what I mean by everything is energy, they can still benefit!!

I love it and look forward to using this as a tool for a long time! It has made me want to meet up with the right person to have an energy reading and get very clear on what is keeping me from reaching my goals.

~ Stephanie

"Now my checkbook registers \$5000, up from \$36 in three weeks."



I had just come off of 6 weeks disability after a break-up with my boyfriend and the deaths of my mother and brother (all in a 4-week period). I was in dire straits. So, I tried your program. I do the pre-taped Unlimited Abundance program about 4 times per week. I do my statements as mantras when I meditate, when I'm walking the dog, in the bathroom and before I go to bed.

They do make me feel more at peace. Needless to say, I'm self-employed and feeling the pinch of the disability. The first week back to work, I had a few people pay ahead. Then the next week, I had someone pay for a whole year of my work. My disability payment came through faster than expected. And now my checkbook registers \$5000, up from \$36 in three weeks.

I'm on Lesson 8 today. And I am finding my life coming together in its own time. I'm not rushing things, like I normally do. I'm trying to let things happen in their own time. I'm not as depressed as I have been in the past, which is a relief.

~ Nina Hanson

"It will change your life."



After I finished Christie Marie Sheldon's other course Love or Above, I felt pulled to do this course. Within 3 weeks I manifested an amazing new job (30,000\$) more than I received at my previous one. A home in the perfect part of town, twice the space at \$300 a month below market value, a barely used car which was ridiculously more reliable than my old one.

An amazing family vacation for less than 1/3 of the cost. These are just a few of the things that I manifested by clearing my blocks to abundance with the Unlimited Abundance program. My home is lovely and welcoming, my family is joyful, connected and harmonious, my spouse and I are happier than ever and manifesting is a breeze! Thanks, Christie!

~Kathryn Galloway- Murzin,
Intuitive Life Coach

"Since I have been using the program I have been more positive happier and have logged more than \$1000.00 in financial blessings."



I seemed to be on a cycle of receiving and losing financially. As soon as I get a financial relief or blessing, something would happen to zero it out. Since I have been using the program I have been more positive happier and have logged more than \$1000.00 in financial blessings.

I realized that this program helped me increase my faith. I feel more positive and alive and most of all "in control"

~ Fannie