



## **“Manifest Your Ideal Relationship with Money” with Alpha Synapses Programming™**

Hello, I am Dr. Anja Walter-Ris, and welcome you, to this free Training Audio and Directions to “Manifest Your Ideal Relationship with Money” with a treatment with Alpha Synapses Programming™ included.

I am excited for you to learn how to change your relationship with money in a way that supports and empowers you to live your potential in all three core areas of life: your professional purpose, your relationship with people and things, and your personal growth and happiness.

Because, **“How you relate to money, is how you relate to everything”!** So money and your relationship with it can teach you a tremendous amount about:

- how you see and treat yourself
- how you relate to others and which challenges you’re likely going to have in your relationship with people that are important to you
- how much you value your talents and your work, and how serious you take your different life purposes and life roles in order to live your full potential as an artist, a leader and/or healer
- what holds you back in regards not only to money, but in all areas of your life – and which strengths you have to overcome that!

Before I start getting into the content of our call today, I like to introduce myself briefly, for those of you who don’t know me yet. I specialize in helping Top Actors, Singers and Creatives in TV & Film and on stage, as well as Healers and Leaders – and all three, are often unified in one person – to manifest and co-create successful and happy relationships with their loved ones, with themselves and their professional

purposes as well as with the people in their career; and all that with ease, clarity and confidence, so that they can live their full divine potential.

Now we cannot go here today into every aspect of the fascinating field of monetary relationship – but what I would like to do and for you to get today, is...:

1. First, to help you to get crystal clear about the kind of relationship you desire to have with money. Because without clarity, you get a mixed bag of results – many of which you actually don't want.
2. Second, I'll give you ONE magic tool that is so easy to use, and at the same time so powerful to bring you in alignment with the relationship you want to have with money (because it serves you the best☺), and in addition makes you into a positive attractor and manifestor of the money and all the good you want with and through it.
3. And third, you get a delicious taste of the amazingly powerful Alpha Synapses Programming Healing Method, in which I am certified from the developer and founder, Lissy Götz, who is German, like me, but comes from the South, and I come from the North, the Capital – Berlin.☺

So let's dive into getting clarity about what you want and don't want in your relationship with money.

**First, draw and fill in three columns, like this:**

Write on top:

**My ideal relationship with... MONEY**

Negative Resonance Ambivalence (Yes, BUT) <b>What I don't want</b>	Positive Resonance Alignment (Yes, YES) <b>What I really want (instead)</b>	Positive Expectation Ordering what you really want <b>Manifestation through Intention</b>

Now you write into the left column all you do not want in regards to money and relationship with it. Write yourself "empty", until nothing else comes up.

**EXAMPLE for the FIRST STEP – What I don't want (anymore)...:**

**My ideal relationship with... MONEY**

<b>What I don't want (anymore)</b> Doesn't make me feel good Ambivalence (Yes, but) Negative Resonance	<b>What I really want (instead)</b> Makes me feel really good Alignment (Yes, yes) Positive Resonance	<b>What I intend to manifest</b> Makes me feel peaceful Ordering and letting go Positive Expectation
1. I don't want to stress and worry about money  2. I don't want to feel guilty about investing and expanding financially  3. I don't want to create a rollercoaster of big wins and big losses  4. I don't want to feel that there's never enough money  5. I don't want to buy things trying to avoid feeling empty or criticized  6. I don't want to have debt from compulsive or flamboyant spending  7. I don't want to feel vulnerable or insecure about my ability to make and handle my money  8. I don't want to sacrifice my financial wellbeing because of helping others  ...		

By the way, each example here is one typical challenge of each of the eight Sacred Money Archetypes that are another great tool I am working with to help my clients heal, transform and empower their relationship with money and therefore everything and everybody else in their lives.

Now in the 2<sup>nd</sup> Step you go through each point from the left and write in the middle column what you really want instead, in a way that feels very good to you! The better you feel when you read or say the sentence the more truthful it is for you.

**EXAMPLE for the SECOND STEP – What I really want (instead)....:**

**My ideal relationship with... MONEY**

<b>What I don't want (anymore)</b> Doesn't make me feel good Ambivalence (Yes, but) Negative Resonance	<b>What I really want (instead)</b> Makes me feel really good Alignment (Yes, yes) Positive Resonance	<b>What I intend to manifest</b> Makes me feel peaceful Ordering and letting go Positive Expectation
1. I don't want to stress and worry about money  2. I don't want to feel guilty about investing and expanding financially  3. I don't want to create a rollercoaster of big wins and big losses  4. I don't want to feel that there's never enough money  5. I don't want to buy things trying to avoid feeling empty or criticized  6. I don't want to have debt from compulsive or flamboyant spending  7. I don't want to feel vulnerable or insecure about my ability to make and handle my money  8. I don't want to sacrifice my financial wellbeing because of helping others	1. I want to feel secure, at ease and happy about money at all times  2. I want to feel good, free and that I have permission to joyfully invest, grow and expand financially  3. I want to create sustainable income and the steady rich success I crave  4. I want to feel in my gut and heart that I'll always have more than enough money  5. I want to feel loved, admired valued and on "top of the hill" without having to buy things or making a big impression  6. I want to have more than enough money for all that I want. I want to make debt only if it makes sense financially and be able to always pay of any debt on or before time  7. I want to feel safe, confident and empowered about my ability to make money with what I love to do. I want to be masterful in handling my money and in increasing my wealth  8. I want to feel free to care for others while empowering myself and my healthy boundaries with money	

**At the end of the second step... cross out what you wrote down in step one (the left column)!** In the next, 3<sup>rd</sup> Step, you formulate your Intention to manifest what you want! After you said the sentence, you let it go... and then say your intention again.

## EXAMPLE for the THIRD STEP – Manifestation through Intention...:

### My ideal relationship with... MONEY

<b>What I don't want (anymore)</b> Doesn't make me feel good Ambivalence (Yes, but) Negative Resonance	<b>What I really want (instead)</b> Makes me feel really good Alignment (Yes, yes) Positive Resonance	<b>What I intend to manifest</b> Makes me feel peaceful Ordering and letting go Positive Expectation
1. I don't want to stress and worry about money  2. I don't want to feel guilty about investing and expanding financially  3. I don't want to create a rollercoaster of big wins and big losses  4. I don't want to feel that there's never enough money  5. I don't want to buy things trying to avoid feeling empty or criticized  6. I don't want to have debt from compulsive or flamboyant spending  7. I don't want to feel vulnerable or insecure about my ability to make and handle my money  8. I don't want to sacrifice my financial wellbeing because of helping others	1. I want to feel secure, at ease and happy about money at all times  2. I want to feel good, free and have the permission to joyfully invest, grow and expand financially  3. I want to create sustainable income and the steady rich success I crave  4. I want to feel and know in my gut and my heart that I'll always have more than enough money  5. I want to feel loved, admired valued and on "top of the hill" without having to buy things or making a big impression  6. I want to have more than enough money for all that I want. I want to make debt only if it makes sense financially and I want to be able to always pay off any debt on or before time  7. I want to feel safe, confident and empowered about my ability to make money with what I love to do. I want to be masterful in handling my money and in increasing my wealth for the highest good of all.  8. I want to feel free to care for others while empowering myself and my healthy boundaries with money	1. <b>I really would like to...</b> feel secure, at ease and happy about money at all times. <b>I will be happy in any case and trust the divine timing. And I REALLY would like to...</b> feel secure, at ease and happy about money at all times!  2. <b>I really would like to</b> feel good, free and have the permission to joyfully invest, grow and expand financially. <b>I will be happy in any case and trust the divine timing. And I REALLY would like to</b> feel good, free and have the permission to joyfully invest, grow and expand financially.  3. <b>I really would like to</b> create and have the sustainable income and the steady rich success I crave. <b>I will be happy in any case and trust the divine timing. And I REALLY would like to</b> create and have the sustainable income and the steady rich success I want.  4. <b>I really would like to</b> feel and know in my gut and my heart that I'll always have more than enough money. <b>I will be happy in any case and trust the divine timing. And I REALLY would like to</b> feel and know in my gut and my heart that I'll always have more than enough money.

		<p>Finish the other sentences yourself... with the <b>“Manifesting through Intention – Formula”</b>: <b>I really would like to... I will be happy in any case and trust the divine timing. And I REALLY would like to... (repeat).</b></p>
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### **With this you have reached clarity...**

1. About what you don't want! This is great news! Just watch out that you don't dwell on it. Otherwise you will experience strong feelings that probably not only don't feel good, and create stress in your body system, but will also create a strong resonance for the negative outcome you actually don't want!
2. About what you DO want. That is even better news! Because now you can go into resonance with the positive, ideal thing or situation that also makes you feel really good. And the feelings are what make you into a magnet for attracting what you want! No matter if bad or good – feelings are the catalyst to draw to you, what you desire. So watch out, where you put your focus and prolonged attention!
3. About how to manifest what you want through the “Manifesting through Intention”-Formula, which is a big bonus of this free gift to you!! With this formula, I and clients of mine have manifested everything from first class suites at the Ritz for free, to dream role offers, to getting a baby or new money coming in from previously unknown or unexpected sources!

#### **It works, if...**

- a) you have eliminated the But after the Yes, and (which you did in the first step)
- b) you are in alignment with what want
- c) if you use the “Manifesting through Intention Formula” with a trusting, relaxed attitude and the positive expectation that it will come to you without you having to know how and when and without you having to control it or understand it.

### **And this is the ONE magic tool that you can use over and over again – for any ideal situation you want to create!**

**I recommend you also use it daily** – by catching yourself, whenever you think of something you don't want! Just realize you did, and take your attention away (!) from it, by asking and answering: What do I really want (instead)?

Then go ahead **and use the “Manifesting through Intention – Formula” (as seen in the far right column)...**

**Afterwards let go... and listen to any ideas or hunches that come afterwards – right away or later – and act on it...** in alignment with your intention and with what you really want, while letting go of having to know if it is going to work and when and how it is going to bring you the results you desire. Trust, and believe in yourself, your abilities and the successful manifestation!!

**The former paragraph alone is of such tremendous importance that I urge you to read it several times and think about it!**

Now, in order to help you to strengthen your trust, believe and faith that you can, deserve and will manifest what you really want in regards to your relationship with money, **we will do a short Alpha Synapses Programming™ treatment.** I am one of the few certified Alpha Specialists and Teachers in the world, and the first one to bring Alpha to the US.

Alpha Synapses Programming™ was developed by the German IT programmer and healer Lissy Götz. She created a system out of a wide range of healing and spiritual traditions and cultures, like the Mayas, including also findings from medicine, bio-chemistry and quantum physics.

The great thing is you do not need to know and understand all this, in order to be able to receive or even use Alpha. Lissy's book about the development and application of Alpha is in the process of being translated into English. When you're interested in it, feel free to check my website, where it will be available for sale under "books", as soon as it is out.

**So now, let's get started with Alpha.** The most important thing is that you listen attentively, and take a deep breath after each sentence. Whenever you need to yawn, please do not suppress it but do so! This is how the body helps itself to release old programming, old energy and stress and to install the new.

**Before...**

I would like you to notice how you feel right now, when you think about your present relationship and situation with money that you want to change. Please feel free to pause the recording and to jot down, how you're feeling.

I also would like you to write down, how you feel when you think of what you really want in terms of your relationship with money. Do this again, after you have filled-out your own table with "My ideal relationship with money", using the example above.

**Alpha Synapses Programming™ – to strengthen your trust, believe and faith that you can, deserve and will manifest what you really want in regards to your relationship with money.** This treatment is being channeled here on the spot. Please use the healing sentences as often as you like! Always take a deep breath in and out after each sentence.

**Ok, let me see, how we start... development process, virtue or synapses..?**

**Development process: Take a deep breath after each sentence!**

"Only true feelings produce permanent success.

Inner harmony is being visible in outer beauty and success.

Unconditional love is always rewarded.

Dr. Anja Walter-Ris ©2014

Stardom Coaching for Top Actors, Singers and Creatives in Film & TV

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I see, listen, feel and act with my heart.

My deepest heart's desires are always in harmony with the cosmos.

Who really wants to give must learn to receive first.

All I need to be rich and happy is already inside of me I just need to use it.

I am a good travel guide and know the path.

I am whole and divine.

**Chakras: Take a deep breath after each sentence!**

I am one with you and believe wholeheartedly.

I wholeheartedly accept my power

I am happy with myself, my work, and my life, and create out of joy, abundance and wisdom

I am safe and attract only good, healthy, wealthy and happy things

I bath in the abundance and fullness of life and serve mother earth

I am pure, powerful, rich energy

**Meridians: Take a deep breath after each sentence!**

I completely let go of my fear of competition, territory and lack and am happy, rich and content – there is always enough there for me and everybody else

I completely let go my fears and replace them with love, trust and confidence

I completely let go of my stress and replace it with peace, trust, faith and hope

I completely let go of my suppressed feelings about money and being rich and replace them with acceptance, love, freedom and trust

I completely let go of my lack of self-esteem and worthiness, and replace it with total self-worth, self-esteem, confidence and self-love

**Synapses: Take a deep breath after each sentence!**

I now order to delete all synapses that cause me to have stress, doubt, fear, and problems with money and being rich. I delete them now.

I now order to delete all synapses that cause me to feel unworthy, undeserving, insecure, under pressure or in any other way stressed, held back or blocked in regards to my relationship with money and my ability to earn, keep, grow and use great money with what I love to do, with my purpose, and for the highest good of all. I delete them now.

I now order to install and activate new synapses in all areas of the brain and the whole body and energy system that cause me to feel at ease, powerful, trusting, confident, faithful, worthy, deserving, whole and complete about money, my relationship with money and being rich, happy, whole and healthy at all times for the highest good of all, while being fully supported by the divine source, the universe, God that wants all the good and happy riches on all levels for me that I want for me!

**Virtues: Take a deep breath after each sentence!**

I am in resonance with the virtue of humanity

I am in resonance with the virtue of integrity and inviolability

I am in resonance with the virtue of potential expansion, potential realization and actualization

I am in resonance with the virtue of abundance, riches and wholeness

I am in resonance with the virtue of transcendence and spirituality  
I am in resonance with the virtue of inner strength, trust, faith and confidence  
I am in resonance with the virtue of my own and the universal creative power

**Development Process: Take a deep breath after each sentence!**

I am whole and divine

**Virtues: Take a deep breath after each sentence!**

I am in resonance with unconditional love, happiness, health, success and riches.

**DNA: Take a deep breath after each sentence!**

I love unconditionally and use the riches of life

I am one with all that is

Take another deep breath.

**After...**

Now that we are done with the Alpha Healing Process, I would like you to notice and write down how you feel in general. If you think “good” (which is just a common judgment, not a feeling), please describe to yourself what feeling good means right now so that you become more aware of how you truly feel.

Then notice and write down how you’re feeling in regards to your present relationship and situation with money that you want to see changed.

Then notice and write down how you’re feeling when you think of what you really want in terms of your relationship with money.

Notice a difference? Write down what has changed in your state of being and outlook here and now.

I would love to hear from you about how this Tool and Alpha has been for you! Please share with me your experience and your results at [anjawr@stardomcoaching.com](mailto:anjawr@stardomcoaching.com)

**I invite you to apply for a complementary “Money Relationship Success” Discovery Session**

Learn...

- what holds you back to enjoy the successful and fulfilling relationship with money and wealth that you long for,
- what you really want and how to you can get it with my help and empowering support
- if it makes sense to work on creating your successful relationship with money together or not

Places for discovery sessions are limited and by application only – a spot cannot be guaranteed! – so if this resonates with you, please send me an email as soon as you can, to apply to [anjawr@stardomcoaching.com](mailto:anjawr@stardomcoaching.com)

**In any case you will receive a great “Money Relationship Success-Tip” after applying, even if no place should be available. So you can only win by applying! ☺**

**By having received this free gift today, you will automatically also get my Stardom Inspirations** once or twice a month, with highly valuable tips, tools and inspiration that support you in creating the relationships that you dream of in all areas of your life: you're yourself (body, mind and soul), your personal and professional relationships, your work, purpose, money, and your legacy.

There you will also to hear about my newest programs, as **for example the “Sacred Archetypes of Money”™ and Alpha Synapses Programming™ group program**, and other exciting group or one-on-one offers about living your best relationships in your personal and professional life for more love, happiness and success. Naturally, you can unsubscribe at any time.

Thank you for taking the time for yourself and you the development of your relationship with money. As we I said before, it is so important, because **“How you relate to money, is how you relate to everything!”**

Blessings, love and light for you and all your relationships, including money!

Anja

## **Stardom Coaching**

For Top Actors, Singers and  
Creatives in Film & TV