



The Money Hook Reset - Clear and Receive with Ease

Shared by Shveta Sharma



Money Hooks are unconscious energetic attachments or beliefs — inherited, absorbed, or self-created — that distort our relationship with receiving, saving, or growing money. This 5-step process gently helps you identify, clear, and reset your energetic field so you can receive with more ease and flow.

1. Awareness

Close your eyes and tune into your current money situation. Where do you feel stuck, stressed, or in resistance? Ask yourself: 'Is there a hook here?' Pay attention to body sensations, emotions, or memories.

2. Identify the Hook

Ask: What belief or fear is tied to this hook? (e.g., 'I don't deserve money', 'Money causes fights', 'Rich people are greedy'). Note if this feels like yours or inherited from family, culture, or past lives.

3. Pull it Out Energetically

Visualize the hook (shape, color, location in body). Inhale deeply. As you exhale, imagine gently pulling the hook out and offering it to Source/Light/Universe to transmute it. Say: 'I release this with love.'

4. Download a New Feeling

Ask: What do I want to feel instead? (e.g., safe with money, abundant, worthy). Breathe in that new feeling and imagine it filling the space where the hook was. Visualize a golden light flowing through you, sealing the shift.

5. Anchor It

Repeat an affirmation: 'I am safe to receive.' 'Money flows to me easily.' 'I am worthy of abundance.' Open your eyes and write down what shifted. Drink water and notice how you feel.

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