

FREE EBOOK



MARY J
FOURIE

THE 8

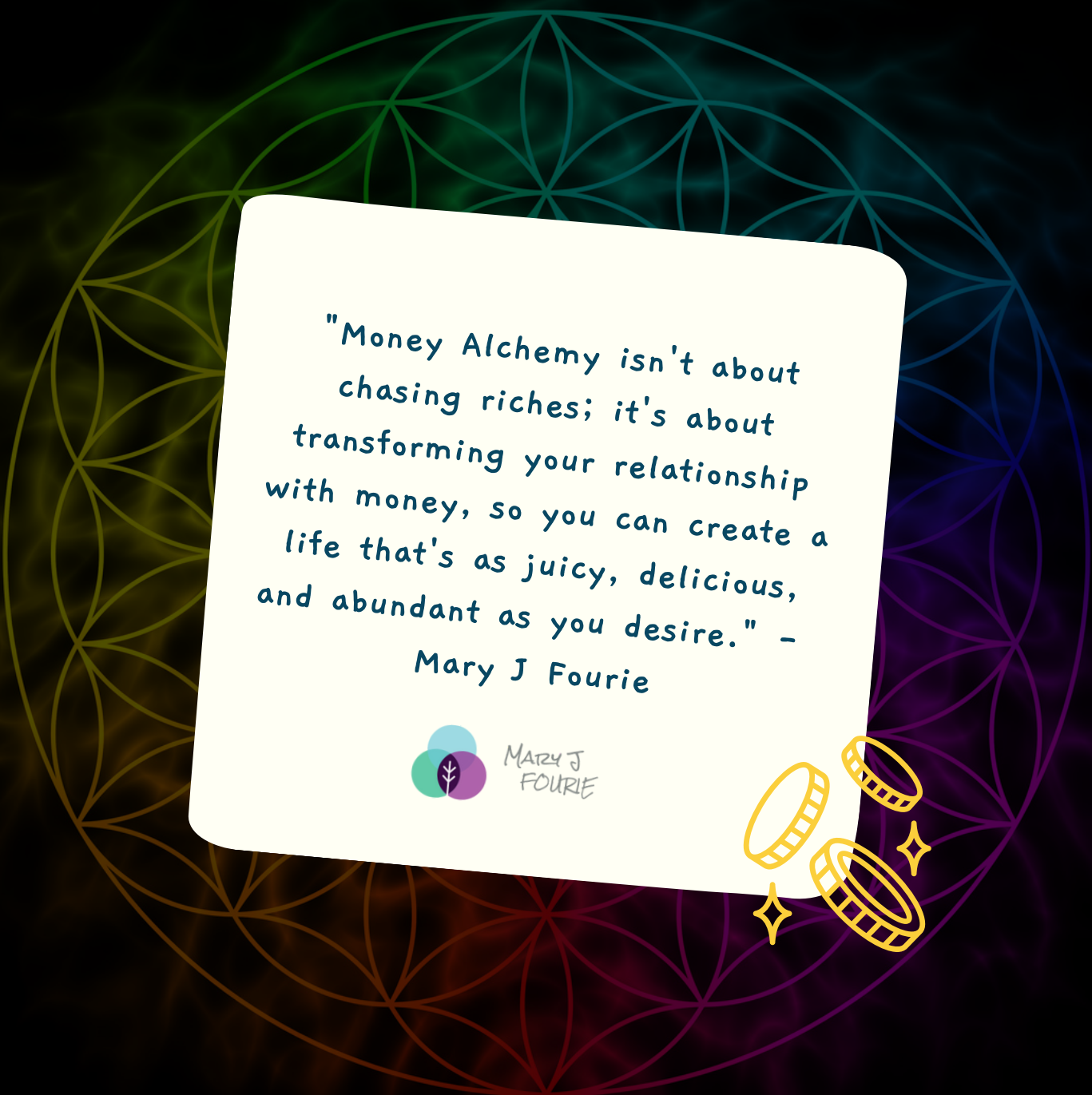
MONEY SKILLS OF MONEY ALCHEMISTS

The Secret to living Soul-Aligned in Business, Money, & Life.



MARY J FOURIE PCC RFP™

Professional Certified Coach & Lifestyle Financial Planner

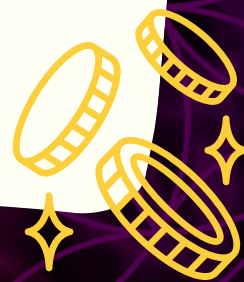


"Money Alchemy isn't about chasing riches; it's about transforming your relationship with money, so you can create a life that's as juicy, delicious, and abundant as you desire." -

Mary J Fourie



MARY J
FOURIE



Contents

You can expect to find the following in this eBook...

1. Introduction
2. The Two Things Money Alchemists care about the most
3. A Mindful Moment Exercise
4. The Money Mindset of Money Alchemists
5. Elements of a Money Alchemists Mindset
 - How I feel about money
 - How I think about money
 - What I believe about money
 - What I tell myself & others about money
6. A Mindful Moment Exercise
7. The Money Habits of Money Alchemists
8. Elements of a Money Alchemists Habits
 - How I make my money
 - How I spend my money
 - How I keep my money
 - How I grow my money
9. A Mindful Moment Exercise
10. The Money Alchemy Journey
11. A Money Alchemists 10-Step Plan to Financial Freedom
13. Next Steps - MasterClasses
14. Next Steps - The MA Journey
15. About Mary J
16. Testimonials
17. A Mindful Moment Exercise
18. Financial Freedom Quote
19. Contact Details





Why you're reading this eBook...

You're here because you desire to transform your relationship with money, align with your soul's purpose, and manifest a life of abundance and freedom. You intuitively know it's possible.

And yet, it often feels like you're forced to choose between what you love and what pays the bills.

Perhaps you're already successful, even making good money, but still feel a disconnect between your finances and your true purpose. Or maybe you've manifested significant wealth, yet it lacks the joy and fulfillment you crave – or you're not sure you're optimizing it effectively.

Whatever your reason for being here, you're ready to activate your inner Money Alchemist.

Many struggle to achieve true financial freedom because they haven't yet uncovered the energetic blocks and limiting beliefs holding them back.

Becoming a Money Alchemist, living your purpose, and experiencing abundance and freedom is your birthright. It begins by consciously choosing to heal your relationship with money and reclaim your financial power.

We're thrilled you're here, ready to embark on this transformative journey. As you integrate the 8 Money Skills – cultivating an Abundant Money Mindset and Empowering Money Habits – you will unlock your financial flow and manifest the life you desire.

With you on the path to freedom, fulfillment, and purpose and living a juicy, delicious Life!

Mary J Fourie



The two things Money Alchemists care about the most

Money Alchemists care most about their "Money Mindset" and their "Money Habits".

Money Mindset is about their attitude to money and the relationship they have with money.

Money Habits are about the choices they make about how to direct the flow of money into and out of their Life.

Each of these aspects has four underlying core skills to master.



Their Money Mindset

Activating and nurturing an Abundant Money Mindset.

Their Money Habits

Activating and maintaining Empowering Money Habits.





A Mindful Moment Exercise

Now it's time to think about your attitude and relationship to money as well as what you do with your money.

Mindful Moment 1

Do I have a relationship of abundance with my money?

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Mindful Moment 2

Do I have empowering habits when it comes to my money?

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The Money Mindset of Money Alchemists

Money Alchemists actively work on their mindset and the relationship they have with their money.

Your mindset or attitude to money is made up of what you feel about money (your emotions), what you think about money (your thoughts), what you believe about money (consciously and unconsciously) as well as how these influence the way you speak about money and what you tell yourself and others about money.

Your mindset is the first step and foundation to becoming a Money Alchemist. The statements below describe how a Money Alchemist feels, thinks, what they believe, and what they tell themselves and others about money.

How I feel about money...

I feel inspired and free when I think about money.

How I think about money...

My thoughts about money are empowering and free.

What I believe about money...

I believe money is supportive and abundant.

What I tell myself and others about money...

I tell myself and others that I am friends with money and embracing an Abundant Money Mindset.



Elements of a Money Alchemists Mindset #1



How I feel about money

When you consider your finances, what emotions arise? Do you experience a knot in your stomach, or a sense of inspiration and freedom?

For many, money evokes stress and overwhelm. This financial anxiety can negatively impact your well-being, relationships, and even your ability to thrive in your work.

Your feelings about money are intertwined with your thoughts, beliefs, and the choices you make. They reflect your unique Money Story, shaped by past experiences and learned behaviors.

Money Alchemists understand the importance of exploring these emotions. Cultivating curiosity, they seek to understand the root causes of their anxieties.

As you embark on your Money Alchemy journey, ask yourself:

- What am I feeling right now as I'm about to make this purchase?
- What is the root of this feeling?
- How does this emotion influence my beliefs about money?
- How do I desire to feel when I spend or receive money?
- What emotions arise when I talk about finances?
- What do I need to release or embrace to feel inspired and liberated on my path to financial freedom?

Transforming your relationship with money begins with acknowledging and understanding your emotions. As you delve into the wisdom of the chakras and integrate the 8 Money Skills, you can shift your feelings, cultivate an Abundant Money Mindset, and experience true financial freedom.

You can feel inspired and free when thinking about your money.

Elements of a Money Alchemists Mindset #2



How I think about money

When you contemplate your finances, are your thoughts dominated by fear and scarcity, or are they empowering and expansive?

We experience thoughts both consciously and unconsciously. These thoughts shape our beliefs about money and influence our financial decisions.

Consciously, you might think "I'm not good with money" or "Wealthy people are greedy." These thoughts, often learned from family, society, or past experiences, can become self-fulfilling prophecies.

Unconscious thoughts may be harder to identify. They often manifest as discomfort around money – hesitation to discuss finances, difficulty asking for what you're worth, or fear of making financial decisions.

Money Alchemists recognize the power of their thoughts. Cultivating curiosity to explore the origins of their beliefs & challenging those that no longer serve them.

As you deepen your Money Alchemy practice, inquire within:

- Where did this belief about money originate?
- Is this truly my belief, or have I inherited it from someone else?
- Does this belief support my financial well-being, or does it limit me?
- What underlying assumptions does this belief reveal about myself?
- What empowering affirmation could I embrace to shift this belief and create a healthier relationship with money?

You have the power to transform your thoughts about money. By becoming aware of your thought patterns and actively choosing empowering beliefs, you can create a mindset that attracts abundance and supports your financial freedom.

You can cultivate thoughts of wealth, worthiness, and limitless potential.

Elements of a Money Alchemists Mindset #3



What I believe about money

Do you believe money is limiting and scarce or supportive and abundant?

As we've already explored, what you think and feel about money reveals the beliefs you hold about money.

Your beliefs form the worldview you have about how money works, whether you can or can't have enough of it, and whether money is something that holds you back in life or supports you moving forward.

Money Alchemists have spent time exploring their thoughts and feelings about money to help them uncover their limiting beliefs. They have allowed themselves to get curious about why they think and feel the way they do about money and how this might be holding them back in Life.

Money Alchemists ask questions like :

- What limiting beliefs do my thoughts and feelings reveal?
- What alternative beliefs could I try on?
- What new thoughts could I think to create a new and empowering belief about money?
- What feelings and emotions can I connect to that will help me create a supportive and abundant belief about money?

You can change what you believe about money.

You can experience money as abundant and supportive of you and your future dreams and goals.

Elements of a Money Alchemists Mindset #4



What I tell myself and others about money

Do you tell yourself and others that you're terrible with money, or that you're making friends with money and creating an Empowering Money Mindset?

Most people aren't naturally good at managing their money. They were not taught about money and how to be in relationship with it, and take care of it.

It's never too late to activate and nurture an Abundant Money Mindset and the Empowering Money Habits that will result in financial abundance and freedom.

Money Alchemists have made the choice to work on their mindset and habits. They set their intention and they take action to manifest their desires and goals. They also talk about money to themselves, their friends, family, a coach, and a financial planner.

Money Alchemists tell themselves and others things like :

- I am friends with money.
- I desire money to support my purpose, dreams and goals.
- I deserve to have money.
- I desire lots of money so I can do more, experience more, and help more people.
- I might not know everything about money, and I'm willing to start learning now.

You can change what you tell yourself and others about money right now.

You can tell yourself and others that you've already started your journey to activating your inner Money Alchemist.



A Mindful Moment Exercise

Now it's time to think about your journey to a Money Alchemists Mindset.

Mindful Moment 3

Which of the four Elements of a Money Alchemists Mindset do I desire to focus on next?

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Mindful Moment 4

What two new things can I begin now?

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The Money Habits of Money Alchemists

Money Alchemists actively work on their habits and the choices they make about their money.

Your habits and the choices you make about your money include how you make money (your work or projects), how you spend money (your expenses), how you keep money (your wealth creation & protection strategy) and how you grow your money (your assets & investments).

Your habits are how you take good ideas and turn them into reality.

The statements below describe how a Money Alchemist makes, spends, keeps, and grows their money.

How I make my money...

I feel energized and inspired in the way I make my money.

How I spend my money...

I spend my money with purpose and intention on people, things, and experiences that add meaning to my life.

How I keep my money...

I successfully, and sustainably, keep money aside towards my future dreams and goals.

How I grow my money...

I tell my money what I desire it to do to grow and become enough to support me now and into the future.



Elements of a Money Alchemists Habits #1



How I make my money

Does your current work or projects leave you feeling depleted and uninspired, or energized and aligned with your purpose?

Societal conditioning often dictates a linear path - go to school, get a job, work hard, and repeat. While this path may lead to financial success for some, it often leaves one feeling unfulfilled and disconnected from their true selves.

Many people, regardless of their financial status, yearn for work that nourishes their soul and contributes to something meaningful.

Money Alchemists understand that true abundance flows from aligning their work with their passions and values. They create wealth by offering their unique gifts and talents to the world, making a positive impact, and experiencing deep fulfillment in the process.

To discover your own path to purposeful work, reflect on these questions:

- What are my innate strengths, gifts, and talents?
- What activities bring me joy and feel effortless?
- What problems or challenges do I feel passionate about solving?
- What are my core values, and how can I express them through my work?
- Who are the people I am here to serve?
- What work ignites my soul and sets my heart on fire?
- How can I leverage my strengths and passions to create something valuable and meaningful for the world?

As you embark on this journey of self-discovery, you'll uncover opportunities to align your work with your soul's purpose. When your work becomes an expression of your authentic self, you not only generate abundance but also experience the deep satisfaction of making a real difference in the world. You become a true Money Alchemist, creating wealth and well-being through purposeful action.

Elements of a Money Alchemists Habits #2



How I spend my money

Do you spend your money consciously and intentionally, or do you allow external influences to dictate your financial choices?

When you lack awareness of your spending habits, you become susceptible to external pressures, such as advertising and societal expectations. Money Alchemists understand that mindful spending is essential for creating financial freedom and a life aligned with their values.

They spend intentionally, prioritizing experiences, relationships, and investments that bring joy, fulfillment, and meaning to their lives. They make conscious choices about where their money flows, aligning their spending with their deepest desires and their overall vision for abundance.

Money Alchemists are empowered to set healthy boundaries with their finances. They know when to say "no" to expenses that don't align with their values or financial goals, freeing up resources for what truly matters.

As you cultivate more conscious spending habits, reflect on these questions:

- Why am I choosing to spend money on this? What desire am I fulfilling?
- Does this purchase reflect my core values and priorities?
- Will this purchase bring me joy / enhance my life, or is it a fleeting impulse?
- If I spend money on this, what other financial goals or opportunities might I need to postpone or re-evaluate?
- Am I spending on needs, wants or desire in this area? What is the difference?
- What would happen if I chose not to spend money on this?
- What if I invested in something aligned with my long-term financial goals?

By becoming more mindful of your spending habits and aligning them with your values, you can transform your relationship with money. You can experience the joy of conscious spending, creating a life rich in meaning, purpose, and abundance.

Elements of a Money Alchemists Habits #3



How I keep my money

Do you consciously and consistently set aside money towards your future dreams and goals, or are you unsure of where your money goes?

A core principle of Money Alchemy is the practice of conscious saving. It's about recognizing that money is a tool for creation, and setting aside a portion of your income allows you to invest in your future and manifest your desires.

By making saving a regular practice, you create a powerful energetic shift, telling the Universe that you are ready to receive and manage greater abundance.

Money Alchemists understand the importance of creating a sustainable saving system. They prioritize saving a portion of every paycheck, automating the process whenever possible. This creates a powerful momentum effect, allowing their savings to grow consistently over time.

To build a strong foundation for your financial future, consider these practices:

- Gain clarity on where your money is currently going. Create a Spending Plan that aligns with your values and priorities.
- Set up automatic transfers to a savings or investment account each month. Start small and gradually increase the amount as your income grows.
- Define specific financial goals for what you're saving, such as a down payment on a house, starting a business, or creating a travel fund. This adds purpose and motivation to your saving efforts.
- Consider using multiple savings accounts for different purposes (e.g., emergency fund, travel fund, investment fund).
- Regularly check your progress and adjust your saving plan as needed.

By consciously and consistently setting aside money, you not only create financial security but also cultivate an abundance mindset. You become a conscious steward of your resources, empowering yourself to manifest your dreams and create a life of greater freedom and fulfillment.

Elements of a Money Alchemists Habits #4



How I grow my money

Do you view your money as a passive resource, or as an active energy that grows and expands to support your dreams to create an abundant future?

While saving is an essential foundation, Money Alchemists understand that true financial freedom comes from actively growing their wealth. They engage with their money consciously, directing its energy towards investments and opportunities that align with their vision and values.

Money doesn't simply sit idle; it's an energetic force that wants to circulate and grow. By investing wisely and making conscious choices about how your money works for you, you create a powerful cycle of abundance.

Money Alchemists engage in thoughtful planning and decision-making when it comes to growing their wealth. They ask powerful questions to ensure their investments align with their overall financial goals and purpose:

- Is this a lifestyle asset (something I consume) or a lifetime asset (something that appreciates in value)?
- Does this investment drain my resources or generate income and growth?
- When will I need access to these funds? What future goals am I investing for?
- What is the level of risk associated with this investment, and does it align with my risk tolerance and financial goals?
- What is the potential cost of not investing this money – am I missing out on opportunities for growth?
- Do I aspire to create a legacy for future generations or charitable causes?
- How can I ensure my financial security in the long term, accounting for life's unexpected events, retirement, and potential career changes?

By engaging actively with your finances and directing your money's energy with intention, you can create a future of financial freedom and abundance. You become a true Money Alchemist, transforming your financial reality and creating a legacy of prosperity.



A Mindful Moment Exercise

Now it's time to think about your journey to a Money Alchemists Money Habits.

Mindful Moment 5

Which of the four Elements of a Money Alchemists Habits do I desire to focus on next?

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Mindful Moment 6

What two new things can I begin now?

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The Money Alchemy Journey ✨ ✨

Unlock your financial potential and create a life of freedom and flow.

We enter this world. We experience life. We transition to the next realm.
It's the journey between – the life you consciously create – that truly matters.

Are you living a life of purpose and abundance, aligned with your soul's desires?
Or are you living a life shaped by limitations and inherited beliefs?

You have the power within you to become the Money Alchemist of your own life, rewriting your money story and manifesting a life of financial freedom and fulfillment. This transformation begins within, by activating the energy centers of your being – your chakras.

Perhaps you haven't always been conscious of your relationship with money. Now, you're awake to the possibility of transformation. You recognize that you have a choice, and that change is possible.

It's never too late to embark on the path to financial freedom and abundance. Your Money Alchemy journey is an inner and outer transformation. It involves mastering the 8 Money Skills – cultivating an Abundant Money Mindset and integrating Empowering Money Habits – while harmonizing your chakras to clear energetic blocks and align with your own natural flow of abundance.

This journey may have its challenges, but as you commit to your transformation, you will uncover your innate power to create a life of true wealth and well-being.

By reading this eBook, you've already begun.

Now, turn the page...

...and discover what awaits you...





A MONEY ALCHEMISTS 10-STEP PLAN TO FINANCIAL FREEDOM

Step 1 - Explore My Spending. What Story Does It Tell Me?

Step 2 - Create a Spending Plan.

Step 3 - Explore the Chakras and My Money Alchemist Mindset.

Step 4 - Activate Empowering Habits to Meet My Spending Goals.

Step 5 - Explore & Identify My Values, Purpose & Goals.

Step 6 - Build a Plan & Tell My Money What I Desire it to Do.

Step 7 - Create Habits to Keep & Grow My Money.

Step 8 - Pay Off Debt.

Step 9 - Build Lifetime & Legacy Assets.

Step 10 - Review, Reflect, Acknowledge, Celebrate & Renew.



Begin your journey to Soul-Aligned Purpose, Abundance & Freedom.

Next Steps...

Unlock your Financial Potential to Create Freedom & Flow...

MONEY ALCHEMY MASTERCLASSES



MONTH-END MONTHLY

19:00 – 20:15

HOLLOW TREE, 10 LUISA WAY, HOUT BAY

2025 Dates & Topics

- 21st May - Mastering the Art of Money Alchemy: The 8 Essential Skills
- 18th June - Money & Your Root Chakra: Building a Foundation for Financial Security
- 30th July - Money & Your Sacral Chakra: Attracting Abundance Through Joy & Creativity
- 3rd September - Money & Your Solar Plexus: Stepping into Your Financial Power
- 25th September - Money & Your Heart Chakra: Aligning Your Finances with Love and Abundance
- 22nd October - Money & Your Throat Chakra: Communicating Your Needs and Attracting Opportunities
- 19th November - Money & Your Third Eye: Activating Your Financial Intuition & Vision
- 3rd December - Money & Your Crown Chakra: Aligning Your Finances with Your Soul's Purpose

✨ Energy Exchange

R400 each (10% discount with coupon code FREEDOM)

Tickets via Quicket : <https://bit.ly/MoneyAlchemyMasterClasses2025>.



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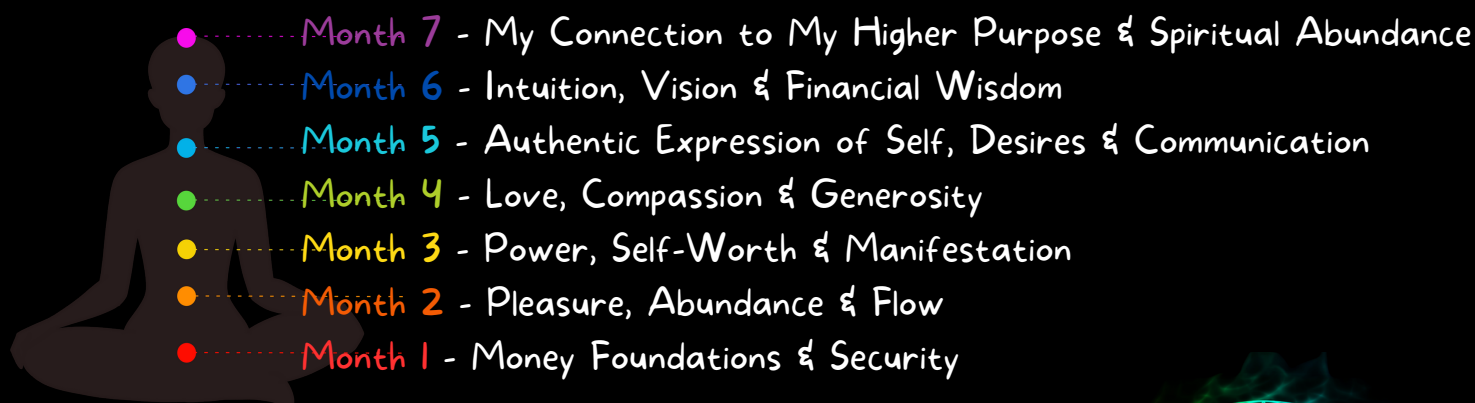


Next Steps...

The Money Alchemy ✨ Journey

A 7-Month online Journey in Community to transform your consciousness through activating and nurturing an Abundance Money Mindset & Habits so you can experience financial abundance.

You will transform limiting beliefs, negative emotions and unproductive habits related to money into a mindset and practices that attract wealth and opportunities that manifest financial freedom.



The Journey looks like :

- 7x Monthly 90mins Group Sessions
- 2x 90mins Individual Sessions with Mary J
- Self-Discovery Personal Assessments
- Practical Money Management Templates & Tools
- Closed WhatsApp Community for Ongoing Learning, Sharing & Support

✨ Energy Exchange

R9,765 (10% discount upfront) / R1,550 monthly

New Cohort Starts Monthly!

Start your Money Alchemy Journey now.

About Mary J

- Internationally accredited Professional Certified Coach (ICF PCC)
- Lifestyle Financial Planner

I activate Change-Makers to Soul-Aligned Money & Life Strategies ✨

I support you to identify and use your unique gifts and talents to release financial blocks, craft meaningful and purposeful strategies for your personal, business and professional lives, and write your own hero(ine)'s journey by integrating all of who you are - mind, body, spirit, eros - with intention and mindfulness. ❤️🔥

My core philosophy for Life is that when we connect to ourselves, others, and a higher power, contribute meaningfully to the lives of those around us, and live response-ably we experience the ultimate feeling of freedom.

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Testimonials

What has been experienced from working with Mary J

"I always believed that I didn't have 'enough'. Now I believe **I do have 'enough'** for right now, and as long as **I am in control**, I will have 'enough' for the future. I also **don't get as anxious about my finances** as I did before starting on this journey."

- JO, Manager at FNZ

"The programme made me re-evaluate **who I am** in order to see how I will approach my finances. It made me **move past my fear and status quo** towards asking questions, acknowledge where I am and what needs to be done, **set goals** and made me mobilise."

- Lynell, Employee Financial Wellness Programme Participant

"I did Mary J's Money Mastery 6-month course and was **amazed** at how my **money and energy** started **flowing towards my life purpose**."

- Lizelle Steyn, A Roadtrip to Financial Freedom Blog Owner & Communication Specialist at Sanlam Investments

"Working with Mary J is an **experience that I love** as she has an ability to **cut through all the financial jargon** and allows me to **understand my money decisions**."

- Terry Winship, Bespoke Trainer

**MARY J
FOURIE**
FINANCIAL COACH & PLANNER





A Mindful Moment Exercise

Now it's time to think about the next steps on your journey of living your purpose and experiencing abundance and freedom as a Money Alchemist.

Mindful Moment 7

What has inspired me the most in this eBook?

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Mindful Moment 8

What is my next step, and by when?

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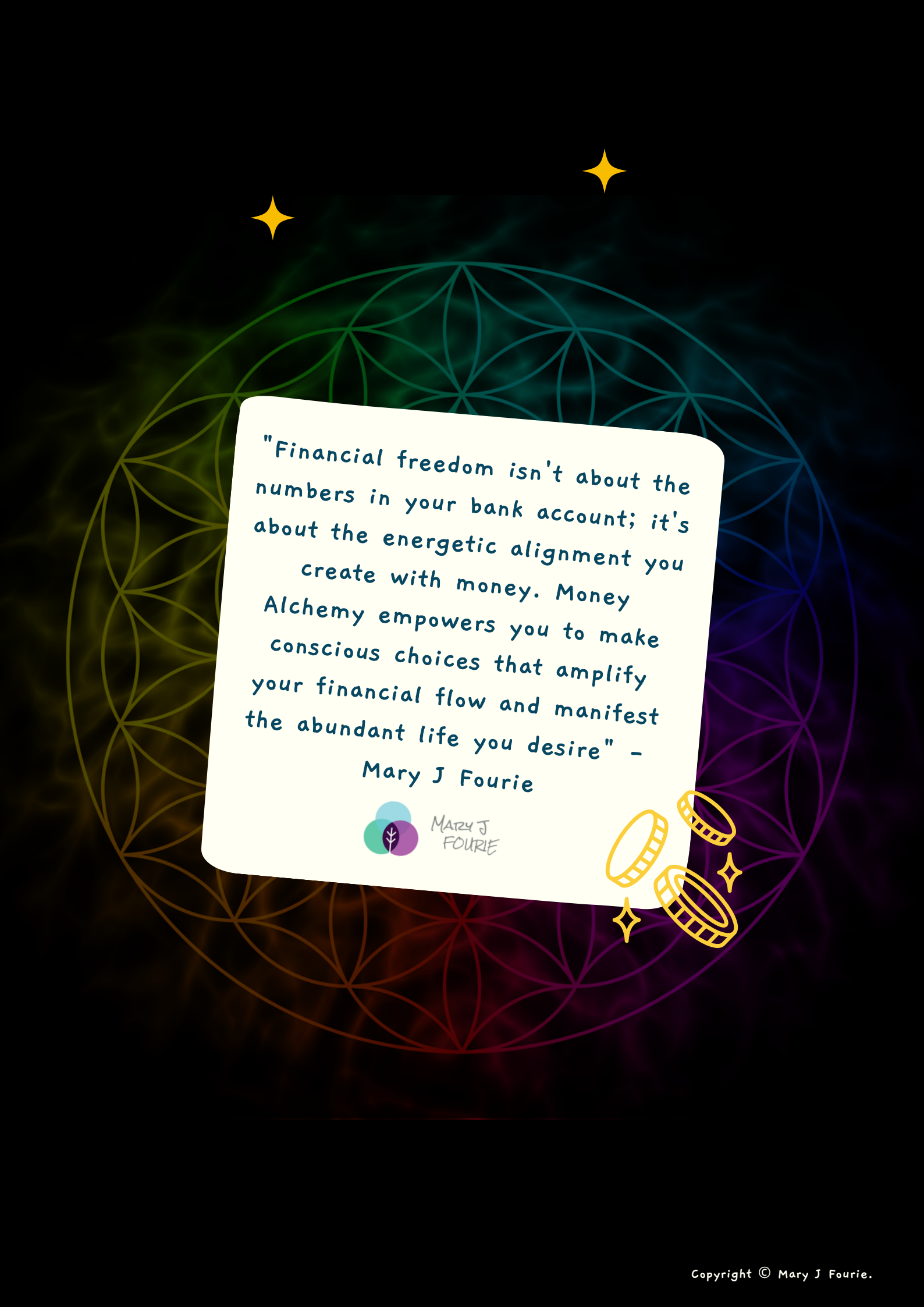
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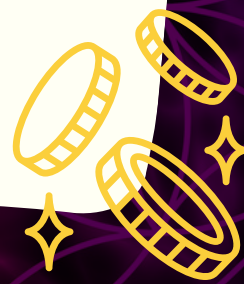


"Financial freedom isn't about the numbers in your bank account; it's about the energetic alignment you create with money. Money Alchemy empowers you to make conscious choices that amplify your financial flow and manifest the abundant life you desire" -

Mary J Fourie



MARY J
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Be your own
hero(ine).

Start your Money Alchemy Journey now.



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Join the Free Money Alchemy ✨ Telegram Community ->
Discover FREE Resources including Templates & Workbooks to kickstart your journey.



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