

TRANSFORM YOUR RELATIONSHIP WITH MONEY



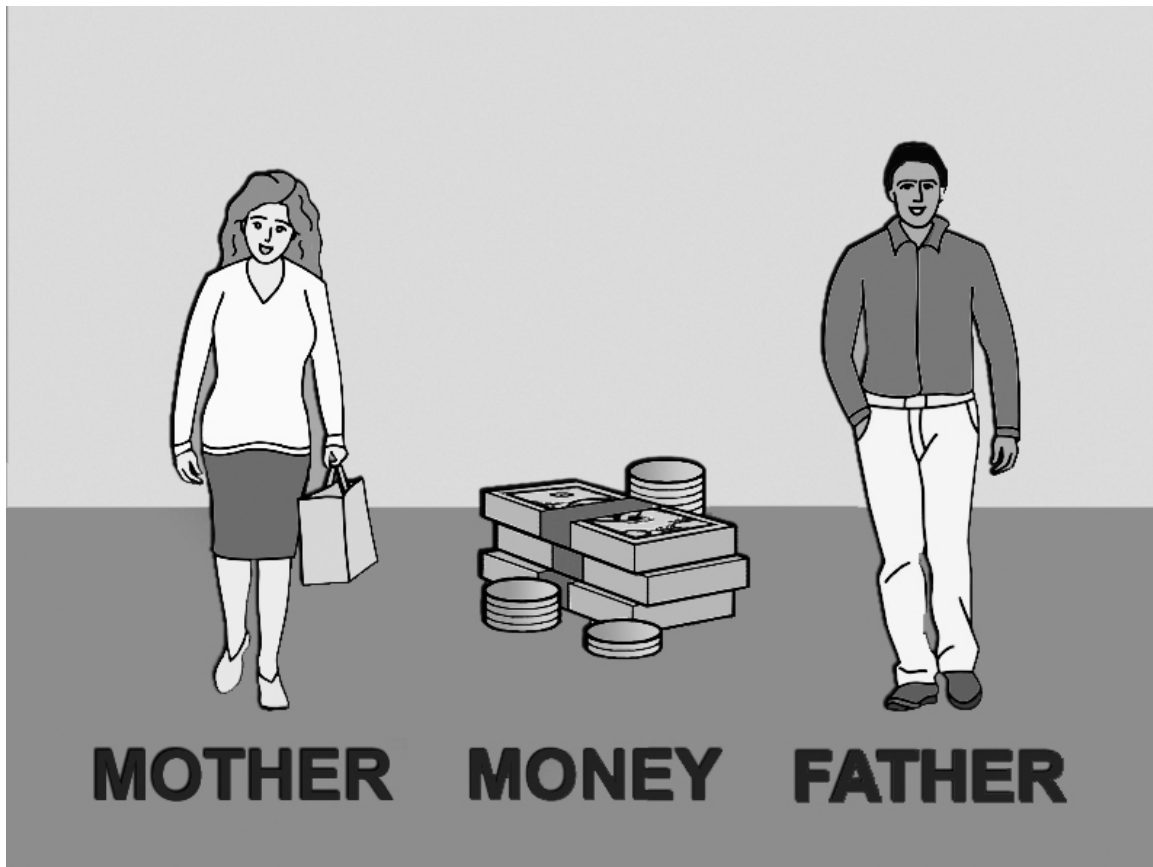
ACTION GUIDE MODULE THREE

MODULE THREE: AN INVISIBLE RELATIONSHIP

Your relationship with money was being shaped long before you could walk or talk. Your parent's traumas around money shaped you invisibly when you were still in the womb, swimming in a chemical soup of your family's unhealed stresses, fears and beliefs about money.

In a sense, you grew up with three parents: Your Mother, your Father and Money. Money is like a third, invisible parent. Money influences and shapes your life more than anybody else, *except* your mother and father.

Money was there at the dinner table each night, deciding what your family ate and shaping the moods of everyone at the table. Money decided where you went on vacation, what kind of car you drove and how much time and attention your parents were able to give you.



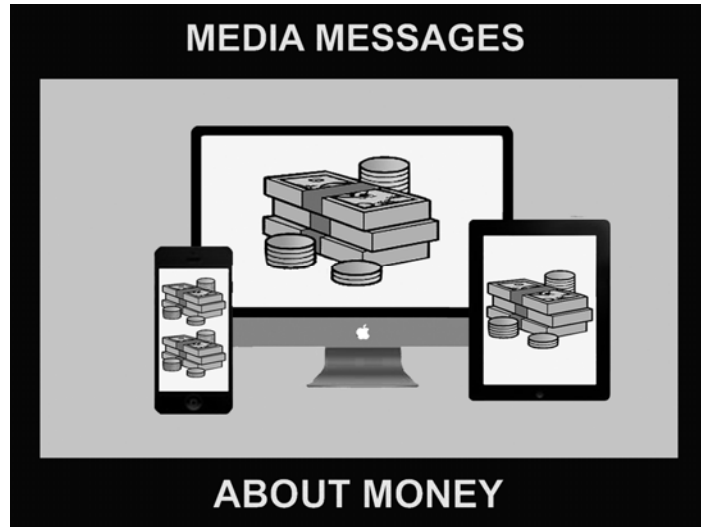
IT'S EVERYWHERE!

Once you could walk and talk, money became a consistent part of the media messaging that you received.

Today, money is an invisible element in many, if not most, of our social interactions. It's *everywhere!*

Money is coded into our language. It's coded into our unconscious thoughts about each other. Many

coaches and therapists are under the spell of the Money Matrix. Look at the language they use and what their key words really mean:



Problem: You aren't making enough money doing what you love

Solution: My secret formula, which will bring you more money

Results: An outcome that includes financial reward or benefit.

Self-Worth: Your value in making, producing or marketing money.

Value: A practical assessment of a person's monetary worth.

Goal: A financial outcome that one plans on achieving.

Pain: Suffering caused by an inability to generate money.

Fear: An internalized mindset that paralyzes one from making money.

Loser: Someone who doesn't (or never will) earn significant money.

Winner: Someone who has succeeded in the world of money.

Dream: An imagined scenario about having more money.

Success: The acquisition of money.

Failure: Loss of money or income

Relationship: Someone that you do business with..

Opportunity: A chance, possibility or circumstance for making money.

Vulnerability: A way to bond with your customers, so they'll pay more money for your programs

Transformation: A profound change in one's ability to produce money.

These words have subliminal money meanings that keep you in an internalized trance, a Money Matrix.

Beyond words, you can often see a dramatic change in another person's attitude or behavior towards you, when you are a paying customer or when money is being exchanged. When you're spending money, you are everyone's friend. These Money Messages have a powerful impact.

FINANCIAL TRAUMA

A financial trauma is any experience that significantly alters your biology, your behavior or your attitude towards money. Your relationship with money is changed, harmed or limited. Traumas shape your beliefs, your emotions and your habits. The earlier the financial trauma, the more deeply it affects your relationship to money.

Every human being on the planet is profoundly impacted by money. A vast majority of people on planet Earth live in an ongoing state of economic stress and fear. Have you experienced significant financial stress or trauma in your lifetime? When? How old were you?

Financial trauma can occur at any age: Infancy, childhood or adulthood. We can become developmentally arrested in our relationship with money at the age in which a significant money trauma took place. If we were traumatized during infancy, a part of us may stay locked in an infantile relationship with money, even as adults. We have trouble becoming a parent to money, until the core money trauma or wound is healed.

What are the top five financial traumas or stressors that you've experienced in your lifetime? How they have shaped you or affected you?

1. _____

2. _____

3. _____

4. _____

5. _____

MONEY FEARS

Core fears are unconscious. They have to do with the fear of reliving a past trauma. Paralyzing fears tend to be conscious. We are paralyzed from taking action. This includes action that could lead to greater prosperity. We play it "safe". We stay at that job that we hate for fear of losing economic security.

FEELINGS: Denying fear leads to fear-based feelings such as shame, guilt and pride. Did your parents make financial sacrifices for you? Did you feel guilty about this? Were you ashamed of the car or the house that you grew up in? Were your parents optimistic? Were they depressed or discouraged?

Were they anxious or ashamed of their social position? Did they spend a lot of energy trying to *look* successful to others? How was the emotional climate in your family shaped by money? How did this make you feel?

What are your unconscious feelings - and fears - around money today? How do they shape your actions? What do they stop you from doing?

1. _____

This fear stops me from: _____

2. _____

This fear stops me from: _____

3. _____

This fear stops me from: _____

4. _____

If I did not have fear, the key actions that I would take are:

1. _____

2. _____

3. _____

TRANSFORM YOUR RELATIONSHIP WITH MONEY

This is the moment of transformation.

Have a conversation with money.

Talk to the pure energy of money as if it is a living, breathing, alive entity.

Talk to the essence of money as your intimate companion through life.

Talk to purified essence of money as if it is a friend who wants to help you.

Ask money questions. Get to know money. Understand it's point of view. Ask with an open mind. Don't answer any questions with your thinking mind.

If this has been a rough relationship, ask money why. What happened? When did the challenges start between you and money? Why? How can money help you or support you? How do you need to change?

Listen and wait. Wait until a spontaneous response forms. Be open to learning. Allow money to be your friend, your confidant and your mentor.

Now, write down what you have learned from this conversation. Are you open to building this relationship? Can money communicate with you in the future? Can you transform your money fears into ***Attitudes of Abundance?***

What I have learned from my "Conversation with Money?"

Transform your Relationship with Money: Module III

A CONVERSATION WITH MONEY

Hello there!

We need to talk.

How are you feeling towards me?

Are your needs being met?

How can I support you?

I hear you.