

Report of the free session on “Money – The art to draw from abundance”

Hello, everybody, and welcome to the free session on "Money".

For those of you who participate for the first time, you will find **information on the background and procedure** of this work in the **frequently asked questions**. Click on FAQ in the side menu.

Have a look at one of the **Session Reports** that will give you an impression what you can expect in the sessions.

You find **Research Results** about the effect of these courses when you click on Research Results.

You would rather like to know **what participants have to say about it?** Click on Feedback.

Are you interested in the **programs**? Check them out. You find an overview and all the themes when you click on 'Program Overview'

For **Information on the next available program** click on Program Calendar

For **conditions and costs**, click on conditions and costs in the submenu

I owe many of the **affirmations in this report** to the work of **Chloe Wordsworth** on [Holographic Repatterning](#)

Content

I Theme

II Summary

III The underlying Structure

1. Identifying the blocks that prevent the free flow of money
2. Opening to the flow and our heart's wisdom

IV Instructions for Constructive Solutions

V. Appendix: Background and Technical notes on the procedure

I Theme

I open all blockages that hinder the free flow of money in myself and I make wise decisions how to spend my money.

II Summary

From a spiritual perspective, money is a form of energy. The way in which we deal with money reflects how we work with our life energy. If our basic belief is that there isn't enough money we also experience lack in other parts of our life. If we feel abundant we usually also have enough money. The interesting question is: What is enough? The answer varies widely depending on how satisfied and fulfilled we are with our life conditions, achievements and relationships.

As money is nothing else but energy, the blockages that we experience in our flow of life also block the flow of money. In order to open those blocks we first needed to identify them.

There were five kinds of blocks we had to take into consideration:

- Unresolved reptilian brain responses dating back to adolescence
- Compensations for lack of attention and love
- Negative self image
- Fears and constricting attitudes
- Conflict between a need for self realisation and the pressure of having to earn (a lot of) money

These blocks are closely interrelated and form a worldview that we gained in our family, school, work environment and through the media. It usually is a restrictive view that seems to be the only possible or only right one. If we recognise its limitations, we can open up to a multitude of options for positive changes in our lives

This requires the courage to make positive changes, to see the vast spectrum of grey tones beyond the black and white, to gain the flexibility to adapt to the ever-changing conditions of life and to take care of our basic needs for love and attention. Instead of being too rational, we need to open our inner ear to listen to our heart's wisdom, which is the best guide for discovering what will fulfil our deeper needs. When our heart and rational mind work together in a smooth co-operation we have the best chances to discover and manifest our life's purpose by using our resources wisely.

III The underlying Structure

1. Identifying the blocks that prevent the free flow of money

In order to open the blocks that prevent the free flow of money we first need to identify them.

There are five kinds of blocks we have to take into consideration.

- Unresolved reptilian brain responses dating back to adolescence
- Compensations for lack of attention and love
- Negative self image
- Fears and constricting attitudes
- Conflict between a need for self realisation and the pressure of having to earn (a lot of) money

An unresolved reptilian brain response dating back to adolescence

Adolescence is the time when we finish higher school education or skill training and are on our way to create our own life. For many, it also means to leave home and move into one's own flat or go to another town to study or start a career. It's a time that can activate deep fears about if we are able to make it

The part of the brain that takes care of our instinctual survival responses is the reptilian brain. It is the oldest part sitting in the back of the head. Its response to life's threat is fight or flight.

If the energy that gets mobilised through a threatening situation cannot be discharged in a successful flight/fight outcome, the reptilian brain response gets stored in the memory band of the body and gets reactivated by similar life situations. It doesn't matter if that threat then happens only in our imagination or in the world outside. The brain-body response is the same.

The unresolved response dating back to that time is:

I run away from life

The blocked response may have manifested later on in broken bones or operations.

We had to resolve that block by activating appropriate responses within the sympathetic nervous system:

**I cope with threats actively and successfully
I communicate what I need for my protection**

Compensations for lack of attention and love

If we can't get our basic life and spiritual needs met, we compensate to get at least enough attention for survival. This attitude keeps us in a low energy state so we can't tap into the universal source of love and energy and create abundance in our lives. If we live from our true self, we experience a higher level of energy in ourselves, our life, work and relationships that will also affect the flow of money through our life.

We had to shift the resonance for four kinds of compensations:

Under-achievement and feeling powerless

We make it through life by holding in our impulses and never fully expressing ourselves successfully in the world. Underneath the withholding we usually find that those people as children experienced the outer world as being overwhelming so that they couldn't express themselves (fully). Depending on the gravity of the circumstances this experience can grow into a basic attitude towards life where one feels like a victim to the circumstances. We need to change this basic belief knowing that we are loved just for who we are.

I am loved just for who I am whatever I do or don't achieve

Submissive

An expression of the victim experience and attitude is submission to the will of others hoping that this will bring us the love we are longing for

I am safe and loved when I am positively self-assertive

Being nice

We are nice so we don't lose the love of others

People will like me even if I am real with them

Tough

We know from research that it feels better to get negative attention than no attention at all. People then learn to thrive on negative attention because that seems to be the best of what is available.

I thrive on positive attention and handle negative attention

Negative self image

We learn to see the world and ourselves through the eyes of our parents, peers and teachers as we grow up. The most important "eyes" are those of our parents as they influence us from early on and accompany us through the stages of our childhood and youth.

If you lost your mother or father early on, another person may have taken their place. In that case, replace him or her with that important person for the following steps

- List your negative characteristics. If you come up with more than three, boil them down to the three most important ones for you and add
 - I am
- Ask yourself: Is this my mother's or father's image of me?
- If it is your mother's image of you, take a moment to reflect upon your father's image of you (and vice versa). The image may be positive, negative or mixed. If you come up with more than three, boil them down to the three most important ones for you and add
 - I am ...
- Then list your positive characteristics. Again: If you come up with more than three, boil them down to the three most important ones for you and add
 - I am

4. Fears and attitudes

We block the flow through our fears and attitudes towards life that are partly the result of what we were taught and partly of what we experienced. When the

expression of ourselves was met with a withdrawal of love, we are afraid to be ourselves.

I am afraid of being myself

We are not only afraid then to lose their love when we do what's right for us but feel also dependent on others for life, feel enclosed or restricted

I feel dependent on others for life

I am afraid of enclosed spaces

I want to play and do so many things but they won't let me

One way to avoid those fears is to take refuge in our rational mind.

I am excessively rational

Unfortunately, this approach doesn't resolve the issue as those fears and attitudes then unfold a power in our mind that is much more overwhelming than when we would confront those fears. The inner tension expresses itself as tension and resistance in the body.

I am tense

I resist positive change and growth

We also may have an inner conflict between wanting the freedom to express ourselves creatively and feeling the pressure of having to earn enough money.

I am torn between my need to express myself and the need to earn (a lot of) money

I feel pressured when I am in this conflict

Underneath this pressure there is often the fear to end up in the streets if we don't earn enough money. 'Enough' firstly means, that the basic needs of shelter, clothing and food are covered. Secondly and usually stronger it refers to an inner sense of safety that if lacking we try to secure through money.

I am terrified of being poor/ having to live in the streets

2. Opening to the flow and our heart's wisdom

All these blocks are closely interrelated and form a worldview that we learn in our family, school, from work colleagues and through the media. It usually is a restrictive worldview that seems to be the only possible or the only right one. The good news is that there is a multitude of worldviews available if we open ourselves up to it.

Firstly, we need to change our victim attitude to overcome the sense of being powerless

In the present I have the resources to handle my situation

We need to find more constructive ways to deal with our inner conflicts and move beyond the either - or into the as-well-as

I breathe deeply and say: This conflict is hurting me. I choose to realistically assess how much money I need and how much free time I need and to come up with a satisfactory solution for both needs.

When I next get into this conflict, I place the hand over the part of my body where I feel tight, and I breathe out any negativity I am holding there

This requires the courage to make positive changes, to see beyond the black and white, to become more and more flexible so that we can adapt to the ever-changing flow of life and to take care of the negative thoughts in our mind.

I have the courage to make positive changes

I see beyond the black and white

I am adaptable

When negative thoughts and feelings arise, I recognise them and consciously shift my attention to those thoughts that bring me what I truly want

If we do this we discover the joy and enthusiasm for life again that we need in order to expand into the flow of life and the flow of money.

**I am filled with joy that all things are an expression of love and dignity
I visualise myself doing somersaults when I walk**

We have to stop being nice or submissive if this contradicts our basic values and needs. Then we can rediscover and follow our own inner rhythm of creating the closeness and distance that we need

When I need space I move away

When I need closeness, I move to the one that I want to be close to

The flow of life embraces our rational mind as well as our heart. Both are equally important. The wisdom of the heart helps us to discover our life's purpose. The rational mind helps us to use our resources wisely so that we can manifest our life's purpose.

I follow my heart's wisdom in choosing how I spend my money

I create a clear and realistic plan for becoming financially independent as a result of living my life's purpose

In order to open the blocks and to support the necessary steps, I strengthened the connection between the rational mind and the heart through the colour "Indigo". In the chakra system, indigo is the colour of the sixth chakra or the third eye, which is situated between the eyebrows. The third eye is a gland, the pituitary gland that is responsible for our physical and spiritual growth.

At the end, the resonance was given for all the positive statements (in bold) and dissolved for all the negative ones (plain text)

IV. Instructions for Constructive Solutions

Within this section during the course you will find a broad range of suggestions and techniques. They aim to assist you to integrate these sessions into your everyday life.

The focus will be on:

- ◆ getting in touch with your heart's wisdom
- ◆ getting into resonance with feeling abundant and prosperous in your life
- ◆ strengthening your capacity to deal with conflicts within yourself and with others
- ◆ creating clear and realistic steps for becoming financially independent (this includes how to raise your income, get an overview about your expenses, clear your debts, invest your money wisely and share it with others)
- ◆ and developing behavioural responses that are in alignment with your heart's wisdom and life purpose

The Instructions for Constructive Solutions will cover all levels: the material, emotional, mental and spiritual. You are free to choose each week what fits your needs and your pace.

As you apply those suggestions on a continuous base, you establish new attitudes, feelings and behavioural patterns that will weaken the negative programs and resolve them in the end. This requires a series of sessions as offered within the course program.