

Financial Sovereignty

Own Your Money Power

Deep inside of you is a **Source**, a Flow, that can help you **stand in your financial** power making economic and life choice from your authentic core. That core, that **SOURCE is FEMININE!** This part of you connects you to your inner guidance and gracefully expands your ability to receive so that you can **“flourish as your best self in the world.”**

You might consider this part of you your **Divine Feminine Source: your own personal Inner Money Goddess.** What distinguishes her from other “goddesses or even money goddesses” is that she **BELONGS TO YOU AND YOU ALONE! SHE IS YOU!**

Through **HER** connection to **the natural world and clear flowing SPIRITUAL SOURCE**, she helps you create from your inner truth in ways that uplift those around you and contribute meaningfully to the world at large. This class is designed to make sure that connection within **YOU** is firmly established so you can flourish, thrive, and **DO WHAT YOU CAME HERE TO DO!**

DATE:

NAME:

PROGRAM INTENTION:





Part 1:

My feelings about money as I begin this Financial
Sovereignty Program are:



My feelings about myself as I begin this program are:



What did my mother say about money?

➤ *What did my father say about money?*

➤ *What was money like for you growing up?*

➤ *Feel into your body and your emotions...*

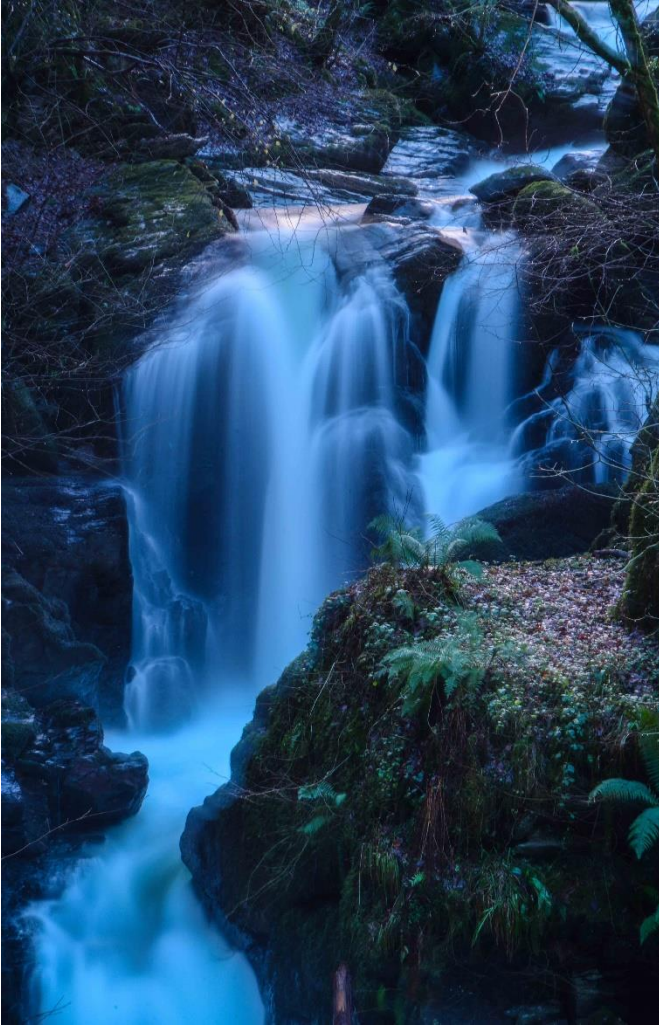
➤ *Where are your constrictions?*



If you are truly ready to end the struggle, then it is time to commit to releasing MONEY or as an adversary, and letting IT be your friend...your teacher.

So do it, right now. Take a deep breath and let go. Let go of trying to figure it out. Let go of doing it all yourself. Let go of beating yourself up when you don't do it right, or don't have enough, when the books don't balance, or the paycheck is not big enough. Surrender and let THIS ISSUE be your friend and ally. Feel this viscerally in your body. Drop the struggle. Even if just for a moment.

Say out loud: *Ok, I surrender. What, "in Goddess's name" have you been trying to teach me? I surrender. Show me. I am willing to see differently.* Then write down everything that comes in here or in your journal...



**STEP 2: GETTING CLEAR
IN LIFE, YOU GET WHAT YOU HAVE THE COURAGE
TO ASK FOR!**

In order to move forward, we have to understand this fundamental rule: WE WERE MADE FOR MIRACLES! We are here to perform them...EVERYDAY! Every dream and desire that you have was placed in your heart for a reason, and everything in heaven and earth wants to conspire to make it happen. If you desire it, you were meant to have it. A miracle is just a shift in perception. Once you change your mind, the physical form has to manifest. So the question in this step is:

In a perfect world, if you could have anything you wanted, the life of your dreams, your perfect end to whatever existential crisis you are experiencing right now, what would it be? AND

Why? Why do you want it?



This can get a little freaky for folks. We may want to say, “I don’t know, I just do.” Remember, no desire is wrong! If you want it, you want it for a reason. A bigger reason than just you.

So be prepared for “the stuff.” You know. The lies. Instead of all the reasons why you want and need this thing in your life, what may come up is all the reasons you have been telling yourself why you should not have it.

If this happens to you, it is a good thing...a very good thing! These weird, funky thoughts are the very reason you are doing this exercise in the first place. So write them down too. (You may want to write them in a different color or put them in a different notebook or on a different page. We are going to address them next.) They are the reason we are doing this. These are the very thoughts we need to

change. So get them out. Then, go back to the original question: *Why do I desire what I desire? What purpose is it going to serve in my life? Why do I absolutely NEED it?*





STEP 3: OBSERVATION

As I alluded to in the last step, once you get real with yourself, everything that you have ever thought about why you don't deserve to have what you want is going to reveal itself. If it doesn't happen during the above exercise, just wait for it. It will. If you need a question to prompt you for this step it would be:

Why don't I believe I can have what I say I desire? Why don't I think I deserve it? What is the story I have been telling myself? Where does it come from?

Beware, most of these ideas may sound really valid to you. After all, you have been letting them keep you stuck up to now. So you may have them rooted really deeply. This is where you begin to look at where they came from. *What were the stories you grew up with? Where did they come from? What events around money or love or health or whatever your difficulty is, are still emblazoned in your mind? What emotions come up around those stories? What did they cause you to believe about yourself? Which of these belief systems are still running and how do they cause you to behave? What do they trigger in you, and what actions do you respond with? Get all this down on paper. Write the story of your life with Money. THIS IS **YOUR HOMEWORK FOR THIS WEEK!***

You can write it in this book or your journal. If you need more room here, just add more typing paper to your booklet.



*“Godless’s gift to you is more talent and ability than you could possibly use in your lifetime. Your gift to God/dess is to develop as much of that talent and ability as you can in this lifetime.” (I added God/dess)
- Steve Bow*



Sourcing Your Financial Flow through the Call of Your Soul



Why is claiming your “Feminine Financial Power” vitally important to for you as a woman today?

Critical ways you may be unconsciously constricting your financial flow.

1) Contraction or Expansion



2) Competitive or Creative Thinking

“You are to become a creator, not a competitor. You are to create, not to compete for what is already created. You will become a creator by employing the higher faculties with which you have been endowed: Perception, Reason, Will, Memory, Imagination, and Intuition. No other form of life was given these creative faculties. You are going to get what you want, but in such a way that when you get it every other person will have more than she has now.” *My gender change
- Wallace Wattles, The Science of Getting Rich*

3) Energizing Scarcity “Not Enough” Inside/Out or Centered in Sufficiency

“It is not even that we necessarily experience a lack of something, but that scarcity as a chronic sense of inadequacy about life becomes the very place from which we think and act and live in the world. It shapes our deepest sense of ourselves, and becomes the lens through which we experience life.”
- Lynn Twist, *The Soul of Money*

Whining and Complaining

Do you ever whine or complain about what you don't have? or about a lack of money? anything?

Self-criticism and Criticizing Others

Do you ever criticize yourself where you are with money? about things you consider money mistakes? Do you criticize others around their choices with money?

Worry

Do you find yourself worrying about money? about your financial future?

Self-doubt

Even a tiny seed of doubt creates conflict in your energy field and not clarity which diminishes your flow. You need a clear, unrestricted energy to most effectively create. The critical parent ego can bring self-doubt.

Do you experience self-doubt about your ability to create your financial goals?

Letting Your Resistance Win

Do you give into your resistance and stop yourself from creating your goals and dreams? stop yourself from taking action?

“Rule of thumb: The more important a call or action is to our soul’s evolution, the more Resistance we will feel toward pursuing it. Resistance by definition is self-sabotage.

Procrastination is the most common manifestation of Resistance because it’s the easiest to rationalize.

Creating soap opera in our lives is a symptom of Resistance.

Sometimes entire families participate unconsciously in a culture of self-dramatization. If the level of drama drops below a certain threshold, someone jumps in to amp it up.”

- Steven Pressfield, The WAR of ART

Break Through the Blocks and Win Your Inner Creative Battles

Practical tools to open your money financial flow energy anytime it contracts...



1: The first and most important thing is to increase your awareness of when you go into contraction.

2: Next take a deep breath and consciously as your body and awareness to reopen.

3: Ask yourself if there is an action you need to take, feeling you need to feel or release, or an old belief you need to let go of. Then do what is needed.

4: Go sit on directly on the Earth for 20 minutes and consciously connect to the natural world.

5: Go for a walk in nature and open to the living pulsating field of creation.

6: If additional expansion is needed DANCE. Great song to use if fear is involved: “If I were Brave” by Jana Stanfield.



“Money carries the soul’s energy.

For each of us money in any amount acts as a carrier of energy and intent.

People and families of very few financial resources, and those of enormous financial wealth, have turned their financial flow toward causes and commitments that make their heart sing, and their money carries the same joyful, life-affirming energy into the world to make a difference.”

- Lynn Twist, The Soul of Money

Module 1 Homework

- Do steps 1-3 everyday
- Write the story of your childhood that is blocking you
- List all the things and peeps you need to forgive.
- Stay out of contraction...pay attention
- Keep your vibe high
- Keep tracking your income!