



Module 4 - Making Peace with Money

Let's just call it out. There is some serious weirdo, full of tension energy around money in our world and certainly in the world of Yoga too.

"Money is evil."

"If you make money, you are evil."

"You are only doing this for the money, so you aren't Spiritual."

"It's bad to get paid for what you love to do."

So many weird money proclamations!

A lot of this comes from a Classical view that anything "of the world" causes some serious attachment so we need to chuck it out. It also comes from some serious societal shadow energy around worthiness and creation.

But money is a just a way we exchange value and service. We could exchange goats or bread or shiny beads, but instead we exchange currency. Value is created, and value is exchanged but we add so much more to the story.

As you saw in Module 3 on Law of Attraction how we BE is what we attract. So how do you BE around money? What unconscious beliefs may be lurking under the surface?



You Might Have Unconscious Energetic Beliefs Around Money that Are Holding You Back, including:

- What a woman like you is “allowed” to earn
- What Yoga teachers are “allowed” to earn – if anything at all
- How your ethnicity, background or accent limits your income
- What someone from your background can earn
- What people are allowed to make in your industry
- How earning more will impact negatively on your life
- What you’re really allowed to charge for your products and services
- How your marriage or other relationships could be affected by your income
- How your friends, community and students will think of you if you are earning money for your teachings.

What unconscious beliefs come up for you, from this list or others that you notice?



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Unconscious beliefs are driven by an another often unexamined “story” or set of beliefs.

What Can Cause Unconscious Beliefs to Spring Up & Sabotage Us

- Doing a job you love, and getting paid for it – this is impossible!
- Getting close to what you earned in previous jobs
- Holding yourself back from the next tax bracket
- Starting to surpass someone else’s income like friends, family or even a mentor
- Feeling like it’s too much to handle
- Life is going well so something must be wrong (waiting for the shoe to drop)
- Who am I to be happy and successful when so many people are struggling?
- People in my family are not happy and successful.
- Unacknowledged and unconscious fears around earning more
- A vague sense that earning more would be “unspiritual” or greedy
- Old, unresolved stories from your past about money
- Expectations from others and what they think you should earn.

Do any of these Unconscious Beliefs feel familiar to you? Any others?



Identify Your Sabotaging Behavior

The truth is these beliefs are completely sabotaging us. Sabotage is a way of overcoming the uncomfortable feelings around success. Sometimes when we are on the verge of success, new opportunity or a new income bracket, we literally derail it. Here are some common sabotages to help you identify your own (and then stop it, with love).

Sabotaging behaviors:

- You get in a ton of debt or spend a ton of money, because it just doesn't feel comfortable having money.
- You have an unconscious need to give it all away, spend it or repel it.
- You get sick just when you get a taste of success or are closing to starting something new.
- You pick fights with people and cause drama in your life.
- You feel something "bad is going to happen" soon.
- You eat or drink to numb yourself
- Spend all of your money quickly.
- Tell yourself it was just a fluke.
- Manifest unexpected bills.
- Create parking or speeding tickets.
- Crash your car or do damage to some material item.
- Hiding or not wanting to be visible.
- Worrying about telling your friends "good news" because of their possible reaction.
- Feeling unworthy about your "good luck".
- Feeling like you can't "have it all" like money and a good marriage.
- Not going on holiday or taking time off.
- Not paying your taxes, bills or paying late fees.
- Not following up on potential opportunities



The Fallacy of “Guilt” About Making Money & Doing What We Love

So what is the tension about making money really about? Why do so many of us feel guilty about the exchange that takes place when we teach or make art or do what we love?

It comes down to three false beliefs, which are:

False Belief #1 – Zero Sum Game

Much of our angst about money and receiving money from another is because we accept the story that making money is a Zero Sum Game – that is there is a winner and there is a loser. So if you are receiving money then you are the winner, and your student is the loser. This is an either/or thinking and it is based on the false belief that there is only so much money or resources to go around. Of course this is not true!

Of course there is economic inequality in our world but that has more to do with how wealth is distributed versus the actual amount of wealth available. There is more than enough money, time, people and resources and when we buy into the zero sum myth, we feed the cult of not-enough-ness that cuts people off from their true supply – the Divine.

Instead, when we model an open, receiving, grateful and abundant teacher and being, we demonstrate our belief in our own value and the unlimited love of Source. Allowing students to contribute to this actually ADDS to the total money flow in the world.



False Belief #2 – Buyers are Suckers

False belief number 2 is based in a belief that anyone who buys from us is a “sucker”, and this is rooted in our sense that we’re not good enough and we’re a fraud who is ripping people off. We are not in touch with our intrinsic value and worthiness so we feel that what we are offering is NOT valuable or worthy.

Of course your students are NOT suckers. They are adults who are making conscious choices and they are likely very appreciative of your service, teachings and time. You are actually helping them feel amazing and offering them an opportunity to improve their own sense of self-worth, beauty and joy.

Remember it also feels good to spend money on things we love. We love the feeling that “it’s worth every penny!” so model the feeling that you are worth it to them by being clear that Yoga is literally the best darn investment they can make in themselves and their life.

Belief #3 – I’m A Fraud So I’m Ripping People Off

False belief #3 is some version of feeling like a fraud or phony. This can show up as “I’m a new teacher”, “I don’t know everything”, “I can’t do headstand,” so I am actually ripping people off by teaching.

Teach what you know! Teach what you love! Teach what your student really need and you won’t have to worry about this one at all. We all have something to offer, and our authentic heart’s desire and Essence is calling us to expand and share that with love and value.



Bye-bye Money Demons

I know it can be uncomfortable talking about all these money “demons”, but the first step to be free of them is to make the conscious. So notice your money story.

Second step is to replace them with conscious, powerful thoughts. You can consider these money mantras and choose one or more that feel empowering for you:

I am inherently valuable.

My teachings add to the wellbeing on this planet and it is ok to receive in return.

Making money is a spiritual act.

All I do is in the name of love, and money is a form of love.

It is ok to be happy, successful and abundant.

My birthright is to experience joy, ease, and abundance.

Struggle is not spiritual.

The more I model ease around money and success, the more I am a catalyst for that ease and joy in the world.

I expand in success, love and creativity everyday and I inspire others to do the same.



Practice – Notice the Sabotage and Replace

This week notice the sabotaging beliefs and money demons that arise for you. Be vigilant and kind to yourself, but pay close attention.

These sabotaging beliefs will be your default behavior when things are tough or even more so when things start going really well! So you have to be vigilant.

In the future, you'll recognize the behavior more easily. When you do notice it arise, congratulate yourself. You noticed it! Then replace it with a belief that is true and way more powerful!

Share your insights, a has, and money sabotages in the Facebook Group and keep going! You are worthy 😊