



YOUR RELATIONSHIP WITH MONEY CAN BEST BE DESCRIBED AS: **JILTED LOVER**

Your feelings about money can range from depressed, to hopeless, to desperate. You're disappointed about how money has shown up (or hasn't) in the past. You probably had a lot of situations growing up where you didn't feel safe or valued. Your family may have gotten money and then lost it, or never got it in the first place.

The bottom line for you is that **you don't trust money**. You certainly don't trust it to always be there for you. There's always tension around money for you, even if it's low-level.



The good news is that it's possible to have a healthy relationship with money. You can be a **true partner** with money. Imagine having an honest, upfront relationship – no games, no avoidance, no trying to control it. Imagine not only trusting money to be there, *but trusting yourself with money!*

In this kind of relationship, you look money in the eye and open your heart and your dreams to it. You're generous with your money and enjoy the flow of it in and out. You can easily see yourself with more money, can feel yourself open to it with ease, yet you don't need to push or force it to happen. You feel deeply grateful for all your abundance and are relaxed and trusting with money.

The way to create a healthier, more trusting relationship with money is to reduce the amount of "money muck" you have. **Money muck consists of your past experiences, fears and negative beliefs about money and your finances.**

Many people focus solely on thinking more positively about money, on changing their attitude. The problem with this is that the muck doesn't go away. It just gets submerged. Like putting icing on poo, it doesn't mean it's something you really want.

Even though the muck isn't always obvious, it's there in the background – and it shows up in your energy. It's like having static on the phone – your communication and way of being isn't clear. There's a sense of distortion or of something not being right.

Every little bit of dissonance in your energy makes a difference.

When you clear out that old gunk – the past experiences, the fears and the negative beliefs – space naturally opens up for a true partnership. Trust in yourself and in money grows easily and your confidence expands.

While you clear the muck, it's also important to directly support the growth of this positivity and confidence. That way, you're far less likely to revert to old patterns. Plus, you're better equipped to recover from it if you do.

All this is exactly what we'll be doing in the **Wealth School** program that starts **October 4.**

If you want to clear away the old crap, expand your confidence and trust, and have tools to support your blossoming relationship with money, join me for Wealth School starting Oct. 4. [CLICK HERE](#) to find out more.

www.wealthschoolclub.com

Questions: email sara@refutureyourlife.com

