



Increase The Money Energy In Your Life

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Abstract:

Money is a form of exchange. From a career and business perspective, when we feel cut off or confused about money, we often settle for income or business results that are less than what we really deserve. We might not know how to leverage our talents fully. As a result we may become discouraged or unconsciously self-sabotage our efforts to succeed. Ms. Colfer will also offer a workshop on Monday, June 9th titled “Increase the Money Energy in Your Life.” Go to www.money-therapy.com for more information about the Money Coaching Institute.

I’m a certified money coach affiliated with the Money Coaching Institute. I call this my “money ministry” because I believe that we really need to shift the consciousness around money in this culture.

A little bit about me and how I got into this field: I met a woman named Deborah Price, who is the founder of the Money Coaching Institute and who wrote a book called Money Magic which changed my life. It brought two very separate worlds I live in together - my numbers world and my spirit world. In other words, I found my purpose in life. I became a money coach and have been helping people with their money issues for 3 years.

Brief overview

- Two examples of how we “decrease” the money energy in our lives
- Leveraging your skills, talents and abilities

- How we are hard wired around our relationship to money
- What money types are at work in your life

How many of you measure your worth based upon what you have...your homes, your cars, your investments and the amount of money you have in the bank, rather than by who you are and the contribution you make in the world? The media and advertising tell us everyday that “things” are what we should want more of. This kind of thinking places our self-worth in the material world, outside of ourselves.

The truth is your greatest asset is you!! Never loose sight of that. Your value has nothing to do with what you have or how much...your true net worth is far greater than anything you could ever own external to yourself.

Let me give you two examples of how the energy of money “decreases” in your life; that is to say, how you interrupt the balance between what it is you do and the money you manifest because of it:

Example #1: When we spend our life’s energy doing what brings us the most money, rather than what brings us the most fulfillment, what do you think happens? What happens when all we do is work “for” the money? We risk losing our passion, our vision, our purpose, what we are inspired to do. When that happens, we are no longer in touch with ourselves, we lose our joy and become “burnt out” working for the paycheck. When we do this, we have devalued ourselves and our self-worth becomes attached to something that is outside of ourselves.

Example #2: When you overly identify with your artistry, your spirituality, or your healing abilities and let your interior world become out of balance with the material world, you can develop a conflicted love/hate relationship with money. The interior world is important but becomes a problem when you deny or become imbalanced and push away the material world...energetically saying ‘no’ to your potential for prosperity. You can’t simply love money for the freedom it buys and yet have little or no desire to participate in the material world. It simply doesn’t work that way! It’s almost impossible to attract what you are repelled by, so this could lead to a constant struggle for financial survival.

In this way, you may be giving the universe a mixed message. On one hand you are fulfilled in your passionate purpose but

on the other hand you are too passive and detached from valuing the service being provided. And so I ask you...are you in touch with your own value? How much are you worth for your services? Many people in business for themselves have difficulty knowing this. And if we don’t know it and believe it ourselves, it can cause our income and livelihood to be inconsistent at best.

So let’s look at how you can “increase the money energy” in your life. Again, your most important asset is you, your skills, talents and abilities; that’s the real gold inside of you. The assets within you no one can repossess or take away from you.

What comes to your mind when I say skills, talents and abilities?

- Artist / teacher / healer / parenting skills
- What sets you apart from other kinesiologists that you can bring to your clients? What makes you special?

I’m talking about leveraging all of who you are. Most of us have this one identity we recognize (in your case, you’re all great kinesiologists) but we forget all the other things we have accomplished to get there.

I’ll use myself as an example: I was in financial mgmt for over 20 years, I have a great love for psychology, and I became a spiritual counselor and minister 13 years ago. In my Money Coaching practice now, I utilize all my gifts when appropriate.

When we express rather than suppress our gifts, and to the extent we are utilizing these aspects of ourselves fully and leveraging them in the world, we will increase the

money energy in our lives. When we do this, we can't help but maximize our earning potential.

Now let's look at your relationship to money because that has a direct affect on increasing or decreasing the money energy in your life as well. You may already be doing what you are good at in trying to build your business. But there may be some underlying belief system that you're not aware of that doesn't allow you to go any further. This may be a belief that says, "taking care of my clients is far more important than how much money I'm receiving for the service." Or it might be, "I don't really deserve to earn that much money." Or maybe it's, "Making a living is way too hard". These types of beliefs keep us small and scared and limit our potential. Having a flawed underlying belief system will affect your relationship with money.

How do you become aware of your relationship with money? You look at your past and how your money patterns and behaviors were developed. You understand who your role models were. You see how the patterns you learned from them are active in your present life.

With that awareness, create a plan and strategy moving beyond those patterns into the future. That's how you can reach your next level of success. But it's all about becoming aware first. You can't change something you're not aware of.

Computer metaphor for how we are hardwired

Does everyone here have a computer at home? How many of you know how the operating system works? Most of us don't. Similarly, when we are children growing up

we are being downloaded information all the time by our parents. When we become adults we now have this operating system running in the background unconsciously underlying everything we do. But 90 % of the time the model is flawed. What I know as a money coach is that unconscious money patterns are handed down from generation to generation and that is how we become hardwired around money. We're simply not taught about money by our parents or in school, which leads to feeling less than, confused and conflicted around money.

How to reverse hardwiring

Take the time to look at what is working and what isn't working in your financial arena. Gather the knowledge to build a stronger more stable foundation for yourself so that in future down cycles you feel safer and things are in place. Create more balance in your life and find your own rhythm. Take the time to build a better business model for your enterprise.

Some practical things to look at

- Managing your cash flow:
 1. Do you have a budget in place or is your budget your check register?
 2. Do you need to adjust your lifestyle, thinking and/or habits to better coincide with your true cash flow?
 3. Re-dedicate yourself to more "action" steps like reaching out to clients and customers through cards or phone calls that will increase your business and therefore your cash flow.
 4. Be more intentional in your desire to increase & manage your cash flow.

- What are some of your financial habits?
 1. Are you spending money you don't have—on things you don't need---to impress people you don't know?
 2. Look at what isn't working, such as budgeting, putting systems in place, etc. and get help around it if you need it. You don't have to do it by yourself.
 3. Do you know within \$100 what your monthly expenses are? If the answer is "no" it's very likely that money leaks out somewhere and you're not aware of it.

Looking at our relationship to money and becoming aware of our hardwiring is an inside job. We need the space and the time to allow us to do that.

Money quiz

How would you like to become aware of what your relationship is around money?

The point of this exercise is to understand who you are being around money. The Money Archetypes aren't who you are; they're a representation of where you are around money. They are ways of being that haven't been expressed. They're not meant to label you. They are more of a description of energy. It's important to remember that none of these are fixed. We can change them at any time.

When you come across a money type that doesn't serve you, you want to befriend it, give it a voice. We all have needs that are unmet or unexpressed; give them airtime so they can be released. We can't energetically hold all of that force without creating a block.

Let's find out what your individual money type is. The following page contains a list of characteristics with a number beside each. Circle the characteristics you resonate the most with around money. You can circle as many as you recognize in yourself.

Determining Your Money Type
List of characteristics

1 anxious	2 prone to blame	2 highly emotional
2 lives in past	2&5 financially irresponsible	2 seeks rescue
1&8 trusting	1&2 feels powerless	2&7 unforgiving
2 addictive	2 self-fulfilling prophecy	3&8 powerful
3 driven	3 disciplined	3 goal-oriented
4 feels betrayed	8 confident	3&7 calculating
4&7 highly critical	4 judgmental	5 lives for today
3&4 rescuer	7 aggressive	3&8 generous
8 loving	8 conscious	8 open to flow
4&7 manipulative	1&5 happy-go-lucky	3 discerning
4&7 controlling	2&4 long-suffering	4 caretaker
4 self-sacrificing	2&4 passive-aggressive	2 resentful
4&8 compassionate	3&8 wise	5 restless
5 undisciplined	3&7 financially successful	1,2 & 7 fearful
5 impetuous	5&8 optimistic	5 overly generous
5 adventurous	6 internally motivated	8 lives in present
6&8 detached	7 highly materialistic	6 loner
6 seeker	6&8 tells the truth	6 non-materialistic
8 financially balanced	8 vibrant	1 indecisive
6 passive	1 financially dependent	1 seeks security
1&6 non-confrontational	1 represses feelings and beliefs	7 secretive
6 artistic	7 obsessive/compulsive	3 competitive
8 transforms reality	4 harbors resentment	7 rigid
6&8 spiritual	5 lives for the future	3 loyal
7 oppressive	7 prone to rage or violence	3 cautious

Now add up the number of characteristics you have in each category.

1: _____ 2: _____ 3: _____
4: _____ 5: _____ 6: _____
7: _____ 8: _____

This number represents the type each characteristic is associated with below.

- 1 = innocent
- 2 = victim
- 3 = warrior
- 4 = martyr
- 5 = fool
- 6 = creator/artist
- 7 = tyrant
- 8 = magician

The category that you have the highest number in is your primary money type. If you have a score of five or more in any other category, that is an indication that this money type remains active in your life. You have work to complete with this type as well. A score of four or less represents a passive money type. Passive money types are generally not present or active in your daily life but can be triggered and become “active” during times of stress or when you feel anxious or fearful about money. Passive money types are inert aspects of the self that can be influenced by external circumstances or events. The passive money “energies” that exist within us all tend to keep a low profile and remain largely hidden dimensions of who we are.

Money Types

Innocent - Takes the ostrich approach. Doesn't want to see what's going on. Doesn't want to take responsibility.

Victim – Blames their financial situation on external factors. Often they have been abused, betrayed or have suffered some great loss. Can't take responsibility for their life situation.

Warrior – Takes charge, and gets it done. Successful in business. Focused, decisive and in control. “I'm sorry I haven't been taking care of you” is an aspect of the weary warrior.

Martyr – Busy taking care of others' needs, often neglecting their own. Not conscious of their own suffering. They give but may have strings attached. “I'm so tired. When is it going to be my turn?”

Fool – Looking for a windfall. Takes financial shortcuts. Fearless. Gets caught up in the enthusiasm of the moment. Lacks discipline, restless, overly generous.

Creator / Artist – On a spiritual or artistic path. Finds material world difficult to live in. Has a conflicted love / hate relationship with money, and tension between spiritual and material worlds. Needs to integrate the two.

Tyrant – Uses money to control people, events and circumstances. Doesn't feel comfortable or at peace. Greatest fear is loss of control.

Magician – The ideal money type. Knows how to transform and manifest financial reality. Willing to claim their own power. Armed with knowledge of the past, has made peace with personal history. They know all their needs are met all the time through faith, love and patience.

Think of these archetypes as roles we play in this great and wonderful movie of our lives. You can determine who gets the most speaking parts, because you are the producer, director and the star of the movie.

In summary

Increasing the money energy in your life involves exploring the gold you have within yourself, leveraging your skills, talents and abilities (expressing all of who you are), and becoming aware of your relationship to money so you can experience your full potential.

And in the end, what will help you increase the money energy in your life are also the greatest ingredients in life:

- Faith - because without it we are lost
- Forgiveness - forgiving ourselves for not knowing how
- A good dose of courage
- Patience – slowing down your process if you're feeling restless
- An abundance of love and compassion
- A commitment to being of service
- A purpose greater than yourself

I wish you all great wealth. Namaste

About the Author:

Donna Colfer brings over twenty years experience in financial management to her Money Coaching practice. She combines both practical financial advice with sound psychological principles and universal spiritual beliefs that guide her clients to a deeper, clearer and more conscious awareness of the limiting behaviors, beliefs and patterns relative to money. Donna offers a unique and practical approach in helping her clients learn to manage and transform their financial lives with greater ease and flow. She provides Money Coaching to both individuals, couples and organizations who are interested in exploring their relationship to money and desire to experience greater success and fulfillment, both personally and financially.

To make an appointment, please call 707-484-4246.