

The Energy of Money

*“Money can be a source of great joy and creativity,
or it can bring frustration and misery,
depending on our relationship with it.”*

– Maria Nemeth



“Money is an uncomfortable subject for most of us...”

Many people would rather talk about their sex lives than about their bank balance. We love money, and we hate it.

We can't live with it, and we can't live without it.

Money can be a source of great joy and creativity, or it can bring frustration and misery, depending on our relationship with it. And we bring all these doubts and fears, hopes and expectations with us every time we deal with money – not just when we visit a financial planner or a loan officer, but in every area of our lives.”



- Dr. Maria Nemeth in *The Energy of Money*

Money Taboos

What Are Some Of Our Money Taboos?

What would you rather talk about than money?

Sex

Politics

Religion

Weather

Favorite TV Show

Kids

Books

**Why Is Money – How Much We Earn, How Much We're Worth
– Such A Big Secret?**

A man in a dark suit and red tie is rappelling down a thick rope. He is positioned next to a tall, modern glass skyscraper. The background shows a dense urban landscape with many other buildings under a hazy, yellowish sky. The man is looking up at the rope.

“**MONEY** is
congealed
energy, &
releasing it
releases life’s
POSSIBILITIES.”

— Joseph Campbell

“

Forms of Energy

We Live In A Holographic Universe

*The smallest parts of life and matter reflect the properties of the universe as a whole... every aspect of our lives has a reflection in every other aspect. **This means how you do money is how you do life.** Our relationship with money is a metaphor for our relationship with all forms of energy:*

- ✓ **Time**
- ✓ **Physical Vitality**
- ✓ **Enjoyment**
- ✓ **Creativity**
- ✓ **Relationship - The Support Of Friends**

”

Money Ease

When You Learn To Use Money Energy,
You Can Use Any Form Of Energy With Ease.

think about it for a moment...

- **Do You Ever Have Enough Money?**

Do you have enough time, enough physical energy, enough fun?

- **Must You Hoard Money To Feel Secure?**

Do you hold back from engaging with others in order to feel
“safe”?

- **Do You Waste Your Money?**

Do you waste time?

- **Do You Balance Your Checkbook To The Penny?**

Do you have a clear picture of your finances?

Do you have a clear picture of your health?





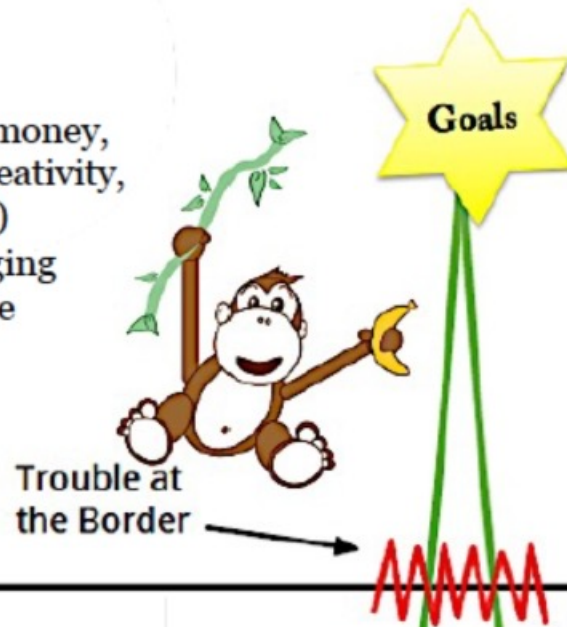
How we are with
MONEY is
how we are with
Everything!

Get the Picture?

The Playing Field

Physical Reality

- ✓ **Things take energy** (money, time physical vitality, creativity, enjoyment, relationship)
- ✓ Things are always changing
- ✓ Things are unpredictable



When monkey mind greets us at the border, we use “handle holds” to move into physical reality with clarity, focus ease and grace. A few handle holds are:

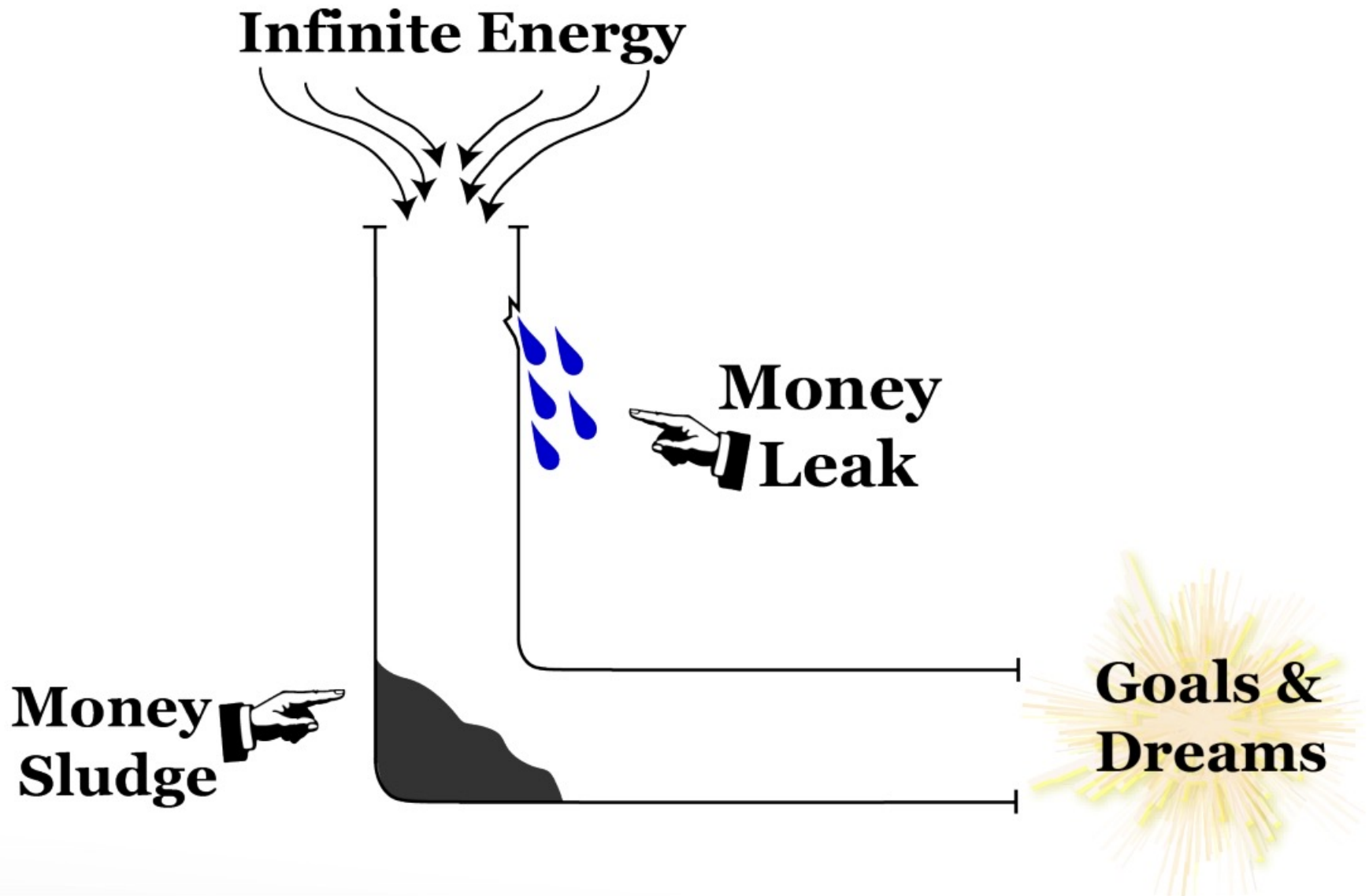
- Being willing
- The coaching arena
- Your standards of integrity
- Your life's intentions
- Take authentic action

Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action

Ideas, Dreams,
& Visions

Conduit of Energy



The Six Forms of Energy

CONSCIOUS

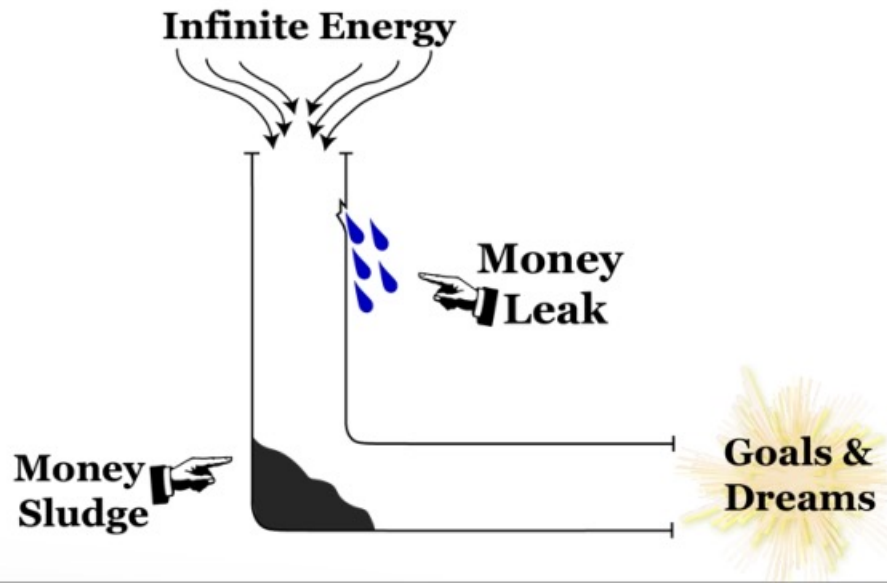
Spending
Investing
Vitality Partnering with the body
Contributing our unique gifts
Savoring, appreciating
Supporting

FORM

Money:
Time:
Physical:
Creativity:
Enjoyment:
Relationship:

UNCONSCIOUS

Leaking
Wasting
Ignoring the body's needs
Being cunning or clever
Consuming
Manipulating



“Success is doing what you said you would do, consistently, with clarity, focus, ease and grace.”

– Maria Nemeth



SUCCESS

To Be Financially Successful

So how many of you have checked
“to be financially successful”
on your Life’s Intentions Inventory?

What does that mean to you?

How do you define
being “successful” with money?

Monkey Mind Symptoms

Fragmentation
Being Paranoid
Scarcity Thoughts
Either/or Thinking
Qualifying Statements
Complaining/Petulance
Being a Victim or Martyr
Taking Things Personally
Talking of The Past or Future as if it is the Present



Excuses
Defensive
Deflection
Solidifying
Bargaining
Resignation
Comparison
Being Vague
Justification
Impulsiveness
Rationalization



Creating Your Money Autobiography

You'll be receiving this as a handout following today's call, but here are some of the questions to get you thinking and observing your money "history":



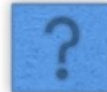
What were your family's financial circumstances when you were born?

When did you first learn about money? Was it from your father or your mother? How old were you? What were the circumstances?



Did you have an allowance? Did you have to work for it, or was it given to you even if you didn't do chores to earn it? If you have children, does this affect how you handle allowances with them?

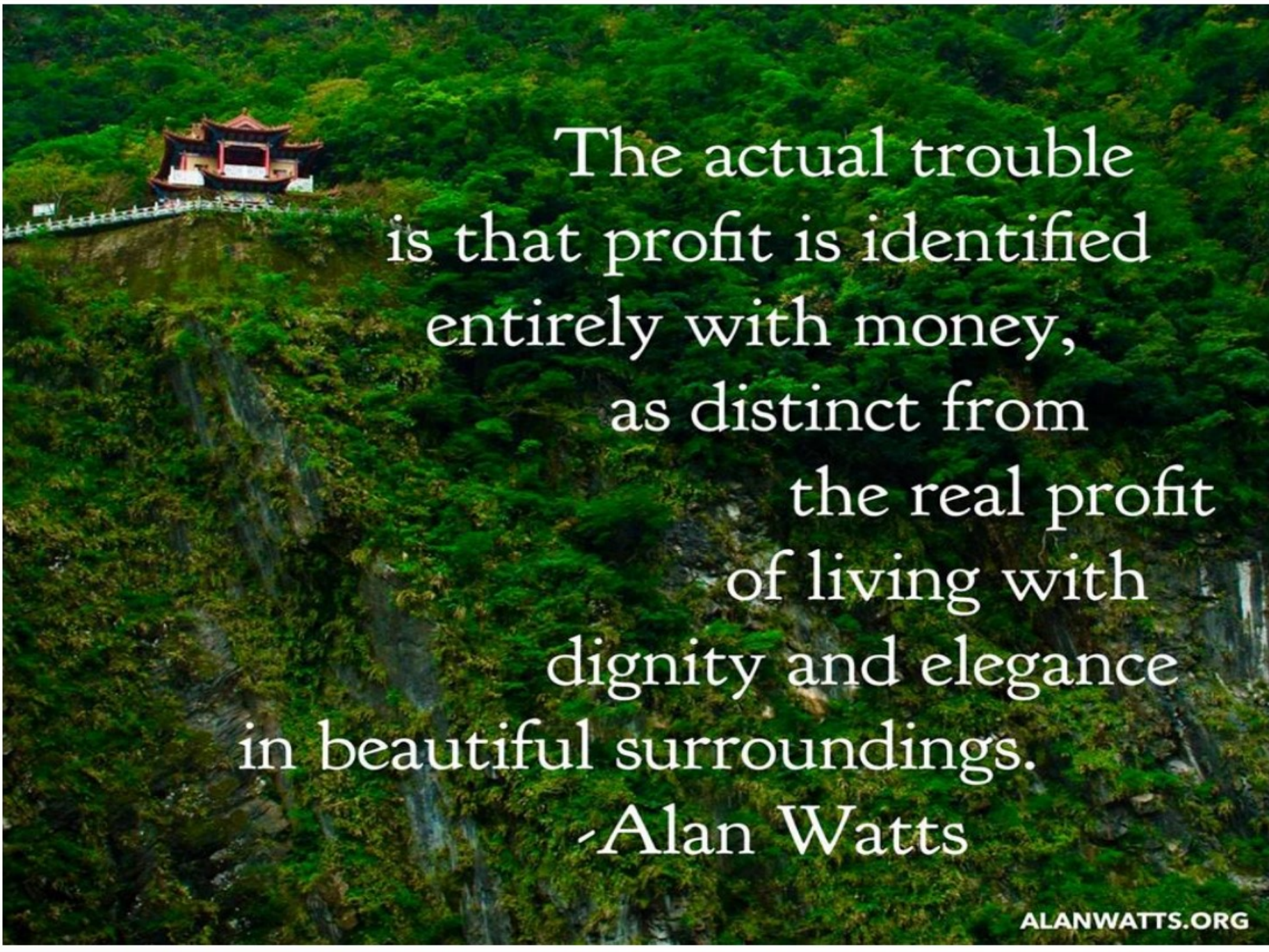
When was the first time you bought something with money you had saved? Where were you/ What did you buy? Was it money you earned or money someone gave you?



Do you remember your first paycheck? How did you earn it? How much was it? What did you do with it?

Regarding money, for what do you want to be known? If people were to talk about you and your relationship with money, what would you want them to say?





The actual trouble
is that profit is identified
entirely with money,
as distinct from
the real profit
of living with
dignity and elegance
in beautiful surroundings.

-Alan Watts

Questions?

