

THE *Spirit* OF YOUR BUSINESS MASTERCLASS

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Metaphysics of Money

Call #2

Hey. Hello. I am so excited. Oh my gosh. Welcome, welcome, welcome to the spirit of your business masterclass. I'm super excited. We were trying to get, we were trying to get that song to play from Dark Side of the Moon. You know, we couldn't get it to work. It's called Money Color. I know. It's called Money,

right? I know. Yeah. Well, you know. Anyway, I just wanna say thank you so much for everybody for joining us. What a great group that we have. And boy oh boy, your questions were so amazing. So Elizabeth and I were spending some time earlier today just going over them again. We always prepare. There's Elizabeth. There's Elizabeth,

which, and, and so you might notice that I might change the way I'm looking. So I mark, which, am I supposed to look at the main camera right now? Nope. You can look at, now I can look at Elizabeth. Yeah. Okay. There we're, my husband's got, we have two cameras. We have all this equipment and hopefully we will not have a Mercury retrograde snafu again tonight.

But we know I can handle it. And you guys are amazing and Elizabeth has more jokes just in case. That's so funny. Anyway, we had a really interesting meeting today and we are both kind of in awe of how much you all have in common and, and all your questions were amazing for me because I've been through every single thing that you're asking and have come out the other side of it,

which is another reason why after 35 years in business, I'm here talking to you about this and this masterclass is metaphysical. This is not about running a business, et cetera. It really is what you need to know before it needs and what, even if you're in the middle of a business, even if you're super successful, like many of, well actually all of my independent clients were very,

very successful people who all reached a fork in the road and forgot that spirit was the source of their supply. So we are going to be focused on that. So this is our second call of the spirit of your business masterclass. Mark, I think we're gonna have a slide. All right. Alright. Oh, should introduce, I forgot to mention,

if you haven't been to the first class, Elizabeth, let's put her back. Let's put her back on screen. Elizabeth is the head of our marketing department at my company and she's fabulous and I love her to pieces and she's brilliant at what she does and she is going to be working with me on your behalf this evening and we'll have a good time.

And I know you all loved her last, last, last class. We had so much fun. Anyway, now's the time for us. Slide right Mark? Yes. Yes. Because on the slide I'm gonna go through all the different points. So we are gonna really look at what are we doing for the next two hours. So first, first,

obviously I'm introducing our content and welcoming you here. Here we are right now in that moment. And then we're going right into the metaphysics of money teaching. Okay? So that's what we're gonna do there. Then we take your questions and we went through all the questions and there were hundreds of them and we figured out what were the ones that were in common and we took the top submitted questions that were kind of like,

Ooh, many people asked this one. Oh, this was one that a lot of people asked too. So then we have a live q and a and look, q and a is me coaching you. So when we get you on camera, you have to remember too that by you allowing us to work with you on camera allowing me, you actually act as a teaching tool for the other people in the class.

So that's why we're doing, it's less about you specifically and more about you and the context of all of us. So everybody learned something, you know, because we all have something in common and you guys are a if, if you only

knew how much you all had in common, I can tell you that right now. You do. Then I'm gonna take you through a metaphysics of money exercise,

and that's going to be a recorded meditation that's really specific to what you need to do to tune into this kind of, you know, the manner in which you relate to the concept of money. Now I think what we'd like, oh, and then of course we have closing and a recap so you know what's going on for the next two hours. The the,

what I really want you to get out of this is to be able to at least get some epiphanies. One of the things I also wanna remind you of when I tell a story, it's not to talk about me for the sake of it, it's to allow you to see yourself. You may not have the same details, but you might feel the same way about the things I'm talking about.

Or you could have had the exact same experience, but it's so that we can identify together, right? That's why I tell stories in the class anyway, we always love to pull a card. So Elizabeth, I'm gonna invite you to pull a card. Well, we already know what the card is cuz we pulled it just before the call tonight. So Eli,

and it's so appropriate. So Elizabeth, show the card that you pulled for all of us tonight. And the question that we ask is, what do we need to make sure that you know, that you need to walk away with knowing and the card is gonna repl reflect that. So what's the card, Elizabeth? Yes. So we pulled a card from wisdom of the Oracle Colette stack.

They're On my deck. Well, Well actually one we're using is not. That's that. Yes, Correct. And then the card we got was come to the edge. So that's that. And I'm gonna read the prosperity message. Great. All right. If ever there was a time for you to take a leap of faith into the unknown, it is now.

This is the perfect moment to take a big risk. The unknown is the only choice now. And if you come to the edge, you will discover treasure beyond your wildest dreams. Allow your courage to lead you in spite of your fears. You don't need to know the exact form of what you're going for. The essence is much more powerful and spirit has a way of delivering an even better version of prosperity than you could imagine.

Take that step, the results will be amazing. Yes. And it's so perfect because you know, we were talking about the common denominator around this story of money is fear. And it's fear that we will never move beyond that invisible wall that separates us from our dreams or separates us from, you know, from the achievement and the success that we are going for.

And somehow there's a sense that, you know, we're not gonna get there. And the actual, the actual thing you're taking a risk on is to move beyond your conditioned belief and your expectation. Because you'd actually at, at, at the soul level don't believe that you don't believe in the scarcity. You don't believe it's the human mind, it's the mind,

it's the ego mind that actually buys into the, into the scarcity, into the fear that there won't be enough into the fear. You're not enough. And the into the fears that who are you to think you could do these things, et cetera, et cetera. And it's, it's really about the separation between us and our perception and perspective of where we are and a return that we have to risk the human thing that we can see,

that we think we think is reality and move into the metaphysical conception of the world, which is always sourced in spirit. Spirit is the source. So let's talk about what that means cuz as we know, this course is a metaphysical course. And, and metaphysics, for those of you who need a refresher, is all about causality. We are looking at something metaphysic above material,

right? What is above the material? What is fun, fundamental. What is foundational that we can't see it? That's the thing. We can't see it. We see the material. So therefore we think that is real. We see the reality through the lens of our five senses. And we have been taught to imagine the Santa Claus God that we then go and ask for favors or you know,

please tell me this is what I need. Go get it for me. The the kind of transactional relationship that actually doesn't work because it's actually not true. So if we could see things that we are in a dynamic relationship, and it is complicated because we're asking ourselves here, I'm asking all of you to see yourself as, as different than what you do.

That your soul, that spirit is primary. We exist within that. Like the soul stewards us. Like imagine that we're born, this soul chooses us and and

stewards us all through our life until our bodies no longer can sustain it. And then it, we move on to evolve into a different dimension. So the metaphysics is the causality of all things.

And so we always begin in metaphysics what is above the material? What as, because again, the material is an attribute. It is not the reality, it is an attribute of source. What is source capital? S Source is primary source is fundamental, source is God, spirit, conscious universe. Codes by any name is where it all begins. So you pick the name that suits for you,

suits you. If you go, oh, I don't like it when she says, God, I don't really care. You know, just make, do whatever it works for you, for you to have some type of understanding of your higher power. Now this is the, this is a line that has changed my life and I learned this when I had nothing and I was scared and I had no idea.

Well, that spirit was the source of my supply. Spirit is the source of my supply. That was one of the affirmations that I learned when I first got sober. Many of you know my story, you know, I got clean and sober 37 and a half years ago now, and I literally had nothing. My family had lost all their money.

They were very, very terrified. Fi money was scary as I was all get go. And I had just come out of a treatment center and I was looking around at the devastation of my life and my family's life, and there wasn't anything to give me any hope that there could ever be any, any possibility that I'd be the person sitting here in front of you today sharing all this with you,

having a \$20,000, 24 person mastermind, you know, having this class, you know, being the person who sold over a million Oracle card decks around the world, I had no clue that I could become anything. So when I learned this sentence, my sponsor, and most of you know, I'm in aa, this is like, I, you know,

I I'm breaking my anonymity. I'm not supposed to, but who cares? So here's the deal, right? I was taught this by this incredible woman who's like Aunt Clara for Bewitched. And she said to me, I want you to repeat this over and over and over again. Spirit is the source of my supply until you understand what it means. And I didn't understand what it means and then I did.

So let's talk a little bit about what we think reality is. We have all, this is why I need you to hang up the word blame and bring back the word love, okay? There is no blame here. Every single person on this call, every single person that's not on the call has, we've been indoctrinated into a system. That 1000% appears to underline the fact that money is the source of our supply.

Things are the source of our supply. Materialism is the source of our supply. We have actually evidence built right into that system. So we honestly think this is the only reality, but it's a giant fat illusion and it's not fair. There's all kinds of reasons why this system is skewed. So I want us to acknowledge, yep, we all come from that.

Okay, fine. We're not gonna break that down. That's not why I'm here. We all know what that looks like. And for each one of you, you have your own story about this, but I wanna go back to what money actually is and why we need to know this. All right? Money is an energetic currency that is one attribute of that supply.

You see that? Oh, where's my finger pointing in the right way, mark Spirit is a source of my supply. And money is an energetic currency. That is one attribute of that supply. You got that. Spirit is the source of my supply. I exist in spirit. Spirit exists in me. I channel energy through me. The spirit of my business is standing here right beside me going,

I'm here to help that. Right? That's like, and we'd create that metaphor because we see things as separate things. So that's why we do these like really cool creative exercises. Like, ooh, wow, there's a spirit of money, there's a spirit of my business. It's all, they're all here to help me, right? One attribute only of the be bigger supply.

But we are, we are tonight talking about your relationship to money. Thank you Mark for your beautiful slide. Or actually, thank you Brooke. My team is amazing. Anyway, so you have a relationship to money. It's very personal, very personally, mine was steeped in terror. Terror that someone would take it away from me because it happened to my family when I was raised to believe that if you worked hard,

you will always have money if you work and you finish your education, and only if you, you'll also only be okay if you have a profession that is, how could I

say? Well, thought of, God forbid, you should end up like me. That's a whole other story. But anyway, the relationship that I was raised to have with money was that it was there,

right? I was raised with a relative good relationship to money. My father got very well off while we were growing up very, very well off. And I went to private schools and I had all this stuff and I never expected not to have money. Okay? Never expect then it all went away. I was young. So relationships with money,

you might have a very unique, interesting relationship with money too. It might have started one way and went to different way. So if, when we talk about our relationship to money, it's the story that we, that we make money mean. And how you connect money with the concept of supply, the way you connect money with the concept of success,

the way you connect money with the concept of personal value. And this all gets gooped up. And I wanna untangle that sticky, achy hairball of bs. So we don't wanna get bogged down in the mathematical and mechanical parts of money. That's not why we're here. What we wanna do is explore the nature of money, what it represents to us personally,

right? And, and, and I'm gonna teach you something too. This isn't personal, it's impersonal, but we have a personal story that, which is why we tend to put that onto money. Money is neutral, but we give it meaning, right? We assign meaning and we can change the way we assign meaning. So why do we need to learn to be surrendered and relaxed and impersonal about money?

It's the way money flows. Okay? So currency means to flow. So let's go back to the spirit of your business that you met last time. And, and during our three calls, you have to remember the spirit of your business was like that magic acorn. It, it came with a living oak tree inside it, there's a blueprint inside that acorn that you ins.

We got that little inspiration. That's your magic acorn. And all of a sudden, poof, here comes the spirit of your business. The spirit of your business exists as part of the blueprint. It's there as an emissary of the great divine. You know, this is, it's like, ooh, this is my, but ultimately it's in you. I mean,

we do these exercises because that's the way we perceive things, but the source of supply is being channeled through the spirit of your business and through you too. So there are many different currencies that it needs to be successful. But money is important too. And it's the biggest way where we all get log jammed and we can all agree, I'm sure you're gonna say on the chat that you agree this is an area we can all get log jammed.

You know, it is really about are we conditioned through either experience through, you know, like you could have a tragic experience or are we born with a very specific experience? We're all born into a story and we'll talk about that a lot later. But ultimately that has an energetic imprint in that too. So if the blueprint that exists inside the spirit of your business,

magical acorn, right? That it's saying like, Hey, I've got this blueprint in, in it is a blueprint for financial success as well too. It's not just, you know, a a method of and a way for you to express your creativity or your gifts to the world. Money is energy and money is what we agreed upon as a, as an element of,

of value like we all have. So think of this, money is energy and it flows in and out of our lives just like any other form of energy. It is an agreed upon representation of this energy, which is why it's called currency, right? There's an electric current, there's a current in the river, there's a current in the ocean. A current is is very much something that moves and it has to move current flow by nature.

Thanks for the slide mark. I don't need it. A currents flow by nature. They actually keep moving. They have to keep moving. That is their nature. They are not meant to be static or stagnant like a river runs between riverbeds also. So there's a current of movement. I'm trying to give you the best metaphor I can right now. It's river beds,

depending on how wide the beds are from each other. The river runs within a container with boundaries, okay? Think about that. There's a river, it's moving all the time. Doesn't stay put. Money is like a river and it needs to flow. Now you have, let's imagine you have a river, money has to flow through you, right?

That's, that's the agreement we all made in this particular way in which we create an economy of exchange. We are always exchanging something. And we all agreed that money was the name of what we'd be exchanging to a

degree. It's only one aspect of this, but this is what we're talking about tonight. So when you understand the energy of money, this can really help us,

all of us better manage it and obviously create more financial abundance in our lives. And we start with the metaphysics, not the reality illusion of counting numbers to determine your worth or your safety, right? Metaphysics first, material second, metaphysics first material second. And it's, it's so hard for anybody to be able to re to be on that exact path every single day.

I have moved in and out of this path for the past 35 years and when I began with absolutely nothing and sheer terror, I couldn't even put my money in a bank. I was a shoebox girl to being able to running a 20 person, you know, multi seven figure company, you know, from here to there was a lot of internal change and a lot of making my container bit by bit,

a little bit bigger to allow more abundance to flow through me. And the other thing that I had to learn, and I had to keep pounding it into myself, is that money is not the source of my supply. Money is not the source of your supply. It is an attribute of your chosen path. And the internal container, the river beds.

So the bank account isn't where we begin when we talk about money because it's not a true reflection of your total prosperity at all. Like, not even close, but I get it, we are here because we're like, okay, well what about charging for my services? And I have issues with this and we'll, we'll get to the questions cuz this's,

a lot of it really, really is underlying with this. But you know, it's really, really key and important that we go back to the source of it because we get so caught up in the fear of not having enough. And also the fact that we live in a very skewed system that continues to seduce us back into a way of seeing the world through the illusion of scarcity.

So we do need to address the stories we have about money in order to free up the flow when it gets jammed or when your container is too tight. Like most people don't have a, a clue about the size of their container. You know, our relationship with money is about our perceived capacity. The container that you feel that you can somehow access,

think about it. I'm gonna say that again. I hope I remember exactly what I said. But our relationship with money is about our perceived capacity. Our, because the universe will not give us what we don't feel that we are worthy of. Like if we don't feel we're worthy of it, we're not gonna get it. We're not going to have,

because we're, we're creating a tiny little container. Our perceived capacity is the container you feel you can somehow access. If you don't have a container that matches what you are trying to align yourself with, that's the, the come to the edge card. We have to take the risk and push against those boundaries just a little bit, right? That get a little uncomfortable so that we're like,

Ooh, okay, why do I have such a small container? Now, not everybody needs a big container to feel fulfilled, but my point is, is that we're playing with this idea tonight because it's that because I want you to get out of that, that mind, that mind that is fixated on the material that you can't see how much power you really have access.

To be honest to God, every time that I get scarcity head, I stop doing what I'm doing. And we'll talk more about that later. But it's like, I know exactly I'm chasing something, I'm attached to something, I'm running after something, I'm doing something. This absolutely is a way to push it away from myself. It's narrowing my container.

I need to go help somebody. I need to just go do something for free. I need to do that. It's about keeping the container, you know, open so you can receive and you can give and you are not buying into any type of scarcity consciousness. And I had every reason to believe that I had that my life was scarce. I had somebody for eight years who's who developed a brain tumor because she was so terrified.

My mom, every single day for eight years, she cried. I mean, I never saw her cry before. We're not gonna have enough money. You can't take the car, it's the only car we have. Oh my god, that's too much. Oh my god, that tuna fish is too much money. And oh my god, the bills,

how are we gonna do this? Like, it was really frightening and we, we had to help out, et cetera, et cetera. It was really, really scary. And of course I

completely forgot that I had a possible container. So I'm sure you have a story too, you know, that you know, oh my god, you know,

here I am, I'm doing something new. Or, or maybe, you know, maybe that's not your story or maybe it's not about the money at all, but, but we're here to talk about the metaphysics of that where we all, where everything comes from is not where we think it comes from. So tons of research, oh my gosh, we,

there was so much research, right? Elizabeth, oh you don't know if you're there yet, but remember we did all that research just to say like, what is actual? Cuz we like science, we like to like, let's get some evidence out. Not that the internet knows much, but I mean it now apparently Chachi PD knows more, but,

but anyway, we won't go there but, right. How much research did we go through? What did, what did it say? Yeah, there were, I mean there was that one study I think we saw in Forbes even about how money your thoughts and beliefs around money can have a significant impact on your real life financial situation. Yeah, even Wells Fargo,

they had this whole expose about, which really shows too about how your influence and how by your conditioning and by what you are able to access and what you aren't. Cuz we know the system is skewed. So it's like you will have a certain expectation and viewpoint on this and it does impact whether or not you're going to even be able to save money or make money.

It's just really, really interesting In psychology today, there was an article, so we had a whole stack of them, but I thought, you know, basically it told us what I already know. So I'll, I'll be back to you Elizabeth in a minute and I'm going back to the main camera now. Anyway, so, so we know that there's research.

So, so the first thing and the first step that I did too is when I first got sober and I, because I couldn't see myself past, there was, like I said, I felt really hopeless. And this is before just before my parents died, cuz they both died tragically. And I do think it's because of, I know it's because of the losses,

et cetera. So I had to really sit down and look at my personal relationship with money and what I wanted to change because I was so screwed up about

money. I had to learn how to be from scratch. All right? And when you look at your personal relationship with money and the stories that you make money mean, you've, you've, you've assigned stories to money.

This impacts who you can serve, who you can, who your clients are gonna be. It impacts the quality of your life and how you can ask for that exchange of your personal currency. So it's like money is a relationship to your personal currency. Most people don't even think that they have personal currency. Your personal currency sometimes is, is greater value than the money.

It's your time, your effort, your skill, your gifts, right? Your personal currency is very valuable. So when you exchange an item of your personal currency, maybe an hour of your personal currency, when you exchange that for an agreed upon value, you're gonna exchange it likely for money or something of the same value, right? So you have to remember your value is something you have to sit down and look at.

And when and when, anytime anybody gets, gets really, you know, hair balled up with this same thing. It's like, what, what are you, what's your personal currency right now that you're willing to exchange? And then we're gonna look at what the value is, which is money. So again, your personal currency is your time, your effort,

your knowledge, your skill, your experience, your maturity, your confidence, not just in yourself. Cuz that's where a lot of people get screwed up. Oh, I don't have any confidence in myself, but in the fact you are a steward for the currency gifted to you from spirit, you're meant to channel in the world. You're not, you're here as a representation of spirit.

You're here on behalf of source. You wanna know what so is everybody else. So if you're gonna make an exchange, those people who are about to give you their money in exchange for your personal currency and you've put the value on that, they too are a steward of this energy that now an attribute of is money. So who are we not to exchange it?

That's the other thing. Like it's equal and it's not personal, right? So you are meant to be the channel and you are meant to flow. And then you become the container and you start to tell a different story about this container. So

let's talk about, you know, we're here for the spirit of your business. You're offering something that's sacred to you that you're really proud of,

that you feel, ooh, I, I feel really good. This is the value of that, that's so important to establish that in advance so that you feel worthy to receive that. Think about that word. Just think about what I just said. Worthy to receive. Worthy is such a charged word. It means to have value, but we often exchange it for good enough deserving,

oh I should, I do, I deserve this. It's not about that, it's not the point at all. We get it very personal with this, but this is just energy. We have to make it more impersonal, more on its true form. It's not about us, it's just it again, what we are making it mean. We are assigning all this meaning to it.

When in fact that is an a, that's a way in which we misuse our, our container, our flow. We, we cut it off temporarily and that's when we get scared. So we really need to learn to be detached regarding the value we place on our service. And I know it's a difficult stumbling block for a lot of people. You know,

again, most of my independent clients were people who are already extremely successful. But a lot of my clients for readings, et cetera, along the years, especially in the beginning, were really reflective of me. You know, I was charging \$25 an hour, they could afford \$25 an hour, not \$1,100 an hour, which is what I charged today.

And I'm worth every penny. But that's what I thought I was worth. I was really happy I was living the high life, whoa, \$25. That was for me a big deal. Wow. You know? And but I did see as the container, I had to bump up against the containers because the cost of living was this or was that,

and I had to trust, well maybe I, maybe I'm worth, maybe I'm worth a little bit more than this, et cetera, et cetera. And we go back to the metaphysical spirit. God, universe is a source of my supply, right? Ooh, money is an attribute. I'm the one channeling source, source is moving through me. So does everyone else.

Their money is an attribute of that source too. So everyone is moving the currency that comes through us and we all have to keep it moving. So, you

know, do you know that there's not a whole lot of difference between people who are struggling with the idea of, of charging for their service and a very, very successful person who is dealing with,

what do I do now? It's the same story, the exact same story. That person may have proven that they've made hundreds of millions of dollars, but they don't know their next step because they completely found lost. Where it all comes from just like the person struggling, can't remember because we are in the great forgetting, we all get born and then we completely forget who we are.

Spirit first people second material is the last, last frontier. It starts with spirits. So the metaphysical aspect is that we are all stewards and channels for currency. And our job is to declutter our own consciousness and connect a spirit to source before we see the evidence, before we see the evidence. So how do we know when we close off our container and what do we do to reopen it?

So it's really, really important. We have to keep in mind, we have to release all the thoughts of bad good. Like this is bad or you know, like, oh, I must have manifested that I'm doing it wrong. Or like, geez. All of those things that we've learned how to do since the beginning of this when people started teaching about the law of attraction for example.

And we're not doing that. So we have to really watch that we stay out of judgment a hundred percent because we wanna know, we wanna, we wanna go do some forensics, right? Because all of us have shut down our flow at one point, right? And I'm gonna tell you how that works. And it's really frustrating because it's just the way it is because when we get too attached to an outcome,

then we get entitled to it. Or we think we are entitled to it because somewhere we were taught in the acquisitional way of creating reality where we're gonna get stuff instead of become the person that experiences that stuff. We get super angry when we don't get what we want in the timeframe that we want and then we keep beaming out that frequency. Everything is frequency,

energy is currency. Money is currency. Our energy is the frequency that sends the signal about what should come back to us. And this is honestly, this is the

metaphysical scientific, you know, metaphysical science if there is such a thing. But it is an absolute fact. It's that way every time. It doesn't change. We are unfulfilled. If we force something to happen,

it does not give us what we thought we want or what we thought we wanted. So let's say we've done, I'll give you a story about me because this is like super frustrating and I don't even wanna tell the story, but it's really good cuz I think some of you might may hear this, right? So what if we say we've done all the spiritual work,

this is what happened to me. So I, we didn't get the things we set out to get, say, over 10 years. For 10 years from the day I learned about all this stuff. I took classes at Unity Church. I mean, boy, real, that, that completely changed my relationship to money. I totally, I understand that today so much.

You know, I was doing all this work, v vision boards, treasure maps, God boxes, you name it. And I had decided I was gonna be a recording artist. And boy oh boy, I did all the metaphysical stuff. I, I made a living as a meta physician, right? I was doing readings, et cetera. But what the real business that I wanted was music business.

So some point in there, right? We, I got lost because I thought it was a way to acquire something that I wanted as opposed to an experience. I sabotaged myself along the way because I projected these expectations and then I sent it out. Mixed messages. This is so important to hear. We all have done this. We project mixed messages.

It's like we're chasing this thing, we're holding onto it. I have done it so many times, but we can't blame ourselves. We have to take it off the table. We need to be super self-compassionate. We have no training for God's sakes. Like we are literally, I'm learning them from like books at the Unity Church and, and little workshops.

I was taking money in you and the energy of money and this and that and you know, we have to be so kind. So I got so angry and entitled and I had absolutely no humility whatsoever when I got to the 10 year mark of failing miserably in my music career, right? Read every book, did every spiritual practice. And I'm gonna tell you,

I did not get the form of what I said I wanted, right? It was a record deal. Elizabeth, where are you? I'm gonna switch cameras. I'm here. Hi. Okay, so when we were talking about this, we decided Crystal banner, dear friend, we decided let's use one of crystal banner's cards since you know, like we did,

right? And what a perfect time right there. You you pulled a card? Let's share the card from Crystal. Yes. So I pulled a card from Crystal's absolute affirmations deck. And we got the card setbacks propel me forward. Yep. And it says, maintain a positive attitude and keep going. Make your biggest setback, your greatest comeback. Think of yourself as a slingshot.

The further you've pushed or pulled will generate more energy to surpass your previous position in life, Right? So I want you to think about what a slingshot looks like. Okay? Here is what it is I want, I want, I want, I'm doing all the exercises I'm doing. Thanks Elizabeth. I'm doing all of this stuff. I'm doing, I'm pulling it back.

The slingshot boy, it's hurting my arm for God's sakes. I, I didn't let anything go. I didn't let anything go right, nothing. So I had this beautiful woman, very successful woman that I had met along the way. And she sat me down and said, maybe you haven't seen the beauty in what you do have. Cuz I was wooing my,

my, oh whoa is me. I'm so talented. I should have this. Why, why not? I did all these God boxes and all these things. And she said, maybe you need to surrender and radically accept and stop fighting so hard. You're making it worse. Oh, I was so pissed off. And she said this thing, you will not get what you want by choosing it then chasing it.

I was so pissed off, okay? I thought I was surrendering. I did everything according to all my own. And nevermind, I was even teaching workshops on this. But I was not surrendering. I was surrendering with my wishlist. I was letting go, letting spirit do what I want here. I'm gonna let go. I'm gonna surrender this to you.

You go get it for me. You go get it for me. I was so mad. I refuse to believe that this was the way it was gonna go. Now I'm sure there's a few of you in here sitting here feeling the same way, or that it's happened to you. And I'm gonna tell you what happened. That's slingshot. I'll let go of the slingshot.

I finally, I can't take it anymore. I cannot live like this anymore. I'm so miserable. I'm gonna have to surrender. Well, I surrendered because I was unhappy and I felt like a failure. That's why I surrendered. But then I started being super grateful for what I did have in my life, right? Because I wa I didn't get clean and sober to feel like a failure.

I mean I had to just finally just surrender this. What I thought it meant was it's not happening. What I thought it meant, it's empty. And then two years later, after 10 years, remember the 10 years of that really stretched out slingshot an opportunity came for me to do a spoken word meditation CD called Journey to the Chakras. When I didn't care anymore.

Then the head of Virgin Records found out about it. And then my former client became the head of business affairs at E M I music. I put capital records on my very first vision board. Capital records was e m i music. I got literally everything I asked for. Was it good for me? Well, that's a whole other story. We're not gonna talk about that because that's,

that is a whole other story. I got absolutely every single thing on that vision board. Everything I had let go and I didn't even care anymore. You have to be unattached. If you have a lot of personal agendas, whatever emotional burden that you have placed upon your success and you made it mean something, you assigned meaning to your success, whatever that is,

it's gotta go. It's gotta go cuz it's gonna, it's gonna be completely muddy. It's gonna muddy the waters. So I hope that kind of tweaked something in you because the metaphysics of money, right? And that record deal had money. I mean that meant my, my whole world was supposed to change and it literally did it. It did. But I'm sitting in here in front of you doing this,

right? Something that wasn't for me, the currency was success. That's what the currency was for me. So there's a lot of lessons to be had when you're placing so much of a burden on the currency that you're trying to fulfill. So I'm gonna share more about this on the manifesting call cause I've got some really great stories to talk about there and and for you to really see yourself through.

But let's get back to the actual cash money part and hairball just related to cash and value and worthiness cuz we need to clean it. So I think we have a slide for this Mark. We have inherited patterns that are taught to us. So what I'm gonna invite all of you to do is to put in a chat, something that you were taught about money or something you currently believe about money and wonder,

where did I get that idea? Like, money doesn't grow on trees or you have to work really hard for everything you are. Or how about I'm not good with money or everything is too expensive. Money is the root of all evil. Wealthy people are mean and unhappy money won't buy you happiness. Let's hear some of yours. Oh, I can't see them actually Elizabeth,

why don't you jump on and tell me what some of them are. Yeah, they are going fast. Yes. Well, You're saying yours as people were typing them like money doesn't grow on trees. You work for all this money, then it gets taken away. You Oh, work hard to make money. There's no money in that. There's no money in that.

That's right. Oh, there's no money in that. That's what, that's what our, oh yeah. No money in that. A lot of people just repeating some of the things you said too, like, I'm not good with money. I don't deserve as much as others. Ah, money is only for some people, Right? Corrupts people, wealthy people or snobs can't afford it.

You don't have what you want unless you pay for it. And you can't have what you want unless you can pay for it in cash. Oh wow, this good, this is good stuff. What you guys are putting in there because we need to address these things. Thanks Elizabeth. I'm gonna move back to my camera here. So listen, all of the stories that we think are true about money,

we have to own them. And we have to love ourselves through this because they're misaligned and it's okay that they're misaligned. You know, we are taught these things. Our ancestors had stories and our parents had stories and everybody was doing the best that they could do. And they're all assigning meaning to whether you should have money, not have money, who gets to have it,

who doesn't get to have it, et cetera. We, we live in a society that also tells us stories that has assigned meaning to these things as well too. But this is all man-made construct. It is not spirit. Spirit has no boundaries around this spirit knows that it's all abundance. And if we can break down limiting beliefs around money, I know it can be a more challenging process,

but it's essential for creating lasting change. And if we can identify and challenge these beliefs, we can start to create new neural pathways, pathways, pathways in our brains and rewire our thinking around money and our nervous systems too. Cuz if we're constantly in fight, flight, freeze, Vaughn attached and all this stuff in fear, our, we're, our whole nervous system is,

is geared to look for scarcity, look for potential threats. It's not looking for the abundance, doesn't know how. So there's a relationship between those two. And they can take a while to heal. They really can. But it really is just one small step at a time. And remember that we have to challenge a belief that is also evidential in the material world.

Because it's like, well how is that just a belief? That's actually true, but that's not true. That's, that's an attribute of a group of people believing in a thing and having agreed to that, that isn't actually the truth. And that's why when we surrender to synchronicity, all kinds of stuff happens. And I'll tell you some stories, it's just incredible.

So remember this too, you know, our nervous system, it's our bodies teach us about our container and how we experience the ins and outs of our flow, right? So again, if we approach money with fear, if we approach it with scarcity or sense of lack, we may inadvertently be repelling it. And on the other hand, if we can cultivate a sense of gratitude,

abundance, and openness around money, we are more likely to attract it into our lives. And that is true. So when we get screwy around our bills, like how am I gonna pay this? Let's say you can only make a partial pay payment. Then you say, thank you so much, I'm giving you this with such gratitude. Thank you,

thank you, thank you. I actually used to write love letters on the back of my bills. I could, I used to wonder like, who's opening these things? I don't know. But I'd literally be like, say I am so grateful that I have a felt a telephone that I

could pay for a phone. I'm so grateful. Thank you so much for allowing me to stay connected to people.

Like I would say these ridiculous things in the back of the bill made me feel so good. I didn't care about them really. I mean actually now when I think about it, somebody would've gone, wow, that's kind of cool, but right. If we could step back, remember that we are always enough, we are always enough. How could we not be enough?

How, how can we, we are inherently abundant, inherently abundant. Our personal currency is spirit cuz we've been given these gifts. Hello here on this earth. We were born. Every one of us is born with gifts. Not every, the sad part is, is that a lot of people never know what those are and we don't find out what they are until we take the risk.

Like that card says, take the risk and ask for the money. That, that, that we've decided is an, is a representation of our exchange of the value of our personal currency. So remember we become, we get led to an experience, a form of abundance. Sometimes it may or not be relative to money by the way, but so,

but let's go back to that. We're looking at value exchange. Let's go back to the actual money. We're looking at getting the money itself, right? We're receiving it, right? But we're really looking at getting our needs met, right? When we're in relationship with our higher power, we surrender the form. The thing we wanted to buy without any money can still come to us.

And oh my God, one of my favorite stories was this radio show guest. And I betcha some of you have heard this. So there was a woman who came on my, like, when I used to do readings on Hayhouse radio. So this woman came on and was wanted to give testimony because I had given her a reading before and she was almost homeless.

And she'd called in and I, and I said to her, okay, so just start to be extra grateful for absolutely everything that you have, et cetera, et cetera. Anyway, you know, and then she, she told me she was sleeping in her car and then there was no car. So then I think it was a few months later,

she said, I need to tell you what happened. I, I lost my car and I ended up, she did, ended up in a shelter with her two kids and she got it. She got a job cuz

she couldn't get work for quite a bit, but she had to travel by car to get to that job. This was a job she'd always wanted to,

like, she was completely qualified for this job. Like not every person you know that ends up homeless or in trouble with money starts that way. I mean, this woman was educated. She had all, but she had an abusive husband. She had a real story around how she ended up there. So anyway, she got this great job. It was a,

a nursing job at this hospital in her specialty. She needed a car to get there. We talked, well we, she told me what happened. So she said, I did what you said, I just surrendered it. Said I see myself in a car, I see myself in a car and I don't know how it's gonna work, but I know this job is mine.

I know this. God gave me this job. God wouldn't gimme this job unless it was for me. And she was prepared to go, I think two and a half hours. It probably would've taken her that by all the different buses cuz there wasn't a, a direct way for her to go there. It would've taken her a long time. She gets a phone call and it turned out a great uncle.

She only knew when she was a little kid. He died and left her a car in mint condition. This car that she loved to play in one of those, like one of those cars Mark, like those, those kind of like, they're bright turquoise and they're old, they're antique cars and you know, do you know what I'm talking about? The leather seats and everything and No,

it's got the wings at the back. Okay. Batman's car, oh gosh, whatever. Yeah, it's, I thought you'd be guys, no cars. Oh, here I'm being very gendery. You have, sorry, PPA blue. Sorry, I didn't say that anyway, okay, fine. Anyway, she loved this car and yeah, he hardly ever drove it and it was in his will.

They, they drove her the car. It, it just needed to get some, I think an oil change basically was in perfect condition and off she went to her job just in time. It came the day before her job. So she didn't pay for that car, did she? No, it came to her. So you have to also know that when we surrender to synchronicity,

thinking that money is what it is that we need, something could come, something could come to you in, not in the form of money, but the same

value of that. So when it, let's, let's talk about when it comes to your business and charging money for the exchange of your work, right? So you also have to leave space for the other needs to be met that may not take cash just like this.

She was getting gonna get well paid. First paycheck she would've had in forever. She needed a car. Or the ne her need got met with complete and absolute faith. Like she was so fortunate, you know, she believed that she was fortunate. She absolutely practiced it every single day. She said, my my family thinks I'm nuts, blah, blah,

blah. And then there she was. Boom. So again, things can come to you instead of the cash, but we'll still have the same value right now I wanna go talk about your personal currency, and I know I'm jumping around a little bit, but you're gonna be able to listen back to this and watch this video again and be able to stop it and like rewind it a little bit just so that it sinks in because I'm telling you a lot of things here.

But you really need to be true to yourself about what you're capable of receiving, what you allow yourself to receive. And also when you cut yourself off from the flow, how to lovingly turn the tap back on. Money needs you to be relaxed and not hold it too tightly. You have to learn to wear the world loosely and don't put too much attachment on anything because then it starts.

Because then if you let go your attachments and, and when you don't have any real attachment, even if what, how can I not have an attachment? I can't pay my bills. You gotta know, spirit already knows all that, right? Like you already know the, like the universe already. It made you so it knows spirit of your business totally knows.

Maybe you're meant to go through that experience for a bit. I certainly know I did. I absolutely n needed all the issues that I went through for me to let go, to learn how to let go and let God, right? Everything starts to flow quicker when it's not a real attachment and too personal. And you need your money to be happy.

Just like my friend Ken Honda's book Happy Money. Now, one of my favorite stories, and I'm sure you all know it was hearing a story from Jim Carey, the actor. Now he was a very struggling actor. He didn't have a pot to piss in his,

his own words. And he one day went up to the Hollywood Hills and he wrote himself a check for 10 million for acting services rendered.

Think about that. No money didn't have an acting job, okay? This was five years, it was 1990. He did that. He wrote himself a check for 10 million for acting services rendered before he achieved success. Okay? He wrote a date on it because he thought, okay, well when can I cash this check? He did it five years in the future.

So the date was Thanksgiving, 1995. And he kept that check in his wallet as he fell apart. Apparently he was like all destroyed, whatever. But it was in there. And the, and the date was on there. What happened? Thanksgiving 1995, he found out he was actually getting 10 million for Dumb and Dumber. Remember that movie? It's made him famous,

an Ace Ventura, dumb and Dumber, and then the rest is history. And all he had was nothing. But he had faith. He had faith like a tiny mustard seed. He knew money existed. There's lots of money. One of my friends always says to me, huh, money's easy to make. That's her attitude. She, and I've never seen anybody make more money than her so fast.

Like, boom boom. Cuz she has no attachment to it. Okay? It's just money. It's just money. Here we go. Like, it's incredible. Well, he knew existed. Who has it? I don't know. Somebody has it. Why not? Me too. Somebody does this. Why not me? Instead of being angry, he just,

he didn't have it. He held space to the container and he thought, how do I make a little more space here? And it's about having the patience and the humility because at the end it was like, well, if it happens, it happens, but I'm gonna claim this. Why not? Why not me? Every, it's, it's money's everywhere.

Why not? Like, bring it to me. Isn't that a cool, isn't that cool? So let's look at the submitted questions and let's get Elizabeth back on here. Oh, oh, is, can Elizabeth come here too? There and where am I? Where does, do I not get in there? Oh, sorry, I have to keep,

I'm sorry. I keep pulling my top up. I'm, I'm went on the Get Wild Fit program and I've lost like, like 16 or 17 pounds and so my clothes and my bras are

getting too, too big. So I'm like, uhoh, I gotta pull that one up and do that. I'm so sorry, I'm fidgeting. But anyway, we are,

we are gonna transition to the questions wasn't, but it was interesting, right? It's a lot. I don't know what people are saying in there, but I mean, I hope you're all getting the hang of what I'm saying. Yes. People are loving it. They are so thankful for the replay so they can go back and watch all of this as well.

So yeah, it's really resonating with, with everyone. I know there's like every little section, if it was me, I would stop it and write notes, right? So that's why, that's why we're doing, okay. So I think we have the questions that you and I went through. And by the way, we picked these because these were the questions that got organized,

like the like, oh wow. These are the categories that everybody asked, right? Everybody asked. So just know, like we said, you have so much in common, all of you, you should all just give each other a big old hug. And we're just gonna move on to the questions now. So the first question, and I'm gonna look over here now,

mark, thank you. Well, and I think we have a slide, so Perfect. How do I allow myself to make money doing spiritual work? Oh, I love this question. I'm great at what I do, especially when I help people for free or donation. Great, right? I, I also love helping people for free and donation. However,

when I charge and when I charge or see it as a business, I clam up and worry too much about doing a good job. And it blocks my connection. So, let's go to the root of this question. Remember, we're looking at a metaphysical version, like we're, the answers are all metaphysical. It's not about your talent, it's about your relationship with the money,

right? So in the metaphysical, you're not seeing that source is moving through you to offer something, right? So it sounds like you're blocked right away from the responsibility and accountability of presenting something that you're actually responsible for, right? So whenever we think, oh, oh, I can do that, but I can't take money. It's like, this is easy,

it's free, you know, I'm giving it. And by the way too, you didn't receive anything in return for that. So they owe you somewhere. There's, there's

always an exchange that, that you're, you're on top there. You're, you've got the power in there. It's not fair, but you're like, oh, I'm doing it for free.

So I don't have to, I don't have to worry. I don't have to be good. I don't have to be perfect. Whatever. There it is. I'm so much a better person. I'm so moral, I'm so great. I'm so this. But when it comes down to like, putting a value on the exchange of your personal currency,

wait a sec. So you are stewarding that on behalf of spirit. Remember, remember, money is an attribute of that, of, of source, of, of the supply. It's an attribute of the supply. They wanna give you the attribute of their supply here. Boom. Let's give you that. That's a perfect exchange. So I want you to do a personal inventory.

What do you get out of doing it for free? What story does that feed? What is the return of the currency? You have to determine what is the gain for you. So no matter what, there's always an exchange. Like I said, even if you're doing it for free, what is that person to actually owe you? Now I'm gonna say this right now,

you can do things for free. I always give away things for free. Now, when I say that, I do it very systematically, I give back to my community. I think once or twice a year we have these free challenges. We always have something with great value. I go, let's give the value. You know, it's like I,

when we do mediumship, when I do events, I give all the money that I earn all of it to the Humane Society, right? So that's, it's like, I'm just gonna do that because I can. But I also know that I have ex, I have talents, I have skill, I have 35 years of expertise that has value. I'm gonna put a price tag on that.

I'm gonna say, you know what, I know what this is worth. So in my exchange of my personal currency, this is what you're going to exchange for me. You're gonna get value. This is a value I'm going to give you. See? So, so whether it's free, cuz again, it's systematic. I'm doing it in gratitude to you.

It's strictly an act of gratitude. I'm not doing it so that I don't, I don't, I get out of responsibility. I'm responsible. See what I mean? There's a diff there's a nuanced difference. Okay? So let's go to the next question. Slide 13. I learned

that giving your services for free, well I'm hearing typing will prevent the money from,

Ooh, this is so good. I learned that giving your services for free will prevent the money from flowing to me. However, when I coach for free between paying clients, I get testimonials and I feel that the momentum is growing for my business. Instead of feeling emptiness. Is this a mistake? No, it's so not a mistake. I always do something for free.

I just told you I don't expect anything out of it. Remember when I said I do it outta gratitude? Like maybe you're, maybe you're going, you know what? I wanna practice on this. I'm gonna practice. I'm gonna coach for free between these clients here. Like, and see, you know, like I have a client right now who I've,

I've been working with his parents and then he was 20 years old. Now he's 46 years old and he's married and he's got kids. And he was, you know, he's got a very big company now and he's one of my clients that I do this kind of, and I've said, do you wanna be my, my test pilot? I'm gonna do this spirit of your business thing.

So I called him up and I said, I wanna do this for you. I wanna, because I was doing it to see like, okay, how does this work? How do you feel like he's like freaking out. You have to do this. You have to do this. So good. Right? Nothing wrong with doing something for free, but you have to ask,

what, what is the motive by doing it for free. Always be really clear about why you do what you do, okay? And also ask what is the value of your personal currency? So often I say, you know, if you are going to do that, do it and don't do it until you get resentful, right? So I'm always doing something for free people.

Cuz that's the problem too. When people see you do stuff for free, they expected to do stuff for free all the time. Well that's fine, but that's not, that's not my world. That's not my world. And I don't have any guilt whatsoever. And if there is, we have to work at that and we'll talk about that later cuz we have a couple questions about that.

So let's do slide 14. The next question, how do you determine the right amount to charge for your services? That's a really good one. Okay? So look at the median rate in your area and ask your body, can I handle this number? Is this a rate number? I want you to feel it in your body, right? Feel it in your body.

Like it. So this is kind of the average. How do I, what do I feel comfortable with? So you remember I told you I could only feel comfortable with \$25. Actually it was \$20, that's, I started at \$20, but I, oh, I got up to \$25 within, you know, the first few months of doing it because I thought maybe I could do 25.

Like, you know, anybody could fi then, then there's not too much, no much charge around it, you know, and I had to grow the container. That's all I believed I could handle. That was it. That was, that was the right number for me. But eventually over time, that does change. I will never forget this.

So I had a reading early on from this girl's career. She was also a reader. I didn't think her reading was that good, to be quite honest with you. I'll be, I'm not gonna name her, well, I don't even know if she still does it, but this is like going back 40 years. So anyway, I heard, I was at the point that was like two years I was charging 90 bucks.

At that time she was charging \$250 and my readings were really amazing. And I'm like, wait a sec, that's \$250. How does she get that? In my head, it was like, how does she get well, cuz she had a great container. She was like, that's what she, that was what? That was it. She could do that.

I couldn't yet. It took me a while to get there where I felt that that is the value because I, I didn't feel worthy. That was a hu wor the worthy piece. Woo, woo, ooh. And then I had to really drill down into what was I doing and what was I still allowing that continued to dampen my worthiness, right?

And I had to change those things. I had to become the person who could have that experience because I wasn't that person yet. So that's why I always say, you know, your business is a personal growth experience. You're, you're signing up for personal growth. Like it or not, you can't not, because you're gonna bump up against this very,

very thing. And especially in the spiritual world where there's already a stigma. Not so much now, because now it's very popular. Everybody knows what it is. When I started, oh my God, like you couldn't tell people what you did. I, I could not tell people that I did this for a living without getting a mm eyebrow or like,

you know, I can't bring you to my parents or any of those things. I was so fringe, very marginalized for this particular profession. And, you know, it was what it was, but it didn't hurt me any. So I need you to feel it in your body and go just a tiny bit outside your comfort zone to find the number because you will resent it after a while.

You're like, I'm not, this isn't enough for me. I'm, I'm actually undermining myself. You don't get any prize for undermining yourself ever. It's like, what am I worth? We work on the worthy part. And, and it's like, what am I tolerating in my life that continues to foster my unworthiness? That's a really important question, right?

And then you bring it back again. So just push past your comfort zone. Just a tiny bit. Just a tiny bit. Okay, let's do slide 15. Next question. How do I get more motivated about starting my bus? Oh, this is a great question. When I'm already somewhat financially comfortable because I am retired. I'm gonna say that again.

How do I get more motivated about starting my business when I'm already somewhat financially comfortable because I'm retired? If you don't wanna do it, don't do it. Like, if you don't have no motivation, that's like, well, I don't need to. Then ask yourself, why are you doing it at all? Why are you doing it? What joy do I get from doing this?

What joy can I see in my client's eyes from doing it? None of the clients that I had read for during the time I was coaching and doing intuitive strategy for the, you know, the big business people, they didn't need any money. They were multimillionaires that wasn't about, they weren't motivated by that. They were motivated by creativity. And so that,

that's something I, I learned also that especially when we're starting out, you need to be motivated by what you love. You have to go back there. What do I love? Why am I doing this? Like I'm doing this because I, I wanna serve. So it

doesn't matter if you're not motivated by money, right? That's not, you'll get the money.

The money you decided the exchange is like, is again, that's great. It's new. It's supposed to be neutral. So, so what's the exchange between your personal currency and what's the currency where your currency would be to define where's the purposeful bliss? That's how you would define it. And that's what will motivate you. Okay, number 16, I'm gonna have a little sip of tea.

Hope you guys are having fun. I am. How do you stay in that feeling of abundance when it seems to be such a roller coaster ride? Ha, crazy busy. One minute, almost dead. The next. Is that just part of having a business? Well strap yourself in, you're in for a ride. And it does even itself out eventually,

but you have to learn how to dance with the flow of your business. Where's Elizabeth, come and join me. I'm here. I like, We had so much fun. We talked about this for about half an hour, didn't we? Yeah. Cuz I liked how they said crazy busy. One minute and almost dead the next. And I, I just wanted to point out too that even sometimes when it feels like,

or seems like things are dead not happening, it doesn't mean that things aren't happening. No. And and that was the one thing too that I learned. I read this amazing book called The Dynamic Laws of Prayer by Catherine Ponder while I was in this full, full on learn how to manifest my dream according to Collette. And she talked about something called chemicalization that the,

the period of time where it appears that nothing is happening at all, but really spirit in the background is trying to bring things together as you've basically upheveled to meet you at this new place of, that we're of becoming basically. And there's another. So it's like, oh, and don't, and she oh, and she says too, that's the time we all screw it up cuz we start looking through the lens of scarcity.

We put on the scarcity lens. Oh my God, there's no people, oh my god, there's no clients, there's no time for faith. I need to scramble now. I'm not getting what I want. Where is it? Oh my God, right? I need to define it better. Maybe you have to do this. So the thing is,

is that also there's a great saying that I think it's in Ralph Blum's ruins, which is when fishermen can't go to sea, they stay home and repair their nets, Periods of decay, periods of non-action periods after a zenith, then it has to come down, then it goes up exactly like a rollercoaster. I mean, I'm at the top, I'm at the top,

I'm at the top. You're not supposed to say, right? And then when you're there, you ask, how do I simplify things? And you're always evolving. The the business has to, has to continue to move too. It doesn't stay static. There's always an evolution in your business, even as a solopreneur, geez, it's not about what do I need to fix?

It's about, oh, maybe I could simplify this a little bit, or maybe I just need to not pay attention to this at all and I need a break because I've been so busy. And instead of worrying about where their, where the next thing is coming from, because people tend to future pace way too much. You know, stay in the now and ask what can I do right now to get back into bliss?

And also to get back into gratitude, you know, and this is, this is a time too. This is a time when you're, you start looking around at who has helped you and you know, how, where is your spiritual sustenance? And and I learned about tithing at that time too. And, and which has always been a thing that I do.

So it's like, okay, so where can I give systematically back to God? You know, give that 10% of my, my life, my time, my attention, you know, who needs my attention right now? You never know when what, then all of a sudden the people start coming again. So what? And then oftentimes I hear people say,

well, I wish I had taken that break instead of freaking out worrying. Right, Elizabeth? Yeah, definitely. It also reminds me of, I don't know the exact quote, but something along the lines of the day you plant the seeds isn't the day that you eat the fruit. Right? Right. Things are happening even if you can't see it.

Yeah. And you're not gonna get successful by watching, you know, by, by planting a carrot and waiting for it to grow. Right? It's just not gonna, and then like, pulling it out and see if it's ready, right? That's also it. We have our,

our businesses and our, our vocation. If you rather prefer like my vocation or this thing that I wanna do,

you know, it has a life, it has its own natural cycle and you need to get into groove of that. I'm gonna go back to the next slide. Thanks Elizabeth. So next question is, how do you stay in the flow of abundance when your bank accounts don't reflect it? My most favorite question of all this is your definition of abundance.

And I tell this story a lot, but I lived hand to mouth for so many years, right after all that fear around financial loss that I had such a hard time living hand to mouth, not knowing how I was gonna pay my bills. But at the same time I was going to the Unity Church, like all the time. I was asking those same questions like,

how do I trust when what's obvious to me is that there's nothing there, right? So I remember that week one that, that fateful week, you know, week that I love to tell about when I, you know, I was doing readings, I was in my apartment, I had just paid my, my rent, just, I just had enough money to pay my rent.

Came outta the shoebox, you know? And I realized, okay, I had all this, I had enough to to buy my dogs. My dog had I b s so I had to get 'em special food. And I realized, oh wow, I don't have any clients booked. That was like, holy crap, there's no cash. Wait a sec.

You know, like, I can't, I, what am I gonna do? So, and I've never gotten anything I wanted when I was desperate or angry ever, right? Ever. So I was like, I was desperate, I was desperate, I was desperate. And I'm like, oh shit, what am I gonna do? What am I gonna do?

So one of these things that I had learned, and I was doing this Unity church stuff with two other girlfriends. So there was three of us. And they're like, you got a tie? Call it, that's what you gotta, I'm like, I don't have anybody. I'm like, no, no, no, you got a tie. I'm like,

ok, ok, okay. So there was this man, and you always have to tie not to just because, oh, here's the money. No, no, no. You have to tie to somebody or something, or someplace that spiritually somehow impacts you in a way

that's, that's life changing. There was a homeless man that was always around St.

Clair and young in Toronto and, and he was an alcoholic. And I had heard from different people that he had had, he had been a very successful accountant. I think this one of his kids were killed in a, in an accident or something and lost his family, everything. He drank himself to death. And then near he was, well he was still alive and he was on the street and he always hovered around a place called the Swish la,

which was a chicken place. And I live very close. So I decided, and he reminded me, but for the grace of God, go, I, you know, I was sober and he wasn't. So I would look at him and go, oh my God, thank you. And I would see that I had to have compassion and care cuz people treated him really shitty.

Cuz he treated himself shitty. So I went in and got him a chicken sandwich and I gave him 10% of what I had, which wasn't a lot, but I did it because I was like, I am so grateful that you are here and that I can do this for you. Thank you. And it wasn't me being a savior, it was me being grateful that he saved my life in a way.

But every time I saw him, that could be me. So then, nope, no food, still no food. I thought, okay, fine, I'll go to AA meetings and eat their sandwiches or their, or I'll live on donuts until my next client, right? Somebody will pay for something. So anyway, the next day, oh, oh,

that night, oh my god. So my neighbor was making so much noise, she had this party and I was so mad, but I was like, okay, whatever. I can't sleep. So what? My dog was barking. The next day she knocks on my door with this big giant plate of food. Hi, I am so sorry. I made so much noise last night.

I have all this food. Do you need it? Do you want it? Can I just say SwRI? Here it is. And here's salad and here's the lasagna. Giant thing of really good lasagna. And I'm like, yes, please. I, I think I needed that somewhere, right? So then it was like, oh my god. And then I get a phone call because a guy who had heard my story,

you know, we were talking about our story in a group. There was a mixed group and he, it was a cocaine anonymous that, no, had I started that now?

No, it wasn't there. It was another type of meeting that we had gone to. And he said, listen, your story really, I really saved my life. I was gonna drink and you're,

you saved my life. I'm a painter, I have all this extra paint. Can I come and paint your apartment? And my apartment needed a paint job. It was awful. That was \$300. I didn't have to spend, I didn't have that money. So like, right, I needed money. I thought I needed cash. See what I mean?

It's like prosperity is not always directly linked to our bank accounts. And the source of your supply is not your bank account. Elizabeth, do you have a story? I think you do. I do. I have a quick story. I know we wanna get to the live questions too. Yeah. But when we were talking about this, and something I thought was interesting just for this person who said,

how do you stay in the flow of abundance? And it reminded me of something I've been doing this year and even a quote from Wayne Dyer where he had said, abundance is not something we acquire. It's something we tune into, Right? We align with, we tune into. Exactly. So I was like, how can I better align and tune into the abundance that already exists,

right? Like, the universe is inherently abundant. It's everywhere. I mean, it goes on forever. So how can I tune into that? And I just started paying attention. And literally every day I write down how I've witnessed abundance in my life. Whether it is from, you know, something like someone took me out to dinner and it was unexpected.

Or a friend that I haven't heard from texted me to check in. And like that abundance of love and friendship that's there for me, or even, you know, the beautiful birds singing in the morning and that I'm, I was able to bear witness to it. There are so many ways to like, look for the abundance, pay attention to it,

and then I have it written down every day as a reminder it's there and just tune into it. So that's one little way that I like stay and flow with that energy. I love that. I love that. And you know, also, whenever I get into scarcity consciousness, I give, I'm like, who can I give to today? Like who,

who, how can I be the source of abundance for someone else? And again, it's not always cash, but it does like, so it, it can turn around to be cash. It can, it helps you feel better and more worthy. Ah, that I could receive this abundance. Is that, is that a long, is that, did you wanna share that comment?

Oh, sorry, sorry, sorry. I thought you were looking at I'm, I'm, you know what? You're not looking what I'm looking at. That's so funny. Okay, nevermind. This is all good. This is all, it's okay Mark. So we really want you to remember that money is an attribute of your business. It's not the be all end all.

Okay? And we have our very last question, I believe. Yes. It's, and then we're gonna get to you guys. It, well this is your questions. So it's often said, it is necessary to heal our relationship with money in order for abundance to flow freely in our lives personally and professionally. How do we truly heal our relationship with money not banding it,

and then maintain our healthy relationship with money. So it's having the patience and the self-compassion and the capacity for forgiveness. That's how we truly heal. And then you take your accountability for your part in it. Like, I give up my agreement in this, but I have some something else to say because it's, it's, it's hard. We live, while all of us live in a consumer society where there's systemic inequity,

we will never a hundred percent heal our relationship to money. There's still so much there. But we sure as heck can have a healthier way to work with money that is more sustainable for everybody that's compassionate service oriented and contributes to the world instead of takes away from it. Right? So I, oh actually we do have one last question and then this is a good one.

I didn't wanna lose this one. So it's true. It's like we can't be a hundred percent healed with money. How can we look at the system we live in? But we can do our best. We don't have to wait till it's all fixed. We do our best today. Now. And the way we really heal our relationship with money is to remember that spirit is the source of our supply.

And when we surrender to synchronicity money and the value that we have placed upon the money we think we need can come to us in a form often greater than our expectations. So this has to be the last questions. How can I

overcome the guilt of making more money than my family and friends? You have to ask yourself what is the nature of the guilt?

Guilt is feeling self-conscious and experiencing a sense of distress about your potential responsibility for a negative outcome. That that's a dictionary right? Right there. Sense of distress and self-conscious about your potential responsibility for a negative outcome. And what could be a negative outcome. They're jealous or I'm no longer like them. You need to address those things. It's a distress signal.

Guilt is a distress symbol. You have to think you're not gonna be the same anymore in terms of how you identify yourself. And you have to look at that and make a decision to radically accept where they are, not try to change them radically accept where you are and not try to change that. So we compensate for our success by putting ourselves down.

It's very dangerous to let guilt run us. So this was great Elizabeth, you can come back on and talk to me now. And thank you so much for submitting all of these questions. Oh my God. And we had more of them, but we just couldn't get to it cuz we'd never talked to you. So I would like to invite some of you to join me on screen so I can answer some of your questions about the metaphysics of money live,

right live. And Elizabeth, do you wanna tell them how to get picked for a reading? I would love to. So if you would like to have the opportunity to chat with Colette and ask her questions about money, just raise your hand. And to do that tap raise hand at the bottom of the screen. And then if you are selected to come on screen and ask your question,

you will get a notification that you're rejoining as a panelist. So if you see that notification and you rejoin, don't start your camera and your microphone until we call your name. And so with that, I'm going to randomly select some people who have their hands raised. That's Great. Bring them up to chat with you, Colette, about me. Thank you.

I'm so Excited at this time. I'm gonna look over here now. Right? Thank you, mark. My husband's an amazing, amazing person behind the scenes and I So who are we gonna get? You have to, do you wanna say their name out loud? Elizabeth? Yes. I'm just grab, oh, the first person we have is Drea.

Drea. Hi. Hi. Hello. Well this, oh, this is amazing. I'm wonderful. This is so amazing. I'm, everything you've been saying from the last call to this call is everything. Oh, did I freeze? No, I'm just stand I'm just smiling. Really like the same. Okay, good. I'm just gonna to, I'm gonna make this a little louder so I,

I can't really hear you. Let's see if, I hope it doesn't feedback. Is that good? Okay. You make louder. I make louder. We're gonna be good. Okay. So I feel like this is like a class just for me. I found, I, I know you, I love you the the works, but you are kicking my spiritual ass right now.

This is everything I needed to hear. So I just wanna tell you where I'm at and hopefully you Can Sure. And then, let's see. Just gimme some insight. So as you know, I lead circles and I coach and I was growing and I'm really learning. I'm really learning how to charge and receive. And I really feel like I'm, I'm getting much better at this.

Great. And as I was growing something said, spirit said like, pause, just step back, pause. And this is right when I found this class. Oh So goodie. And, and I'm, I think I know why I'm pausing cuz something was not aligned. Oh good. Why don't you tell me that part? Why don't you tell me that part?

Well Be because I was becoming too concerned about like, how am I gonna grow this? How am I gonna charge? Oh perfect. How am I gonna upscale? How am I gonna upscale it? Like, even though it was growing, it wasn't the, maybe the fear was it's not growing enough or it'll never be enough. And so I kind of Isn't that word enough?

Oh boy. Oh boy. Oh boy. So we have, we that this is perfect. So we pause, you did the right thing, we pause because a minute you get you because you can get really a, a addicted to that, the not enough thing. And then you start looking on Instagram, what course should I take? Should I pay all that money for that next course?

Oh my God, should I, should I learn about this? Should I know about, you know, ai? Should I, should I like put, I don't know, like all those things. I hear all kinds of new things that are out there. How do I get more people? When I started, I'm gonna go back to the story.

I, when I started 35 years ago, there was no internet. I didn't even have business cards. You know what I, when my first workshop, I had 35 people in it, like all word of mouth. They told their friends like, you have to remember people. And I've know your circle. So people, you guys, I I actually know Dre and Phenomenal does these women's circles,

they're just incredible. I, I did a, i anyway, whatever. And they're amazing. And, and it's like, okay, so we have to trust that spirit's gonna bring the people because, and the spirit will whisper in those other people's ears about you. Cuz word of mouth is the way everybody's wise now to the testimonials that you see online.

Unless they're for real. Like, you know, it's like, like, oh, you know, like, can you gimme a testimonial? No. The real testimonial is the people who pick up their phone and say, oh my God, I just went to this amazing thing. Do you wanna go? Like that kind of thing. And I know the organic way is not the fast way.

It's not, you know, but the numbers are vanity numbers like Instagram, Facebook, vanity, that's just doesn't mean anything. What's the saying? You say Mark all the time, What is it? Revenue is vanity, but profit is sanity. Oh yeah. Revenue, vanity, profit is sanity. So in this case, if we, if we kind of translate that into this,

don't worry about how many people are coming. The perfect people are coming and they're coming at exactly the right pace for you. And that when you get out of your way and you let go of the attachment to what it looks like, there's only one you doing that doing this one thing. Right? And this one way, cuz you are a conduit for spirit.

Con spirit picked you to do this, right? Yeah. Spirit's gonna pick, you gotta let the spirit of your business go get the people. Right? And I know that sounds like, oh, Colette, does that mean she should just sit back? No, you take one step towards the gods when you feel right in your body, like, ooh,

this feels like the right thing to do. Maybe, maybe today I feel good that I think I'll post something. Right? You go by your gut, your body. You don't go by the the what's everybody else doing and like, oh my God, it's not going fast at, okay, so it can really screw up our ego and then bam,

we're, we're, we're asleep. You know? And the great forgetting happens and all of us go through that. So be super gentle with yourself as you do this. I mean the value that you have with this work that you're doing is really amazing, amazing, amazing, amazing. And you don't, not everybody needs to be huge and famous. Yeah.

You have famous friends, right. You know? Right. It's like our work isn't about that. We're here to appear to be the adversary of spirit our way. Right. And that's why I paused cuz I was starting to model what I do based on what somebody else was doing. Right? Like, I'm supposed to be growing it. Oh, I can grow it.

Oh, I should offer a course. And then I paused. I was like, I don't know if I wanna offer a course. Right. It's not for everybody. And and guess what? Your container doesn't need to be ginormous either. Like start where you feel comfortable and push only a little bit. Like you just risk that just enough and then go back.

I think you did the smartest thing to pause. I had no idea that was happening. That's amazing. I'm so just touched and grateful that you're here. Your work is so important in the world and you have to trust that spirit's gonna steward it through you and that everything will come. It'll just come and, and yes, you do the legwork. It says take one step towards the gods,

they will take 10 towards you. They're not taking it to that other person. Your steps are towards you. Right. Right. So one step towards the gods, like you said, like, course that's not for me. Me. I'm gonna do this. Don't do the cookie cutter thing. It you will be really unhappy. Thank you so much.

Oh, thank you. Love you. Love you. You thank you. This is so cool. Okay. What's, who's the next person? That was so fun. I know Dre in her circle. She's got beautiful women's circles that she does. Next step we have moon. Moon. Hi moon. Hi. How are you honey? I'm good.

I'm just so grateful to be in this space and have access to everyone's energy right now. So my question is around, it's, it's kind of like, should I reduce my prices? But the story around it is like, yeah, Let's hear that. Let's hear the story. So I feel like I, like I know my worth, I know the value that I want,

the pricing that I want in, for example, like a card reading session. Okay, good. I feel like the value that I give my ability to channel is like \$200. That's great. Thank you. A u that's a, that's a nice, comfortable average price. Okay. Okay. It's a average price. I know it is. So that's a nice comfortable seat to sit in.

Okay. So I feel that in my bones, but like I'm not getting any clients. Okay. So what is the one step that you're taking? And is this like, so you're not getting any clients ever or you're not getting any clients right now? Or you're just not getting cl You've never had a client? Like how is it? I've only,

okay, so I started reading in the summer and I've only had two people. Okay. Pay for my sessions. I'm just gonna ask Elizabeth, can you turn off the chat while, while I'm doing these things then we can turn it off. Do it. Oh, can you do that Mark? Just so that I want people to pay attention to the dynamic between me and the person on the camera.

Just don't respect them too. Okay. So, cuz I think a lot of people might be in the same boat. So let's, I really wanna break this down with you. So, okay, so you started, let's go back to the I started doing readings. Yeah. I started opening, you know, booking readings, like, hey, I'm open for readings in the summer of 2022.

Okay. And my f I've only had two clients that paid for my readings. So the first client she paid for my reading because we had met beforehand online and she really enjoyed my energy and I gave her like, cuz we were in a coaching program together. Yeah, Yeah, yeah. That's fine. And then my second client was a kind of like a friend of mine,

but she wanted to buy my deck that had like, it was a bundle. So it was my deck journal, a reading. Ok. So that's kinda what, so you've Had two clients. Yay. Yeah. So then what, what ha so what makes you afraid of putting your business out there? Like, cuz there's two things that I'm tuning into.

One, your first thing you said to me is, should I rate, should I lower my rates? Because I really believe in my bones that I'm worth this. Yeah. But I'm not getting any clients. Right? So yeah. So it's the what could be happening around you that could be counter countering it, you know, like, or what's the mixed messages that we're sending out around this?

Right. You know, in your bones your value is true and that is an average, average price for readings average price. So, so what is it that has been going on in your life, for example, that you know, is there, are there messages that you've bought into you might need to forgive somebody in your life? Cuz really what I notice is when the flow is blocked,

what around me needs to be cleaned up. Yeah. Too. Yeah. I'm feeling like there's, okay, I think that a big one that's coming up is I have this creative friend who does readings as well, and she told me that like when people see the number 200, that it's, it's going to be like people are going to be taken aback by that number.

Who, which people. Okay, that's fine. I mean, so there's a belief in there somewhere that, that the value that the, the value you believe in your a hundred percent bones, you know what I mean? Is that, but now you're not getting it. And then she put that in your head that people will be taken aback by that.

So now there's a story, oh, I'm choosing something that is a hundred percent in my bones is what you said in my bones. I know I, I deserve this. Yes. But I, I also believe because somebody told me people are gonna be taken aback by that number. Right. So you could, again, this is, I can't make the decision for you,

you have to ask your body how it feels. Do you think that the reason why you're not getting clients? Like are you advertising again that one step towards the gods? Like, are you, do you see what I mean? Like maybe in your case, like Andrea is, was not supposed to have a workshop. Maybe you need to have a workshop.

Like there's ways in which, what is the next right action that I could take to present my, my talents and my skills? Yes. Do you see what I mean? In a marketplace where this is a median rate? You see what I mean? So there may be that you need to do something different in order to get your confidence back too.

Cuz I, I feel you've got quite shaken by this and now there's some kind of like a little goblin in there going, ooh, people would be taken aback by that number. Right. Where tons of people are not taken aback by that number.

Yeah. I feel like Now, when I started out, I, I, I didn't have the balls to charge \$200.

I charged \$25. So I think you have to ask your body, like, you know, and you said to me, should I lower my rates? Do you think that would bring you more clients? Like you, you know, like you still, if if the first client paid you \$200, if you have been paid \$200 for your session, plus the card deck and the journal you got that,

you got that. That's, that's the, the, the value you placed on this, on your exchange. So I think the real question is how do I open up for the exchange? You know, how can I have more of an exchange? And, and this person, it sounded to me now that that is like a, that that was the earwig that went in there and went well I might be worth it,

but people aren't gonna come. Right. Right. So somewhere people have no problem paying \$200 for an excellent channeled reading if you are that good and whatever. That's a, that's and that is the median rate. That's the middle rate for a lot of people. Where do you live in Los Angeles or I live in Sacramento. Yeah, you're in California.

That's the ca those are California prices. Yeah. \$200. Right. So your friend would think you should only charge a hundred. Well do you, what do you, how do you feel about that? I feel like it's a good starting price then Do that. Yeah. Okay. So there you go. I love that you said that because before you were saying I know in my bones.

Yeah, it's this. Yeah. So why don't you have like starting, you know, you know, for the month of this a special or like find a bookstore. Do you see what I mean? Find a place where you can do I, I did readings in a couple of different places where they had people coming in and that's how I got my clients.

And then they told their friends who told their friends. So it's putting yourself in that position. If you don't have a problem, then that may be the, the rate that you're moving towards and then you loosen up because now that you believe that forget \$200 cuz they're not gonna come because they're gonna be taken aback. That was like immediately I'm like, oh boy,

that's it. So if you go, well that's a good starting price, then go to the good starting price. I started at \$25 cuz that was the best starting price for me. Yeah. So if Your body says that's a good starting price, Do that really good goods. Yeah. Yeah. And don't worry if your body said 200, that's a beautiful thing to look forward to.

Okay, good. Starting prior, that's active. Woo. That feels really good. Let's quickly pull a card, see about this because I think, I think we hit the nail again, it's the belief and it doesn't matter how you got the belief, that's what you gotta work on now. So it's like, oh that a good starting price is that it's good for a lot of people to hear you talk about this too,

by the way. Okay. And you know yes, when the storm spirits play, it's really good that things are being stirred up for you right now because it's like, ooh, I have to change something because this isn't working for me. And what, what happens? Yes, you're in, you have to be independent and do what your body says is true.

You have a beautiful goal. At some point you want the experience of being the person who could become that person who effortlessly attracts clients at the \$200 mark. But a hundred dollars feels comfortable. You go with the comfort. Okay. Okay. Yeah. This resonates. And To hear what happens. One, thank you next person. Thank you. Yeah.

Like coaching is really about you coming to your conclusion too. Not me telling you. That's why I had to ask the questions and say like, okay, so what do you feel? Because it's really about us. I could not for the life of me charge more than what I did until I was ready, until I could become that person. So it would be great for me in my bones.

I believe I'm, I'm worth this, but I think I'm more comfortable with that. Do with what's go. Yeah. Where's that lady? Where'd she go? She was not next. Oh, she wasn't next. Yeah. Isn't next. We've got, we've got Holly next. Okay. Holly. Hi Holly. Hi. How are you? I'm very Happy to be here.

Are you enjoying tonight's class? I enjoyed last time too greatly. Apparently I needed to sign up for this because it was like, I saw it in the email and you know, you get 50,000 emails and every store in the book has to send you 10 of

'em one day. Yeah, Yeah, yeah. And, and you look at your email and you don't catch everything from everybody all the time.

Right. Saw this and I was like, the spirit of my business, maybe I should look at that. So I'm like, you know, I bet I have some crap going on here that I have to go and let go of something. I'm sure. So, and I'm having a small issue. I own a landscape company. Okay. Yeah.

Anything goes, you don't have to. Yeah. Landscape, company, pencils, it's all the same. It's Spiritual as well. And I know that someday I will be doing spiritual, more spiritual things as well. But right now I need to kind of, cuz I'm exploding again since day one. I've always, my business has always boomed and exploded and it's always been amazing.

Yeah. And Covid pushed me over the edge and gave me even more. Right. Perfect. The okay, it, it, it, it made me, I was like, woo-hoo. Like a lot of people were hurting. So You have a healthy thriving, you have a healthy elastic container. That's what I'm hearing. I'm hearing you have a very healthy elastic container and you have an expectation that you're gonna do well.

Always. There you Go. I've Always expected that of myself. There you go. You have an there you go. So it happens. So what's your question? So if I, I've been, I need to hire another person that can drive. I'm, I'm doing, I'm killing myself right now because I don't have another driver, right? Because So do you wanna find out how to do that?

Yeah. Okay. So how to do it the spiritual way. All right. So here's how we hired Elizabeth. So, but anyway, what, here's what I, because, and by the way too, I'm glad that you, you affirmed that because you know, you don't, none of my clients were in the WOOWOO world or at all, you know,

in worked any spirit, they needed a spiritual solution to a regular problem, right? So, right. You know, you wanna get the spirit of your business HR guy, right? So you want the spirit of your business to become human resources. And so you bring them to the boardroom, you sit across the table, but you make it very clear,

this is what I need and you make, but you really need to write down and understand what kind, what ex what experience do you wanna have with the

person, right? How do you wanna feel? It's not what they look like. It may not even be what their background is. It's really like, I wanna feel safe with this person. I wanna feel that they're doing a good job.

I wanna feel I can trust them. I wanna that they're reliable. You wanna make sure that you list out the attributes. The attributes, and then imagine on a regular basis how you wanna feel. Like I see I myself with this person. And then you do that one step towards the gods, right? After you set the tone for this, like we do that every time we set,

this is exactly how we wanna feel. This is the kind of, this is how we're happy with the job done, da da da da da. And then we find the right people. So, and then sometimes you also get somebody who's there to teach you a lesson, right? So, oh, right. In your case, I'll just tell you what I feel is that you think you always have to do everything yourself.

And it's worked for you up until now. That's the part you're gonna have trouble with. Just so you know your lesson is going to be relinquishing control. Doesn't surprise me that you say that, right? It's gonna be like letting go of the control because that you wanna bring somebody in because you wanna share, you need the other driver. You need another driver now.

Right? So remember we don't do, we're not armchair astronauts. We don't do the whole spiritual woowoo thing that, oh, I'm just gonna pray to God, remember God is a source of my supply and I sit down and eat bomb bongs. No, we're gonna, God has sourced my supply. The person is also in God. Right? The person I need is out there.

I need God to go get them. I can't, but I'm going to put the ad out after I have put out that energy, this is the person I need. Okay. Right? I'm gonna feel like this when, right. And then you put out the resume, then you, like you do Upwork, whatever it is where, I don't know where you put your ads,

but you, you do the metaphysical first, then you do the regular person action second and then you'll see what happens. Okay? But just remember as you know that you've done amazing up until now. And the part, in order for you to share, you're gonna have to get your claws off. Okay? So that will be, that will be a little hurdle of the ego that spirit can help you with.

Okay? Sometimes We're go of that stupid ego, Oh, we are all gonna have one. They're not gonna ever go away. We need it. We need a you. You got a great personality. Our egos are part of our personality. It's just when we're only listened to the ego, that's when it's no good. Cuz it doesn't really know what the heck it's doing.

Right? Right. You did say earlier, I, I was driving home listening to you in the beginning because we worked late anyway. You were talking about how you were paying your bills and being grateful for them. Yeah. I had a problem like this a while back and I talked to somebody else who was spiritual and what her thing was. You're you,

the reason that your money isn't flowing is because you're not loving your bills Laugh. You have, you gotta love it. Happy and grateful that you have this. We energy's bill. Yes. And you have to be happy, grateful, like you said about the stupid phone bill. I'm so happy I have my phone bill, I'm so happy I have all these services that I'm paying for so that I can live my life.

Right. So, and then it started flowing again. Right. And then it started flowing and I just got another check in the mail. There you go. Another check in the mail. Bunch Of them come in. Yeah. And I just paid a bunch and I was like, oh, thank you so much as I'm throwing it in the mailbox.

Thank you so much. That's right. Thank you so much for being part of us today. Does Thanks for joining us. My love. I'm gonna grab another person. Yes. Thank you. I hope that was Helpful. Yep. Thanks. Yeah. Happy, happy money. Happy in, happy out. Happy in, happy out. How much time do we have,

Elizabeth? Do we have time for Sure. We've got Time for one more and then we'll wanna get to your exercise. Oh yeah. Right. We have an exercise. I have so much plan. I could do this for like a week, but we can't. Okay. We have two hours. All right. Hello. Hi. Hi Colette. Sorry that was me who popped on accident.

That's okay. Earlier now. So thank you Elizabeth as well. And Mark, thank you guys so much. I could spend 10 minutes telling you thank you, but I don't wanna waste everybody. No, No, don't, don't gimme. Yeah. But thank you. I accept, I receive, I receive. Thank you. So quick short story.

My old life, past life, I was a corporate attorney. So I came from a very corporate salary based, used to money just flowing in. And then I woke up to realizing I had my gifts. So a psychic medium all my life, not knowing it was guided to leave that career step into it, which I have. I started off doing readings similar to what you were saying.

And I was priced a little bit higher. I enjoyed doing the readings, but I've been also guided. I do similar to kind of what you're doing now with us right now, the coaching as well. Right, right, right. But I get in, get in my head on. So I would love to hear how you went from those clients.

I, I like to work with more executive clients as well. Right. And I, so that's my mix too. I work with twin flames, helping them understand what that relationship, so I do love. Okay. But I also work with people who are trying to uplevel their entrepreneurship or step into that. So I'm like on, So kind of like what I do,

I get it. Absolutely. And you don't have to do just one thing. I do a ton of things. Okay. So that's my question. How did you transition from doing like readings to I'm doing Intuitive strategy. Okay. Yeah. So it was a natural evolution because all those, and they were all men? No, the two of them were women.

But I think I had, I had a big batch of men. They were all my, first of all, they were my clients that they came for a reading first. Okay. And then I was able to quickly tell them what was actually happening in their business. Yes. And then what I said, what I thought they should do and they said,

do you ever coach like that? And then they, then quite a few of them told their friends. So a lot of my clients came from high level people in entertainment. Quite a few of them were quite famous. And then other ones came from completely unrelated technology. Some one guy, it was a tech firm. He, you know, he sold and then another person had a,

had a chain of restaurants. But it always came through somebody that had a reading with me. Got it. That knew that I was very good with business. So it kind of was very, quite frankly it was organic. Organic. So it wa I didn't wake

up one day and go, oh executives sound good cuz I didn't work with executives. I worked only with founders and owners of businesses.

They, none of them were executives and companies. They were all owners. So how did you, my brain can't transition from charging from a single reading to like, if someone comes to me and says, I need coaching now week to week on that. Well I like, how did you price that? Or, So I just priced it by the nu I I've thought if I couldn't make a help them with a breakthrough within six sessions.

Yeah. I never really wanted to talk to any same person. I didn't like, I did not like being beholden to a client for any length of time. Okay. So I was the person to put people on, you know, on monthly retainers or whatever. I know other people have done that. I hate that. I'll say there's if in six sessions,

three or six, cuz first I have to know what's going on. Then I have to be able to track it. Then I have to work with them until they get to the next thing. They usually came with an idea that I need to get through this situation. Can you help me? So I'd be like, okay, let's try it in six and see.

And if it was done before that, I just, you know, so I just, I charge what I charge per hour times six. And if they went overtime, I charge that feels the rest of that. Okay. That feels better because I'm, I guess I'm like you. And that really helped me because a lot of coaches, when I look,

they do like six months, five months. And I'm not like that. I'm very, I don't like, that's not my nature. I believe if I can't help somebody a short period of time. Especially these guys have no, they, they're short on time anyway. They want results. Yeah. Yeah. And I'm really good at that in sh in for me that was me.

But not everybody's like that. There could be here that love the six month coaching package or the month or the year and stuff like that. I'd rather poke myself in the eye. Yeah, I'm the same. Ok. So I need to hear that. Cause I dunno anyone else that is like that, so thank you. But you Have to know that within that they will get the value that it's all about value and integrity at the end of the day.

I will never take someone's money if I don't think I can help them. Absolutely. And plus it's draining. I know for me and them I feel so, yeah, it Gets too much.

And can I ask one last thing? You mentioned earlier when you were talking about Worth and you were asking yourself, what am I tolerating? Yes. Do you mind elaborating on that?

Yes. Because when we're looking at worthiness and I, and I actually put a fantastic book in. We're gonna give you guys a book list that I suggest. And one of them is called Worthy. And it's by my friend Nancy Levin, who was my coach for, she's a, she did shadow work with, with Debbie Ford and then created her own coaching school academy.

It's incredible. She's one of the best coaches I've ever worked with. And that was one of the questions, it's like what are you willing, what are you willing to tolerate? And what have you been willing to tolerate that would, that would create a fostering of the idea that you are unworthy. So where are you allowing people to disrespect you? Where are you disrespecting your time?

Where are you not taking care of yourself? Where are you people pleasing? Where are you guilty? So it's like that has nothing to do with the money and it has nothing to do with the business, but it has to do with the periphery. Okay. All of that makes A difference. Thank you. Cuz mine is that guilt. One of those questions was,

I don't know why I can't get rid of this, but for me again growing up and now moving into helping clients, a part of me feels guilty for not being able to do what I can achieve with my clients. Like for my immediate family. And I'm like, oh I could, I helped them. Oh gosh, I need to go help my sister.

Or like my mom. But it's like for like 40 years it doesn't work with them. And I know that logically, but it's Like, and it's like, well then you learn about radical acceptance that you can't change anybody and you don't coach to change people you coach to help them change themselves. Yeah. Right. You don't, none. We don't do anything to change somebody.

We, we hold a container for those people to, the best way is for the person that that can have the epiphany and then go, wow. Oh right. This was a really good choice for me to do. Right, Right. And being able to, in my case, being able to help them understand themselves based on a spirit of their business and maybe the spirit of who speaks to the person that they can't stand in the business and who like different characters that we could work with.

I have a particular style of doing this that worked for some people who were just looking for something more creative cuz nothing they were doing was working. Okay. No, we can't change anyone. Got it. So yeah, it was the family thing. I think a cultural thing. And can I ask one mini quick thing? Sure. And then I'm just really,

and I'm done. No, That's okay. And we have, When I initial, thank you. When I initially hit a financial goal in my business starting the coaching, I hit the goal and then I shut down and realized I had a belief at that time of like, too much money. Oh yeah. Oh honey bad. What does that mean?

Oh, It's like your container. It's like, oh my God. This is just like when hap, what happens to people when they win the lottery and they haven't allowed their container to be res like a container doesn't mean just how much you're willing to receive, it's how much you're willing to be responsible for and all the different stories that you have around it saying,

oh that's too much. Like, well who said it's too much? And what is too much? And why is it too much? Cuz you don't have space for it. Did you wanna get rid of it? Did you wanna give it away? Did you wanna, you know, are you guilty about it? Are you ashamed? Are you angry?

Are you scared? Are you like, what the hell? Who am I now? And it's like oftentimes we have to wait till we become the person that can, that can actually hold that then we can dis then we have to be responsible for that. You know, oftentimes when you start making a lot of money, you have to start hiring a team.

Yeah. To manage everything. So that money's gotta pay those people. They're, they come first now. Okay. Right. You see what I mean? So it gets very like, oh my god, I don't have a team yet. It is what it is. It's all of us. Go there, we, we hit our, our container wall going,

whoa boy, what the heck is this? And then we have to gently push against it. Can we, how am I gonna do with this? So you shut down temporarily and you obviously went back in business again cuz you're still, you're here. Thank you. It's the responsibility. Thank you for that. It's, I'm responsible for the money and accountable for what happens to it.

Okay. All right. Let's do this exercise. Thank you so much for coming. So I, this is a meditation and I want you to think about something before you go into the exercise. I want you to think about who brings up the idea of scarcity in your life. A person, anybody, a memory of somebody who makes you feel less than or who did.

Are there any memory or moments when you immediately believed in scarcity? Where you went from that childlike sense that the world is abundant, which we all had. We didn't know we weren't, we were separate from God yet to recognizing what scarcity is and what it looks like and we're get very material. So we wanna invite, when you get into that section of this meditation,

you wanna invite whoever embodies these ideas to meet us in the visualization. And again, you don't have to see anything, even though I call it a visualization, it's just know the story. You're gonna get a prompt when it's time to meet the people. So we wanna clear them. It doesn't matter who shows up, let them be. Let's, let's let the exercise do the work for you.

And the purpose of this exercise is to let go the resentment or any kind of negative feeling around it. You're going to go into the forest of stories, but you're only gonna look at the money stories and we're gonna release them all to the power of forgiveness. We will begin by focusing on our breathing. Breathe naturally, but take a few breaths deeper than you're used to and relax.

Just listen to my voice and follow me. Don't try too hard, just listen and allow whatever wants to arise in your imagination. Our journey begins on a white sandy beach beside an enchanted ocean at the base of a crystal mountain. Go for a walk along this beach. Notice the breeze, the taste of the salt in the air and the feeling of the powdery sand beneath your toes.

An ancient forest runs parallel to the beach and the trees watch you with love and curiosity. This is the forest of stories. It's alive and it whispers to you to come and visit to find what is needed and what is forgotten. A soft light shines upon a pathway from the beach into the forest. Follow it. It's so beautiful. The trees welcome you.

They know you. They bow together and form a canopy above your head. This is a magical place. This forest has many places within it that house your stories, the stories you define yourself by the ones you tell about your experiences of life up until now of love, friendship, success, beauty, abundance, family. All the stories here make you you.

They are the energy, the frequency that you send out to the universe to create your world. Your stories build upon themselves often repeating as they form comfortable containers that support your understanding. Until now. Your stories are like acres of dandelions that send their fluffy seeds of expectations into the air to be planted again and again. In your world old, your stories are the bushes and the trees and the grasses and all the life within this beautiful forest and surrounding landscapes.

There is a border of thorny brambles that you will encounter Thorny bushes that prevent you from moving beyond where you are already. How did they get here? Sometimes you're called to move beyond these borders but cannot because these brambles prevent you touch them and you'll feel pain. These are the bushes of resentment and of unresolved hurts. And this is the border that will prevent your growth and keep you from actualizing all that you could be and all that you are.

The only way through into the other side is by opening a magical gate that stands majestic in its center. Ah, there it is. On the other side of this is more. More of you to discover, more of the universe. More fulfillment, more meaning. An angel comes, they're going to come to take you to the gate. The only way through to discover your magic is to summon those.

You need to forgive. The angel invites you to come closer to the gate and asks you, who do you need to forgive? Who will you ask for forgiveness? They Will come, they will come. But first look, a tiny child comes to the gate and puts their arms through. It's you. You are six years old, a small child.

You must claim that child now they need you. They live in the hurt and don't know why. Hold them now through the gate and say, forgive me. Forgive me. And the gate will open. Forgive me, I love you. I'm sorry. Out of a beautiful portal of light. The people come one by one, set yourself and them free.

Cut those cords that bind you. I am sorry, forgive me, I forgive you. Let there only be peace between us. Do you see the strand of energy that connect you to those stories, those people, those places, those experiences, they are attached to you. They define you. It's time to cleanse this and let them go. The angel helps with a glistening sword.

Gently surrender these stories of hurt. Cut the cords, you are free. Let the judgements go. Look, They become light dissolving and glittering and sparkling and they fly into the air like hundreds of butterflies. This is so beautiful, this freedom only beauty. Only beauty only love begin anew. The weight of the past lifts so easily now and you're free.

The Angel asks you, how often do you see yourself as unworthy? Not good enough. Afraid to shine or take up space to be loved. How often do you build the walls to defend? Define yourself by your wounds or attach to certainty that is always elusive. You must step through the gate and set this child free from now on. Let them become the extraordinary unique being They are meant to be unencumbered by the stories you've accepted as truth,

that were not truth. Ah, that small. You comes close and you put your arms around them and all the love in the universe moves through you like a wave moving through you into this younger you. And now you claim them consciously as a part of you disappearing into your heart. They live in your heart. In your heart. It's time to leave the forest of stories behind you.

Now a new pathway arises in front of you and a beautiful ocean beckons dolphins jumping in the sea. Welcome you, calling you home to you to splash in the water and remember to be grateful. For every moment, every moment. Every moment is a gift. How was that? How was that? I know you're coming to, we can open up the chat,

see how everybody's doing. Do you feel like you might have more space for abundance now? Now that you've forgiven? Do you feel you could have a bigger container? Like how big could you grow your container if you don't have all this gunk that's built up the walls and has prevented a greater width for your currency to flow? And can you see how all of those things that you might not have realized what was a cause of this,

but it actually created a false limitation of your container. It's the illusion of scarcity. Like when we hold all these ideas about ourselves. So the material world is a byproduct. It's not source. The material world is an attribute of source. God is the source of your supply. The material world is an attribute, it's the afterthought. So when you keep looking at where am I gonna get the money,

when really it should be, how do I get back to source and the abundance and see what matches? So I want you to think about letting go and surrendering to synchronicity. And in your workbook you have another really cool exercise to in, to visit the Infinite Bank. I used to train coaches and one of these modules was called Wealth energetics. And I think you're really gonna be like this.

So Mark, I want you to pull up a slide cause I wanna just go through these main points with you. The first thing that you guys have to remember is God is the source of my supply. Two, the size of your internal container will dictate the level of what you're able to receive. Your financial fulfillment. That's the level, the size of your internal container.

And three, by nature, money is a currency or an energy that must always move in order to create prosperity. So I think of anything, you know, I, I really, really hope that you'll approach this with progress. Not perfection. Don't look to get this right all the time. It's not possible we have too much around us that keeps,

you know, hypnotizing us to see things in a different way. But if we keep going back to the simplest, simplest reminder, God is the source of my supply. I have a spirit of my business. I know what feels comfortable. Even the girl that was like, I'm Moon, I a hundred percent know in my bones I'm worth \$200. But you know,

I feel pretty, pretty okay about the a hundred. So it's like learn your body, learn what you're capable of, learn where you're okay because that's where spirit spirit's gonna sh gonna match your frequency. If you are, you're comfortable somewhere and you laugh feels right, people will come. Right? You're gonna get what you need anyway in a learning platform if you haven't done so.

So already download your workbook that has additional reflection questions, mindset, affirmations, and Oracle card spread. Really great recommended books for additional reading on the time. Topic of mindset and money. Definitely about money cuz we're thinking about how the mindset of money. At the end of our call, we're gonna show you a survey and I love it if you shared your feedback with me about this call so we can continue to improve your experience throughout this masterclass.

And next week we have an amazing, that's gonna be fun. We're gonna be talking about the metaphysics of marketing, which is all about the frequency that you're putting out into the world. So you're all gonna wanna show up for that. So thank you so much time. Thanks. Thank you so much time. Thank you so much for taking the time.

You can tell I'm tired to be here tonight. Don't forget next week, Tuesday, May 16th, 7:00 PM Eastern, we're gonna talk about the metaphysics of marketing. Woo, what am I telling the world I am? Who? Remember we don't get what we want. We get what we are. All right, I'll see you then. Bye.