

Money: From Fear to Love

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	Mundane Practice about Money	Strategy	I experience scarcity when I'm experiencing...	What my Type is really about	*Grounding Point brings grounding, understanding, depth and ...	*Expansion Point brings expansion, fresh insights, lightness and ...	Transformational Process	Transformational Spiritual Practice
1	Budgeting	Ordering to make things right	Limitations and constraints	Paying attention & developing in order to develop a foundation	Lightness, joy & fun (Type 7)	Access to deep emotions that help to feel more empathy (Type 4)	Surviving	In breath out breath, inflow outflow
2	Spending	Giving to get love & appreciation	Unlimited wants	Nourishing ourselves	Depth & ability to discover inner self (4)	Assertiveness, vitality, own power, ability to protect (8)	Surviving	Listening deeply
3	Earning	Striving to achieve & be successful as a hero	Over striving	Discovering our outer value and working to our full potential	Be supported & support others (6)	Relaxation and going with the flow (9)	Surviving	Humble self-regard
4	Beliefs	Personalizing to express who I am	Lack of accountability	Connecting money to what matters to us; making meaning of money	Alignment with universal right/wrong, self-starting, discipline(1)	Love of self just the way I am & giving to others more freely (2)	Purposing & Mission	Living authentically
5	Knowledge	Minimizing to restrict my needs & desires	Lack of curiosity and imagination	Understanding what money is and how it works	Ability to lead, embrace real desires & groundedness (8)	Playfulness, curiosity & participation in life (7)	Purposing & Mission	Cultivating curiosity
6	Risk management	Securing to have support	Inability to insure fully against danger	Managing risk & supporting our commitments	Acceptance of things as they are (9)	Stepping into my full potential & speak out (3)	Purposing & Mission	Cultivating faith
7	Planning	Optimizing to have good times	Anticipation that grass is always greener on other side	Envisioning what is possible	Savoring what I have to do & thinking more deeply (5)	Practicality & gratitude for life as it is right now (1)	Thriving & Fruition	Participating in the unfolding right now
8	Wealth building	Exerting to be strong & prove myself	Continual exertion	Manifesting our dreams; creating and sustaining wealth	Kindness & empathy in leading (2)	Sensitivity & understanding to vulnerability (5)	Thriving & Fruition	Doing god's work
9	Balance	Settling to be ok and at ease	Lack of engagement and vitality	Being relaxed and in the flow	Ability to excel & embrace full potential (3)	Awake, engaged & responsive to others (6)	Thriving & Fruition	Active receptivity