

March 2014

Healing Your Relationship With Money

When Jane turned 60, she looked at her financial situation and realized she needed help. She went to an advisor and shared her deep shame regarding her relationship with money. As she did so, the insights tumbled forth and allowed Jane to forgive herself. She realized she had done the best she knew how in the moment. She became more her authentic self by facing her own financial shadow.

To learn from Jane's experience, we can consider now what we might regret later. This allows us to gain invaluable insight in to what Spirit could be suggesting for us now. Examples of this may include negotiating a divorce more equitably; starting as a young adult to save 10% of each dollar earned, engaging the power of compounding interest; or utilizing a 401(k) to garner the employer's matching money while saving current taxes. Reflecting on our past, we realize we did the best we could with the financial literacy we had at the time.

As we mature, like Jane, we now can make wiser decisions. Perhaps this includes helping others with their financial lives. For some there is wisdom in helping a friend grow their business or getting clarity around what post retirement activities could be. Another discovery could be how to help a relative in a way that empowers that person versus making them dependant. Or, we may explore how to use charitable dollars to either impact the source of our good or help make a world that works for everyone.

Money is one of those hotter topics in life, so intimately connected to our ego, our self-confidence, and our vision of the future. To heal any part of our current relationship with money, bruised or shattered by past actions, is a powerful experience well worth the time. It is such a profound endeavor that many people find engaging a practitioner, coach, or a financial advisor, a necessary step in the healing process. It takes resonating with the truth that we are infinitely worthy of such sacred work, then we easily know from experience what difference it made in our life.



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