



The reason for the recurrence of money suffering after engaging in a traditional financial planning process, which focuses mainly on financial solutions, can be summarized in three words—No Energy Shift.

We can't just give money attention. We have to practice re-directing the energy that used to be consumed by money. We have to practice grounding.

“Man's main task is to give birth to himself.”

—Erich Fromm

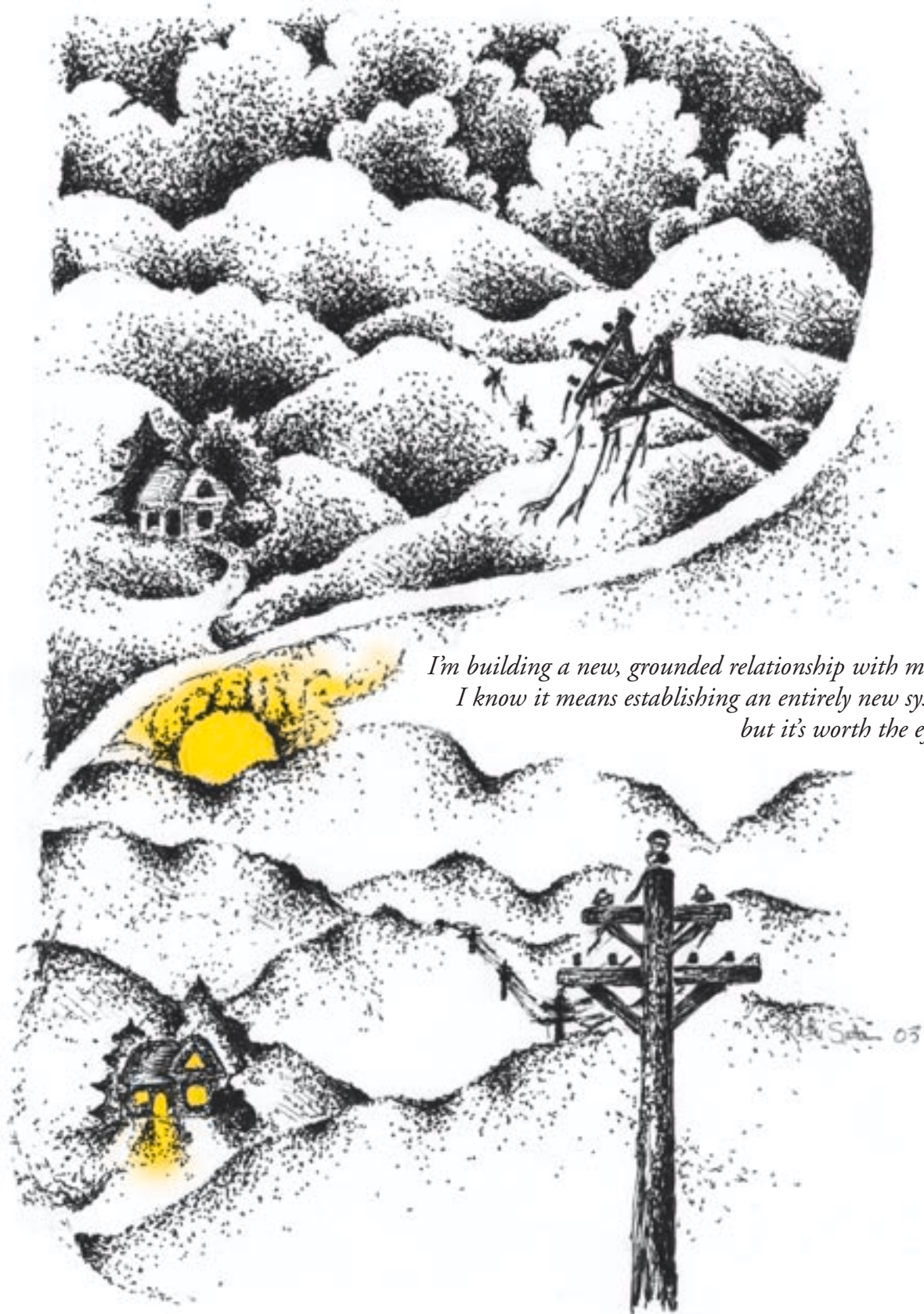
In my day-to-day dealings with people and money, as well as my own journey of discovery with money groundedness, I am convinced we all have trouble staying grounded.

Remember Wally's electrical diagram? When we flip the ground wire switch to ON, we shift out of old destructive patterns of postponing life, ignoring our deeper longings, covering over our sadness with addictions, and focusing on countless other futile efforts to protect ourselves from the inherent insecurity of life. When the ground wire switch is ON, we get the authentic feedback from our Interior that allows us to live the life of our deepest desires.

But flipping a ground wire switch that is disconnected from an overall electrical system would not do us any good. We have already established that a “financial fix” is not the same as a “grounded financial plan.” If we take the time to build a new relationship with money, the lights will work when we flip the switch.

Let's take a sneak preview of what is in store.

- A close look at your finances helps you see the true nature of your life. Suddenly, you notice that being present with daily details allows you to experience the wonder of life.
- Money's true purpose is to remind you of your dependency—no amount of money can satisfy your longing for help outside yourself.
- There is such a thing as enough money. Real satisfaction comes not from more money but from knowing you are opening to a truer sense of Self.
- Consciousness of the emotions associated with money issues are at the base of finding groundedness.
- If you want honest feedback as to how aligned your actual behaviors are with your professed values, you must look closely at how you make, spend, share, and save money. This money mirror reveals the source of your discontent.



*I'm building a new, grounded relationship with money.
I know it means establishing an entirely new system,
but it's worth the effort.*



- When you pay attention to your financial life and follow through with action around steps that need to be taken, you are less distracted by the money noise that calls you in a hundred different directions.

So, you can see that you are in for an exciting journey! An Authentic Money Guide and Financial Awakening are within reach.

It's time for money and happiness to co-exist in your life!

A REFLECTION

As I walked down the driveway just a few days ago to my little country office, I wondered about some new clients coming in for their first meeting. I thought about this journey that had caused me to ask my clients to use the financial planning process as an opportunity to examine their lives. I thought of this David Whyte poem as I put the key in the front door:

THE WELL OF GRIEF

*Those who will not slip beneath
the still surface on the well of grief*

*turning downward through its black water
to the place we cannot breathe*

*will never know the source from which we drink,
the secret water, cold and clear,*

*nor find in the darkness glimmering
the small round coins
thrown by those who wished for something else.*

—David Whyte, from *Where Many Rivers Meet*

It is terrifying not to be able to catch your breath. I wonder if these clients will have the courage at this point in their lives to open to their fears? I know oftentimes I choose to stay at the edge of the “well.” I also know that I need encouragement and support to keep opening to this vulnerable place in my life. It seems that money brings up plenty of terror for most of us, helping us find this sacred place within.

A few minutes later, the clients arrived. As we spoke, I could see they longed to live a life that lay beyond simple financial solutions and growing financial net worth. Their courage to deal with their finances would help them dive below the still surface to find that “secret water—cold and clear—the source from which they drink.”

How about you?