

Thursday's Kick! Money Woes? Money Flows!



Money Woes? Money Flows!

Catherine, where the hell is my happy?!

-Anon client

*When you follow the flow, the money appears.
We are magnetic.*

-Dr. Zest

“I would love to do that, but I can't afford it”

“I really need to attend, but I can't afford it, maybe next time.”

“I should go, but I can't take off work. I have taken enough time off, but you can fill me in later.”

“Money is tight, I can't do it this time.”

“I can't spend the money on that right now.”

“This sounds really terrific but...”

“I have spent enough money on stuff, I will have to wait, although I could use this.”

“I can't travel that far, can you do something closer?”

“I can't afford it, do you need a volunteer? That's the only way I can go.”

“Do you want to barter? I don't have the money right now, and I really would like to go.”

“I'll catch this next time around, it sounds wonderful.”

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Sound familiar? I know it does! my “Oh Poor Me!” entry is one of the most requested over the past three years. I admit that I am guilty of some phrases mentioned here. I made a shift and what a shift that was. I stepped out of my “I’m on a budget vice-grips” and opened the flow. Little did I realize all that is connected to that flow, it goes beyond “show me the money” it is all about following your heart.

Over the past few months I have come to realize the connections with

- Following your heart
- The Law of Attraction
- My description of each of us being “walking magnets”
- Magnetic flow
- The flow of money (and abundance for that matter)

I have to attribute this knowledge to my guide, Dr. Zest. In his last few sessions he has talked about “magnetic resonance” and our connection to each other and the divine through our “magnetic core” or what we refer to as our heart or heart center.

When we are following our heart and “in the flow of things” there is a trust that emerges...a surrender of sorts. Following your heart helps you steer away from the heaviness of fear and the control of stress. Following your heart is all about following your path and your purpose. You have already laid out a course, a direction for yourself, although some of us feel we are feathers in the wind. Your magnetic “core” your “heart tugs” or “heart strings” are your homing device. Unfortunately, we override our heart with our head (and our checkbook).

When you spend too much time, too much of yourself in the chaos, the fear, and the stress of poverty consciousness you continue in that circle. It is like having one foot nailed to the floor. You become exhausted, and this is what I would call a “loaded” term. In that energy, you become and stay physically exhausted, emotionally exhausted, and

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ultimately financially exhausted. Then you have Catherine Poole come along and cheer you on with, “Find your happy! When you are happy then all will flow!” right? Hmm...well, **it is very right**. But as one lovely client put it, “Catherine, where the hell is my happy?!”

The challenge is about finding your happy. This has to begin by getting out of your own energy and THAT gets you out of your own way. My greatest frustrations with clients are the pleads and requests for help and guidance and when they get it they don't recognize it as such. I will suggest a workshop (mine or a colleague's) and the immediately lament is, “I would love to -but I can't afford it.” Or, one of the many excuses I put at the beginning of this entry.

I have used or heard them all. Which one reminds you of you? I'm in the “*that sounds terrific, but*” group. I was *buying time* to make up a good reason not to go. Money was the only thing keeping my foot nailed to the floor. (Did you catch the poverty term I used: “*buying time*”?) I have had clients call for an appointment right AFTER a workshop they would have benefited from. I have six clients right now in “crises” they have been in crises for a year. All similar circumstances, yet geographically spattered all over the country. They call and the first thing out of their mouth is “Catherine, I can't afford a reading, but can I ask you a question?”

I suggest a workshop which is a pretty thrifty way to have my attention and expertise for longer than 90 minutes at a time, yet it goes far beyond that. ***Their way out is to get themselves out***-out of the energy they are in! Teleseminars, webinars, phone, and Skype consultations are wonderful. But if you are stuck, you need to move out of the energy that has created the chaos in order to find resolution. Workshops and trainings allow you to redefine your priorities.

One reason workshops and trainings are so transformational is because they get you out of your own energy and limitations. Bryn Blankinship, CHt and I often conduct three day workshops, such as Topsail Island's “transformational” agenda: Your Spiritual Way. Three days is needed to get you out of your funk and reorganize your thinking and

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energy patterns. It is magnified when there are other powerful, positive attendees there to keep the energy high, happy, and positive. You attract new energy by attending a workshop, but also by releasing the flow of old energy, money included, in order to bring in new energy (and more money). Don't worry, I walk the talk and have two examples of how it has worked for me AND changed my life. Most recently just a couple of weeks ago. But first let me talk about shifting out of fear and stress.

Laughter is a key to shifting out of fear and stress and into what Zest defines as “ascension”. When ascension occurs then there is a connection, a direct and strong connection to your guides. When you worry about money and finances, as well as other issues- you reside in fear and pain. You feel alone or abandoned but you are not alone or abandoned. Your guides do not leave you, you are not alone, there is a disconnect because they cannot reside in that energy. YOU can't reside in that energy!

The core center for laughter is your diaphragm...which is where your “magnetic core” resides. Some refer to this as the “seat of the soul”. This is your connection to the divine source. The closest vibration to God is joy and laughter. Laughter leads to a continuation of happy. Happy keeps the flow moving and allows opportunities and experiences into your life.

Happy allows money to flow into your life.

When was the last time you invested in something your heart longed for? Something that would make you happy? Something that you value because you followed your heart? Think about whether you struggled to “replace” the money it took to purchase it or invest in it? Think about something you bought that was something you thought you needed or wanted but your heart wasn't in it? What is the difference? It is amazing when you look at it from this standpoint.

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I write and speak time and time again about abundance and flow and have my little phrase posted on my “Magic Refrigerator” that states confidently:

*“I allow money to flow into my life from expected and unexpected sources.
What a wonderful day it is!”*

It is a wonderful and magical affirmation, and it opens you up to ALL possibilities of abundance and money. Yet, investing in another's expertise and combining it with your own experiences can shift your life and allow money to flow. By investing, I am referring to an exchange of energy, and yes that energy is in the form of money.

Like so many, I am on a budget. Being self-employed there is also the underlying pressure (fear, stress) of not knowing when the next month's finances will manifest. I was living in a whirlwind of “trust the universe” “keep positive thoughts” “allow money to flow through me” and a slew of other affirmations and attitudes. Yes, they work! I have attested to that in other Kicks! But why don't they work ALL the time?

Money is energy, it flows and it needs to flow in order for more to come into your life. We are magnetic beings, and I like to remind my clients that we are indeed, “walking magnets”. When you follow your heart and not your head YOU ARE GOING WITH THE FLOW. Going with the flow opens all areas of your life, including money.

Two words that are important in this week's Kick! are “**value**” and “**invest**”.

A couple of week's ago I was in bed “creating my day” before I got the kids up for school. While there in bed I asked for guidance about business, what I needed to do, where to go next, help with the “business of running a business”. It is frustrating to have so many ideas and “products” and not have any idea on what to do next...how to get to the next level, or what the next level is for that matter.

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Into the office I go. I checked my emails. A friend, Mitch Axelrod had sent a request to view a link on his FaceBook fan page. Mitch is a prominent business consultant and a dear friend that has given me much advice over the years. His latest endeavor is “The New Game of Business.” I checked out the link, in part because the timing was ironic and in sync with my earlier request for guidance. (I often follow all leads after I have specifically requested guidance, even the one's that don't make sense at the time). I found myself listening to an audio that gave me three pages of notes, and a whole lot of gratitude.

I then sent Mitch a thank you for the “intellectual tithing”. Less than an hour later, he called and we chatted. *What happened next is what shifted my world, my practice, and my life...* I invested in Mitch's knowledge and asked him for a coaching session. Not a swap of expertise, but a session with him. I asked for help, I accepted his help.

Unlike any other time Mitch and I had “chatted” I set a time for a coaching session with him and although my head said, “I don't have the money for this, I cannot afford it” my heart said, “This is the answer to your request for guidance, follow your heart and open the flow.”

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As if by magic, a surprise check was in the mailbox that afternoon, and then a client called “out of the blue” for an emergency session. I realized that flow is attached to the two words:

invest and value.

I valued Mitch's expertise enough to invest my energy (money) in his knowledge.

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There is a significant difference in how we process information and knowledge when there is an investment. I know this. It is why I seldom barter my services. Yet this wonderful reminder is something I feel the need to pass along because we can fall back to old patterns. Are you stuck? Are you back in an old pattern? Think about an investment in something you value, step out of your energy and get the flow moving.

I would like to give another example of investment and value. I remember years ago a workshop I wanted to attend but “did not have” the funds to do so. I talked with the minister that was holding the \$350 workshop and expressed interest. With three children to make arrangements for and all that goes with a weekend workshop, we were looking beyond just \$350 to attend. I shut down the possibilities right after the desire presented itself. I remember Reverend Jane asking me two questions:

1. *Does the workshop feel like the right thing for you at this time in your spiritual journey?*
2. *Is it your mind that is talking you out of it, or your heart?*

I answered that I **FELT** like it was the right place to be, the subject spoke to me and all the right energy and people were included. I laughed and said it wasn't my mind talking me out of it, it was my checkbook (and my spouse!). She just quietly stated, “If you feel you need to come and it will make a difference in your life, the money will flow in to replace what is spent, you are just opening a space for more. Trust your heart to the right thing.”

I made the decision and I went to the workshop. The money showed up to “fill in” over the next week, as if it had always been there. Yes, primarily it came from unexpected sources. It was an amazing workshop. It provided a level of guidance and information that I had prayed for and needed. I had to get out of my own way, out of the energy that created my current circumstances, and out of my own head. I followed my heart...followed the flow, the magnetic flow in order to receive the guidance I requested.

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I invested in myself, as I have done many times with workshops or sessions. In doing so, I value the information and the guidance given and it is information that feeds your soul; the ultimate investment. So think about times in your life where the flow has been open and free and recognize the emotions and feelings that help you open up that “cosmic pipeline.” When you follow your heart, you are following your path and it is your joy and passion that blazes the trail. And it is amazing when you are doing what you love, the money always seems to find its way into your life. Blessings! Catherine