

Special Report for Women Business Owners

The 3 Biggest Money Fears That Keep You Stressed and Struggling

Are you one of the 90% of Americans stressed about money?

Not only does money stress make you feel bad, it could be causing health problems, depleting your energy, and draining your bank account.

What is money stress?

Money stress goes in a loop. You have thoughts of negativity you can't turn off. Worst case scenarios parade through your mind.

- *What if I can't pay my bills?*
- *Maybe I'll lose my house.*
- *I'm turning out to be a failure.*
- *I could end up a bag lady living on the street!*

You feel embarrassed and ashamed of your money problems so you hide them from your friends and feel more and more alone.

Even if you make enough money, you always seem to **worry about the future.**

- *What if I make the wrong decisions and I lose my money?*
- *What if I have to lay off employees?*
- *What if I lose my business altogether?*
- *What if I disappoint the people who depend on me?*

- *Good things don't last; I could still turn out to be a failure.*
- *Before I earned this much money I thought it would be enough, but it isn't!*

If you're like most women who are running businesses, money stress makes you work harder than you want to.

Why YOU are your own Worst Boss

Even though you're the boss, you're AFRAID to let yourself take a nice vacation. After all, you might lose money or valued customers...or come back to chaos.

- No matter how hard you work, you keep ending up in the same place.
- You long for more financial security and freedom.
- You want more quality time with your family and friends.
- You need more ease and well-being.
- You crave things in life that feed your soul.

***There's 1 thing at the root of money stress:
FEAR.***

Fear is causing the worry in your mind.

Fear is creating the stress that threatens your health.

Fear is making your life feel like a constant struggle.

Fear is keeping you up at night.

Fear is sabotaging your success and happiness.

There are 3 MAJOR FEARS that keep you in stress and struggle with money.

They are so insidious you might not even know you have them. When you can identify them and take positive action, you can reverse their negative effects.

That's what we'll do together. *In this report you will:*

Find out what those 3 fears are.

- Learn how to stop those fears when they come up.
- Understand how money fears are holding you back in other areas of your life.
- Discover how to feel safe and secure all the time.
- Get clear steps so you can start taking positive action TODAY.

Fear #1:

"I can't have the money I want."

You feel helpless about money. You feel discouraged, and you assume the things you do to get money aren't going to work.

Then when you have setbacks you think, "What made me think this would ever work out for me—I know better" or "This is typical. It always happens."

Maybe you feel like there's a glass shield between you and money. So no matter how hard you work, a significant amount of the money you need is always out of reach. You can *never* get the full amount you need to feel secure.

This fear that you can't have the money you want (and need!) creates a distrust of life.

It seems like something is always keeping you from becoming more successful.

There's one crisis after another: Your business is down. You have unexpected medical bills. You have a grown child who always seems to

need your help. You're caring for a parent. An investment goes bad. The economy flounders. Or when your income does go up, your expenses coincidentally go up at the same time. You get disheartened.

Because these things *do* happen, they seem to validate your belief that you really just cannot get ahead.

You may think you're stuck in a vicious cycle of tough breaks – BUT you're NOT!

Challenging life events and costly setbacks happen to everyone... including thousands of people who continue to be financially successful ***in spite of those hardships.***

The source of Wealth is inside YOU...

No external influences or unfortunate events can take away your inner source of wealth. ***You always have it...you just need to know how to use it!***

You have an inner guide that can see you through tough times so you can keep coming out *ahead*, not behind.

Tuning into your inner guide will help you:

- ***Gain peace of mind and confidence around money***
- ***Make better decisions that will lead to greater financial success***
- ***Recognize prosperous opportunities you would have missed before***
- ***Grow your business with less stress and less work***
- ***Feel more trust and security in all situations***

Your inner guide is your true self. Your deeper self, your spirit, your unlimited being. Everyone has it, including you.

Your true self sees past all barriers and, with absolute generosity and love, guides you to the prosperity you want.

How does this work?

Your true self is in the flow of all life. You might sometimes feel separate from the money you want, but deep within you, your true self is not separate from anything. And it never thinks it is.

Your true self is in loving oneness with everything in existence. It is one with the flow of all money – and the well-being you believe money will bring you!

The Truth: You Are One With Money.

Your personality (or ego) might not see all that, but as you open your awareness to your true self, your perception expands. The glass shield between you and whatever you want disappears, and you are immersed in the flow of all greater goodness, including money.

With that awareness you no longer think of yourself as separate from money. You become deeply receptive to money because you are in the flow of it.

Money is all around you, and you feel the energy of money flowing through you.

Distrust of the world—or of yourself—disappears. You begin to feel the security and well-being you want money to bring you. From that well-being, you start to perceive opportunities you have been missing.

To start tuning into your true self and the abundant flow of money, do this simple exercise for 2-5 minutes every day for a week:

1. Sit quietly, close your eyes, and breathe gently. Assume that each breath is automatically, perhaps magically, breathing you a little deeper into your true self.
2. With each breath, imagine that unlimited love and well-being are flowing through you. The cells and tissues in your body are being infused with the flow of unlimited love and all the well-being you hope money will bring you.

(It's okay if the feelings are so subtle you're not sure they are there. Deep well-being is very subtle.)

3. Money is made of the same energy as love and well-being. So the energy of money is flowing through you, too. Enjoy being in the flow of love, well-being and money.

4. When you are ready, take a nice deep breath, open your eyes, and stretch your body so you're ready to go about your day.

This is a good start to understanding and working with Fear #1. But it's just the beginning. There's more in my **Living in the Flow of Money** program that will help you change your mindset for more lasting prosperity.

You'll feel safe and secure in the world and absolutely connected to money – not separate or lacking it.

Click here to learn more:

<http://www.martianelson.com/moneyclass.html>

Fear #2:

"I don't deserve the money I want."

A deep-seated unworthiness makes you feel that you do not deserve financial abundance. Other people can have it, but not you. Other people can charge the higher fees or receive the higher wages they need, but not you.

In fact, you're embarrassed to make it seem like money is very important to you. You don't want to appear greedy or materialistic.

You can't have prosperity when you feel you don't deserve it!

I knew a woman who had one of the classic signs of "not deserving." She was uncomfortable receiving compliments. Whenever I said something like "I love your jacket" or "What a beautiful dining room table," she always responded, "Thanks, I got it on sale."

She didn't say it with the "joy of the hunt" of a good bargain, but with a note of apology, afraid I would think she had spent more money than she was worthy of. Unconsciously she assumed I (and everyone

else) shared her belief that she didn't deserve much. It was no fun complimenting her, so I stopped.

It's no surprise she never had enough money.

As long as I knew her she lived on the perpetual edge of financial disaster. She couldn't afford to let abundance stream into her life because it conflicted with her poor self-image.

Just as she ended up stopping the flow of my compliments, she lived always stopping the flow of greater goodness to her.

Your feelings of "don't deserve" and "can't have" ***restrict the flow of money into your life.***

These negative thoughts also restrict the flow of other good things, like love and happiness.

Under Fear #1 we touched upon the power of becoming aware of your true self. Your true self is in the flow of all goodness, including money.

Money is unconditionally available to you...

Your true self is always in the flow of money. The potential for more money is always at your fingertips, always surrounding you.

Money is available to you because it's a natural part of who you are, not because you "deserve" it.

Don't worry about not deserving money - because you *can* have money, as much of it as you want, unconditionally.

Here are two tips for freeing yourself from the fear of not deserving money:

1. Teach yourself to do a beautiful job of receiving compliments. Practice it whenever anyone says even the slightest positive thing about you.

Keep your answer short so you don't deflect, explain or justify. Just receive. "Thank you!" or "Thank you. That's so nice to hear!" is plenty. And *feel* pleasure within you as you say it

2. With kindness, notice any feelings of unworthiness inside yourself and welcome them. Then take gentle breaths, and imagine that the cells and tissues in your body are being infused with the flow of unlimited love and well-being of true self.

As you breathe, let all feelings of unworthiness or not deserving be gently comforted in that flow. They don't have to change or go away. They get to exist in a comforting environment of unconditional love and well-being.

With practice, feeling worthy and confident will become easy and automatic – something you don't even have to think about!

This requires **more in-depth support** and instruction that is beyond the scope of this report.

My **Living in the Flow of Money** program will teach you how to feel much more worthy and confident about money, no matter what surprises pop up...and you know they always do!

For more information about this life-changing program, visit:
<http://www.martianelson.com/moneyclass.html>

Fear #3:

"The money is going to run out."

It doesn't matter if you have a lot of money or not. You are afraid that what you have is going to run out, be taken from you, or simply disappear in some unforeseen way.

You might use rational reasons to justify your fear:

- *The economy is rocky...*
- *I might make some bad business decisions...*
- *My customers could go somewhere else...*
- *My investments could tank...*
- *I have suffered losses before...*

- *It just makes sense to plan for the worst...*

The fear keeps you on a hamster wheel of overworking yourself.

You cling to the money you have. You nickel and dime your way through life, uncomfortable doing it any other way.

For example: If you always make sure to leave your restaurant server the *minimum* required, *you are clinging to your money!*

When you're honest with yourself, you'll admit that clinging to money doesn't feel good. It's like a waistband that's too tight and pinches before you can get a full inhale.

The root of this fear is that money will not keep flowing in.

It's another symptom of not experiencing yourself as living in a continuous flow of goodness and money.

Think about this. You breathe more times every day than you can count.

Your body absolutely depends on the oxygen in those breaths and would die without it. Considering how important that oxygen is, what is it that allows you to let go of it in an uncountable number of exhales each day?

It's that you have ongoing trust that there will be enough air for your next breath!

That's all it is: You trust that you are in the flow of air. You breathe air in, it nourishes you, and you breathe it out. Breathe in and breathe out. You have no doubt you are in the flow of air.

You don't go through your day with "air insecurity." But you go through day after day feeling financial insecurity...because you don't realize you are also in the flow of money!

In the same way, receiving and giving money can be just as natural as breathing.

Prosperity starts with a spiritual connection with your true self.

Here's a quick tip for receiving and giving money easily:

1. Whenever you receive any money, no matter how great or small, even if it's just change for a cup of coffee, hold it in your hand for a moment and feel pleasure. Let yourself smile inside.

Silently say something like, "I joyfully receive this money. I live in the unconditional flow of money."

2. Whenever you pay money, no matter how great or small, even if it's just for a cup of coffee, feel pleasure with releasing it. Let yourself smile inside.

Silently say something like, "I joyfully release this money to support other people and do good in the world. I live in the unconditional flow of money."

Where do you want to go from here?

In this report you have just gotten started dissolving your fears and living in the flow of money. There's so much more! And it can be so much easier than you think.

The next step for more prosperity in your life is my program:

Living in the Flow of Money

***How to Flood Your Life with
Inner and Outer Riches***

<http://www.martianelson.com/moneyclass.html>

"Now I make quicker, more confident decisions to grow my business and myself."

Before working with Martia, I was afraid all the time. I was afraid of doing the wrong thing, making the wrong decisions, and ***especially losing money***. It made me really stressed out.

I was excited about my growing business but I couldn't enjoy it or the rest of my life. There was no time to rest and rejuvenate...*I couldn't turn my mind off.*

Working with Martia has radically changed the way I look at the world. Now I make quicker, more confident decisions to grow my business and myself.

—GM
Business owner & CEO



Since 1985 I have been coaching people into the inner and outer riches that come with living from their true selves. It has been my joy to watch them step into the greater connection with Life they were always meant to have.

I look forward to doing that with you, too!

With you in the joy of discovery,

Martia

Martia Nelson, Life Coach
Author of *Coming Home: The Return to True Self*

P.O. Box 1932, Sebastopol, CA 95473
(707) 823-4403
martia@sonic.net

www.MartiaNelson.com