



LISTENING TO YOUR OWN MONEY GUIDANCE

GUIDED MEDITATION

Gently breathe and ask yourself, “What are my greatest needs?” Listen for the answers. For most of us, our needs include survival, love, safety, a sense of well being, and more relaxation, to name a few. Choose your own.

Recognize that money is a primary vehicle to determine if your needs are satisfied. Let this realization deepen, as the inseparable qualities in our needs and in money become obvious. See the link between our use of money and the needs we prioritize. Remember that the way we spend money affects the quality of our lives. Money is energy, which reflects generosity, faith, and trust...as well as anxiety, tension and pressure.

Become a master of curiosity and contemplation around money. Recognize how much it can benefit your life and can be part of whatever you hold as most sacred and essential. The more you listen to your deepest guidance, the more you can take care of your needs and the needs of those around you.