

How to Clear Your Blocks to Money and Other Good

A Simple 4-Step Process

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This ebook has been kept deliberately brief to show you how simple it can be to clear the thoughts, subconscious imprints and emotions that have been keeping you from creating the life of your dreams, whether that means experiencing vibrant health and energy, sharing loving relationships, manifesting the monetary (and other) resources you need, or living a life of service in which you find meaning and purpose every day.

Because your beliefs – especially the ones that you may not be fully aware of – have such a tremendous impact on what you are able to attract and create, the first part of this ebook is a list of specific beliefs that may be blocking you from receiving your good to help you determine the elements of your own unique belief system. The second part (near the end) lists the steps to clear these beliefs. You can either browse through the list first or skip right to the clearing steps and return to the list as needed.

Beliefs about Money and Good That Can Block its Flow

Self-image/self-esteem/self-love

1. I don't deserve good things in life.
2. I have little or no personal value and worth.
3. I'm not important.
4. I'm not enough/ I don't matter/ I'm insignificant.
5. I'm not good enough (or _____ enough).
6. I'm not capable of giving people what they want.
7. I'm a bad person.
8. No one cares about what I do.
9. No one cares about who I am.
10. No one wants me.
11. God hates me.
12. God punishes me.
13. I can't accept love (or joy).
14. The world is better off without me.
15. I'm all alone.

Self-confidence

1. I can't do anything well.
2. I can't make things happen.
3. I'm a bad manager.
4. People don't expect much from me.
5. I don't expect much from myself.
6. I never win anything.
7. I'll never succeed.
8. I'm a failure
9. Other people always get what they want, but I don't.
10. I can't trust myself to create a comfortable life for myself.
11. I can't take good care of myself.
12. I can't take good care of those who are important to me.

Internal critical parent

1. The negative talk in my head gives me an excuse for not trying any harder.
2. I'm bad because I still don't do what my parents want me to do.
3. I can never be a good daughter/son.
4. My parents were always ashamed of me.
5. My parents are/were disappointed in me.
6. My parents never wanted me.
7. I have always been a burden.
8. I can never live up to my parents' expectations.

Safety

1. I'm not safe.
2. The world is not safe for me.
3. Life is not safe for me.
4. People are not safe for me.
5. Someone will take advantage of me.
6. If I reveal myself I'll die (or be killed).
7. If I'm not on guard all of the time I'll be hurt.
8. People often take advantage of me.
9. I can't trust myself to protect myself.
10. I can't trust myself to take care of myself.
11. My boundaries are always being violated.
12. I can't set boundaries.
13. It's not safe to open up to receive.
14. Power isn't safe; it's better to give it away to someone else.
15. Bad things happen to me when I least expect them.

16. I have no privacy.
17. I always expect something bad to happen.
18. When my father left us when I was young I was devastated and never felt safe again.

Insecurity with people

1. I have to do what other people want me to do, even when I know it is wrong for me.
2. Standing in front of people and talking frightens me.
3. People criticize me, and that feels bad, so I better not give them the opportunity.
4. I will make a fool of myself.
5. I will forget what I'm supposed to say and be embarrassed.
6. No one will approve of what I have to say.
7. It's not safe to stand out from the crowd by having more money or success than them.
8. People make me nervous.
9. I can't separate from _____.

Identity

1. I could lose my identity.
2. It's not safe/OK/comfortable to try new things.
3. I'm not sure who I am.
4. If I try new things I won't be safe.
5. If I behave differently I won't know who I am.
6. If I try new things I won't know how to act.
7. I'll be invisible.
8. Finding out who I really am is dangerous.
9. If I make changes I'll have to take care of myself.
10. If I stop being dependent I won't know how to act.
11. No one will recognize me and I'll be alone.
12. If I'm financially successful I won't know how to handle the money or my new role or people's expectations of me.
13. If I'm successful I won't know who I am.
14. If I make changes terrible things could happen.
15. When I tried new things in the past I always made terrible mistakes.
16. The results of my life so far are shameful.
17. The unknown or unfamiliar is dangerous.
18. I need to know what lies ahead before I can move forward.

Position in the peer group

1. If I make positive changes my friends won't like me any more.
2. If I have no problems no one will talk to me.
3. If I have no problems I won't know what to do.
4. If I have no problems there won't be anything to talk about.
5. If I make positive changes I'll be all alone.
6. If I don't have occasional crises my friends won't need to rescue me and I won't know that they care for me.
7. If I have nothing (or very little) people will take care of me.
8. I know people love me if they lend me money.
9. If I don't borrow money people have no way to tell me they love and trust me.
10. If I'm successful people won't want to relate to me. They will just want me to give them money or other things.
11. People I enjoy spending time with will no longer be in my life.
12. Rich people are better than me.
13. People in another economic group will look down on me.
14. Rich people are selfish so I don't want to be rich.

Position in the family

1. It's not OK to make more than my family.
2. If I change my family will abandon me.
3. If I change I'll be left all alone.
4. If I change I won't know who I am.
5. I don't have the strength to go through this process and separate from my family.
6. I won't know what to do on my own.
7. If I express my needs my family will ridicule me.
8. No one takes me seriously.
9. I can't fight their need to always be right.
10. My family doesn't trust me.
11. I don't want to change my position in the family.
12. I probably don't deserve to be accepted, acknowledged and appreciated.

Change, the world and making things happen

1. Something bad will happen.
2. I am in danger.
3. I am (physically) unsafe and insecure.
4. Someone I love will be hurt.
5. I will lose the life I know.

6. I will be hurt.
7. My family is in danger.
8. I am powerless to protect myself.
9. Being fearful is shameful.
10. To be safe I need to run and hide somewhere.
11. The only way I can protect myself is by fighting the enemy.
12. Fighting is wrong, so standing up for myself is wrong.
13. The way people act is awful and wrong.
14. I don't know what to do (or I'm confused).
15. Everything that was familiar is disappearing.
16. Change is not safe/OK/comfortable.
17. Everything should stay the way it was.
18. I can't be happy until everything is back the way it was.
19. What the world is coming to is awful (or unbearable).
20. There is nothing I can do to protect myself from the dangers all around me.
21. I'm mad at the government (or other people) for allowing this to happen.
22. I'm angry with God/Higher Power for creating or allowing this.
23. Since you took away my power I'll show you by sabotaging you and myself.
24. I am helpless.
25. There's nothing I can do.
26. Being bold and unafraid is not OK.
27. I'm not enough (or can't do enough) to help.

Procrastination

May include:

- * Perfectionism (see below)
- * Anger or hostility
- * The need to manipulate others
- * Low tolerance for frustration
- * Doubts about your ability to perform
- * Feeling overwhelmed by the task
- * Fear of success
- * Fear of failure
- * Evaluation anxiety
- * Self-evaluation anxiety
- * Anxiety about the expectation of others
- * Poor time-management skills

1. I procrastinate a lot.
2. I am a bad person for procrastinating.
3. If I keep procrastinating I'll never succeed.

4. Procrastination keeps me safe.
5. When I procrastinate I don't have to worry about failing or succeeding.
6. Procrastination lets me control others.
7. When I procrastinate people get upset, and that means I have an effect on them.
8. Failure is unbearable, so I prefer not to do anything.
9. I'd rather not do this because it won't be perfect.
10. Other people expect too much of me.
11. Balancing my check-book will just remind me of how much money I don't have and how irresponsible I've been.
12. People always criticize me, and that's unbearable.
13. It takes me so long to do things so I'd rather not even start.
14. There must be something wrong with me because I never do what I'm supposed to do.
15. The amount of things I have to do is overwhelming; it's better not to do anything.
16. Putting things off is shameful.
17. Not doing _____ is shameful.
18. I'll never succeed because I procrastinate.
19. I'll never get over this.
20. I'll never do what I have to do to get over this.

Control

1. If I'm not careful, other people will take advantage of me.
2. I need to know what is going on at all times.
3. No one is ever going to push me around.
4. People try to take advantage of me and that's shameful.
5. If I'm not vigilant all the time I'll be in danger.
6. People often disappoint me.
7. Give an inch and they will take a mile.
8. Being in control means I'm strong.
9. If I'm not in control I won't know how to behave.
10. I don't dare let go. If I do everything will fall apart.
11. If I ask for what I want I'll be punished.
12. If I try to get what I want I'll be ridiculed or demeaned.
13. If I assert myself people will abandon me and I'll be left all alone.
14. I am trapped.
15. I have no idea what I really want.
16. This is an awful way to have to live my life.
17. Not having to make any decisions is a good thing.
18. Making decisions is not safe.

19. It's better if other people tell me what to do. I can't make mistakes that way.
20. I can't do anything that I really want to do because then I would be alone.
21. It's OK that I have to do everything s/he wants. At least I'm being taken care of.
22. It's so hard for me to say no.
23. If I don't tow the line I'll be in big trouble.

Perfectionism

1. If everything isn't just right I get very uncomfortable.
2. People expect me to be perfect.
3. If I'm not perfect _____ won't approve of me.
4. If I'm not perfect _____ will judge, criticize and reject me.
5. If I'm not perfect God/Higher Power will punish me.
6. If I don't excel at everything I do I'll be punished.
7. If I don't excel at everything I do I'll be left alone.
8. My value depends upon how well I do things.
9. I have no value unless I do everything better than anyone else.
10. If I make mistakes I'll be punished.
11. If I make mistakes I'll be ridiculed or demeaned.
12. If I make mistakes my father/mother won't talk to me.
13. Since I can't do things perfectly I'd rather than people think I can't do them at all.
14. I'm really upset about the mistake I made when _____.
15. Making mistakes is shameful.
16. No matter how hard I try I can't seem to do anything right.
17. Even though I rarely do things as well as I could I keep trying. But it feels awful.
18. If I relax everything will fall apart.
19. I'll never achieve anything if I relax.
20. Relaxing or letting go is dangerous.
21. I'll be really uncomfortable if I let go and relax.
22. I don't know how to let go and relax.

Money

1. Dealing with bills is overwhelming.
2. The way I let my bills pile up is shameful.
3. My bill paying is out of control.
4. I can never be sure what I have in my checking account.
5. If I pay my bills the checks will bounce.
6. Bouncing checks is shameful.

7. I'll never do this right.
8. If I don't pay my bills on time I'll be punished.
9. Dealing with money is beneath me.
10. I can't manage money.
11. Money is the root of all evil. (or The love of money is the root of all evil.)
12. Money corrupts.
13. Only selfish people care about money.
14. People with money are mean or bad or _____.
15. It's not spiritual to care about money.
16. It's not spiritual to accept money for spiritual acts.
17. The less you have the more God loves you.
18. Money doesn't grow on trees.
19. I can't afford the things I need (or want).
20. Life is a struggle.
21. It's not OK to have more than _____ (an amount of money).
22. People like us will never be rich.
23. I took a vow (or oath) of poverty; if I don't keep it I'll suffer or die.
24. It's hard to make money, especially a lot of it, and requires a lot of work.
25. I'm inadequate and dealing with money reminds me of that.
26. I'm not worth much.
27. I don't deserve to have what I want.
28. Why should people pay me? I don't have what it takes (or what they want or need).
29. Owing money is wrong and shameful.
30. The way I handle money is shameful.
31. I'm afraid to ask for help because people will think I'm stupid.
32. To have money I'd need to allow a lot more people into my life, and it's not OK/safe/comfortable to do that.
33. Every time I have to deal with paying bills it reminds me of when my parents fought about money.
34. My father left us after my parents had a fight about money. When I go to pay my bills I always remember that and feel awful. (and statements relating to the incident)
35. If I have too much money (or success) I'll have too much responsibility.
36. If I have too much money (or success) I'll lose all my free time.

Financial insecurity

1. I will run out of money.
2. I am not supported.
3. I am all alone.
4. I won't have enough money for the things I need.
5. I'll end up out on the street with nowhere to go.

6. I can't support myself.
7. I am so powerless.
8. No one appreciates me.
9. I need to be rescued.
10. If someone rescues me I know they love me.
11. If people lend me money I know I'm connected to them.
12. When I borrow money I know I'm not alone.
13. If you lend me money I know you love and trust me.
14. Not being able to pay my bills on time is shameful.
15. I am disconnected from my personal power.
16. I am disconnected from God/Higher Power.
17. If God/Higher Power really cared for me I wouldn't be so broke.
18. If I win the lottery I'll be fine.
19. Winning the lottery is the only way out for me.
20. I must be inadequate because I can't get a job that pays well.
21. It's not OK/safe/comfortable to ask for money.
22. It's not OK to ask for money even though I know I do good work.
23. I am unappreciated.
24. My work will never be acknowledged.
25. Other people always seem to have more than I do.
26. Other people have an easier time making money than I do.
27. I borrow money and I don't pay it back.
28. I'm guilty because I borrow money and I don't pay it back, which is wrong and shameful.
29. The greatest shame is not being able to support my loved ones.
30. I will lose everything I have.
31. If my mother/father/siblings loved me they would help me financially.
32. I'm not enough, so I'll never have enough money.
33. I'll never get a raise.
34. I don't take care of money well.
35. I've done things I'm ashamed of, so it isn't right for me to make money.

Steps to Clearing the Blocks

1. Print the list, go through it and check off all the beliefs that strike a chord in you. Do this quickly without thinking about it too much.
2. Choose one of the following clearing methods (or use another you have worked with and liked or that you are guided to):
 - 1) Learn the Be Set Free Fast method, available at <http://www.besetfreefast.com/faq-steps.html>.

- 2) Learn ETHOS, available for free at <http://ethosmethod.com>. You have to click on Join the ETHOS community on the right of the page to access it.
 - 3) You might prefer a method that directly enlists the power of the heart, which you can find in the How to Love Yourself Unconditionally chapter of the book *The Shift* by Owen Waters, available at <http://infinitebeing.com/ebooks/theshift.htm>.
 - 4) Use the Judgment Release method, available at <http://godchannel.com>.
3. Start using the process you have chosen on every single belief, feeling and thought that you have marked on the list. Do this until they all feel totally neutral, meaning they give you no emotional “charge” when you say or think them. This may take a day, a month or a year. To remain positive about the process, remind yourself that you have held these beliefs for MANY years, and the time it takes to clear them is tiny by comparison. Also you may expect to see changes in your life very quickly even if the process is not totally complete.
 4. Replace each limiting belief with an empowering one and use your chosen healing modality to “install” it in your subconscious by healing (treating with your chosen modality) any aspect of you that is not in complete, 100% alignment with it. For example, if I were working with the belief “I am all alone”, I might replace it with “I am always connected to my spiritual support team and others through love.”

I also suggest that you join the Circle of Healing to receive monthly support in moving into alignment with prosperity, freedom, health, loving relationships, inner peace and a purposeful life of service. If you would like more information about this program visit http://theloveandlight.net/current_offerings.php. You may also contact me directly for private, customized assistance using energy healing and intuitive guidance. This guidance even extends to the fees I charge each individual.

Enjoy the process of healing, growth and receiving good. I wish for you an abundance of all you desire, including love, light and joy!

Ellen Kratka – *Sacred Spiral Services*

“To love is all you need.”

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