

## 225: Financial Abundance



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With Your Host

**Jen Riday**

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## 225: Financial Abundance

You're listening to the Vibrant Happy Women podcast, episode number 225. We're talking about financial abundance. Stay tuned.

Hi, I'm Jen Riday. This podcast is for women who want to feel more vibrant, happy, aligned, and alive. You'll gain the emotional, physical, and spiritual tools you need to get your sparkle back and ensure that depression, anxiety, and struggle don't rule your life. Welcome to the Vibrant Happy Women Podcast.

Hey my friends, Jen here, and I'm talking about financial abundance today. We've been through quite the crazy few months, haven't we? Some of you listening might be struggling financially. And that's okay; we are in what is called an economic crisis. Now, that word 'crisis' makes me feel a sense of panic in my heart area. Put your hand on your heart and notice what do you feel when you think the word 'crisis'? Don't like it.

So let's up-level that word to dance. I want to challenge you, wherever you are, whether you're looking for a job or looking for a better job, or looking for a more meaningful job, or just wanting to be better at saving your money, or not being in debt. All of these things have to do with our mindset.

About a year ago I went through the process of uncovering some of my limiting financial beliefs, and I'm going to share them. I'm taking these from a journal. This is actually a bit embarrassing. Now, I had no idea these things were in there until I took the time and space to write in my journal about them, I encourage you to do the same, to uncover what you picked up from your parents, or your grandparents, or your friends, or society. Beliefs like money doesn't grow on trees or beliefs like you've got to work hard for your money.

We accept these things as true but I've taught you before and I'll say it again, our thoughts, our beliefs, they essentially create our results. How does this happen? Every thought you think generates a feeling. Try it now,

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think the thought, I feel so happy. Now, if it feels at all true you're going to feel a sense of happiness just by thinking it. Now, sometimes you're so unhappy that if you think the thought, I'm happy, you're just like that's a lie. But my point is you're going to feel something based on your thoughts.

So if you have a thought like I have to work really hard for my money, your brain's going to go into a space of cognitive dissonance. That means if you believe you're going to have to work hard for your money, but you don't want to work hard and you want to spend time with your kids, your brain's going to be in conflict between those two beliefs. And it's going to be harder to get that money if you also have a value that you want to spend time with your kids. So maybe getting rid of that limiting belief, you have to work hard for your money will open up a pathway to do it differently.

So our thoughts generate feelings, our feelings drive actions and our actions get us a result. So if you have a limiting belief like money doesn't grow on trees. That thought might make you feel scarcity. That thought might make you feel worry, maybe you have another thought like we're never going to have enough money. That one brings up some panic, doesn't it?

When you feel panic what action or inaction do you take? I don't know about you but when I feel panic I kind of go into a place of paralysis and inaction, and I do nothing. And funny enough then what is your result? You're not going to have enough money. The exact same result that you were thinking, you had the thought, we're never going to have enough money, you panic, you take no action, you're stuck with the result of never having enough money.

So the key is rooting out, discovering all those limiting beliefs and getting rid of them. How do we do that? Well, I like to use EFT tapping. And I'm going to be teaching how I do that in the Vibrant Happy Women Club

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throughout all of July when we're talking about financial abundance. I am super excited about this.

Well, today I wanted to read from my journal and share some of the limiting beliefs I was able to root out a couple of years ago. Some of them are really kind of embarrassing. But I'm going to be authentic. I'm going to be vulnerable. So when I first started writing in my journal, just random thoughts about money, here are some of the things I wrote down.

Alright, I started with the belief I have to work harder to have more money. From there I wrote down, I'm afraid I'm going to work my whole life and not do the important things like spend time with my kids. That would give you a conflict in your brain that might hold you back from earning more money. I had other thoughts like I'm never going to have enough money. I'm never going to get ahead. I remember picking these up from my mom. I don't have enough savings. I'm never going to get what I want. I'm afraid I won't be proud of my life.

Okay. Now, I'm going to get you to a juicy one, this one shocked me when I saw it on the page. I started writing on the page God must want me to suffer financially. I was like, "What? Where did that come from?" Then the next thought I wrote down was God wants me to fail financially. I couldn't believe that was in there. I have no idea where it came from. And it wasn't really even true that I was suffering, or failing financially. But those thoughts were in there and they were quite strong. So I used EFT tapping to work on those.

But let me share a few more actually, okay. I can't make more money because I don't have enough time, I have six kids. I don't want to work that many hours a week to earn more money. The economy could get bad. I need a bigger team to increase my income. My kids will be spoiled if I make more money. My husband will feel inferior if I make more money. I'm not thin enough to make more money. That's convoluted. I'll be snooty if I

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make more money. My brothers and parents will be jealous if I make more money.

Money isn't as important as family, you know, a side note, why do those need to be mutually exclusive? It's so interesting. I'm a farm girl; we're not a money family. Do you see what might happen if our brains are filled with thoughts like these and we're not even aware? I wonder why we get stuck financially.

I'm going to share a couple more. I don't have time to shop or redecorate my house anyway, so why bother earning more money? You guys are like, "I'll make time to shop and redecorate with your money, Jen." Anyway, I'll stop there.

The point is we all have tons and tons of beliefs that have built up in our brain over time. And a belief is simply a thought that you have thought a lot of times. The first time you think of a thought it's like you're walking through a jungle, kind of creating a path. The second time you have a machete, you knock down some leaves. Third time it's a bigger path, then a road, then a highway, then a super highway. And the more of these beliefs that limit us, the more of them that are like super highways, the harder it is for us to get out of our money patterns, often the patterns we learn from our own parents.

So how do you let these beliefs go? Well, I like to use EFT tapping. EFT stands for Emotional Freedom Technique. And what it is, I'll just summarize it; you tap on acupressure points on your body, while you state your limiting beliefs out loud. And it causes your brain to release any emotional attachment to the limiting thought.

So if you have a thought like God wants me to suffer financially, like I used to. You do tapping and you remove any emotional response and then the

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thought doesn't feel true anymore, suddenly it's not going to be there blocking you from achieving greater financial abundance, so it's really cool.

Now, after we've done the work with EFT tapping to eliminate the limiting beliefs that hold us back financially, that keep us stuck in a place of fear or crisis, or never thinking we're going to have enough, or never believing we're going to have savings. And never believing we're going to have a meaningful career. I don't know about you, but we have one life. We want to make money doing the things we love. We want to live our purpose and earn an income doing it, a sufficient income to experience all the love, and joy, and peace that we can.

Now, there are a lot of things that you can do to begin to replace those limiting beliefs. But I just like to have mantras that I repeat. One of my favorites is I am an income earning light. You're like, "Wow, Jen, that's way different than God wants me to suffer financially." I am an income earning light.

Well, one day I was in the bath and I was kind of praying, thinking, meditating about what is my purpose. And this thought came to me really strongly and I latched on to it because I recognized it helped me to feel empowered, helped me to feel excited. It helped me to feel abundant.

And I have continued to believe the thought that I am an income earning light. What does that mean? For my daughters I am an example of the possibility that a woman can earn more than a man, or that women can have a career they love and earn money doing it. For other women I show them that you can become a coach and earn an income doing what you love. You can make a difference and love it.

For my team I can hire more people and pay them more to do more of the work so that we can spread the light of the Vibrant Happy Women movement. I wouldn't have believed this when I started my business, but

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it's actually important to earn income if you want to spread a message of hope and happiness. So I am an income earning light.

Another favorite one is life is happening for me, not to me, and that includes financially, life is happening for me, not to me. Another big one is simply the belief that I am a money magnet. I learned that one from Tony Robbins at his Date with Destiny event and it kind of stuck, I like the alliteration.

If you have a belief that money is evil or that you shouldn't have too much, you probably never will have too much, and maybe you're satisfied with that. There's nothing wrong with that. But maybe you need more resources to cope with a difficult child or you feel like you need to have savings or you want to get out of debt. Those are all; I think we could all agree noble and valiant reasons to want to have more money.

So whatever your reason is, if you want to experience greater financial abundance like getting a better job, or getting any job, or getting more of a job you love. I want to invite you to join me in the Vibrant Happy Women Club throughout the month of July when we'll be talking about financial abundance. This is your chance to root out and eradicate those limiting beliefs that keep you stuck, that keep you feeling lower energy and less confident, and replace them with empowering financial beliefs.

So it is easier not only to attract abundance if you believe in the law of attraction. But also to think the thoughts that generate the feelings that will drive the actions to get you a new result. They say the definition of insanity is doing the same thing over, and over, and over again. If you want a new outcome you must root out those limiting financial beliefs and replace them with something more empowering.

And I'll guide you step by step through the process. We will be writing out and journaling together about our financial beliefs, our limiting financial

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beliefs we might have learned from our parents or elsewhere, talking about that. We will be doing weekly EFT tapping, which I will lead, to let go of those limiting beliefs, to remove the emotional charge those beliefs have for you. And we will be replacing those beliefs with something more empowering.

Now, it's a funny thing, beliefs are thoughts that we've just thought a lot of times. So when you take a new belief you want to introduce it to your psyche. You start once; it feels like you're just walking through a jungle. It might not feel exactly true, but you walk it a second time, you see it the next day. Or you write it a few times in your journal, or you try to feel the energy of it. It's like you're slowly blazing a path, and then a road, and then a highway, and then a super highway.

And when you have beliefs like I am a money magnet, or I am an income generating machine, or God wants me to have money so I can do good things on this planet. If you have beliefs like that, suddenly it's easy to take the actions you need to earn that money. It's easier to get that new job with confidence. It's easier to save and not spend your money because you start to have a belief that hey, I love saving even more than I love shopping. Have you ever tried that belief on? It's a pretty cool one.

Or, hey, I am debt free, I am blazing a new trail, I'm letting go of the path that I might have learnt from my parents or whatever it is for you. Or, hey, I have a job doing what I love and I happen to get paid for it, I am so lucky. These beliefs make it easy to take new actions to get new results financially.

So if you'd like to join us, go sign up for the club right now, we start next week, you can sign up at [jenriday.com/join](http://jenriday.com/join). I will mail you our workbook for July, yes, right to your door where you get to do this journaling. The questions are all in there.



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And then every week we'll have an EFT tapping class where we will do this work and tap through all of the acupressure points to eliminate any of the negative beliefs, the limiting beliefs you wrote down that week. We'll work on replacing them and you're going to have an entirely new money mindset by the end of July, which means way more abundance in the months and years ahead. I know by experience that this works. So join us, [jenriday.com/join](http://jenriday.com/join).

Alright my friends, it has been amazing. We will be talking about finances all month, I am super excited. And I will see you again soon. Make it a vibrant and happy week. Take care.

If you enjoy this podcast, you have to check out the Vibrant Happy Women Club. It's my monthly group coaching program where we take all this material to the next level and to get you the results that will blow your mind. Join me in the Vibrant Happy Women Club at [jenriday.com/join](http://jenriday.com/join).