

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 blocks. 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 That Can Block its Flow

Self-image/self-esteem/self-love

I don't deserve good things in life.
I have little or no personal value and worth.
I'm not important.
I'm not enough.
I'm not good enough.
I'm a bad person.
No one cares about what I do.
No one cares about who I am.
No one wants me.
I hate myself.
I hate God.
God hates me.
God punishes.
I can't accept love (or joy).
The world is better off without me.
I'm all alone.

Self-confidence

I can't do anything well.
I'm a bad manager.
People don't expect much from me.
I don't expect much from myself.
I never win anything.
I'm afraid I'll never succeed.
I'm a failure
Other people always get what they want, but I don't.
I can't trust myself to create a comfortable life for myself.
I can't take good care of myself.
I can't take good care of those who are important to me.

Internal critical parent

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

Safety

I don't feel safe.
The world is not safe for me.
Life is not safe for me.
Many people are not safe for me.
I'm afraid someone will take advantage of me.
If I reveal myself I'll die (or be killed).
If I'm not on guard all of the time I'll be hurt.
People often take advantage of me.
I can't trust myself to protect myself.
I can't trust myself to take care of myself.
I often do what other people want me to do, even when I know it is wrong for me.
I'm afraid of having my boundaries violated.
I don't know how to set boundaries.
I often give away my personal power.
Bad things happen to me when I least expect them.
I never had any privacy as a child.
My family doesn't trust me.

I always expect something bad to happen.
When my father left us when I was young I was devastated and never felt safe again.

Insecurity with people

Standing in front of people and talking frightens me.
I'm afraid of being criticized.
I'm afraid of making a fool of myself.
I'm afraid that I will forget what I'm supposed to say and be embarrassed.
I'm afraid no one will approve of what I have to say.
I feel very nervous.
I hate _____.

Fear of losing identity

I am afraid of losing my identity.
I am afraid to try new things.
I'm not sure who I am.
If I try new things I won't be safe.
If I behave differently I won't know who I am.
If I try new things I won't know how to act.
I'll be invisible.
I'm afraid to find out who I am.
If I make changes I'll have to take care of myself.
If I stop being dependent I won't know how to act.
No one will recognize me and I'll be alone.
If I'm financially successful I won't know how to handle the money.
If I'm successful I won't know who I am.
I'm so afraid of making changes.
If I make changes terrible things could happen.
When I tried new things in the past I always made terrible mistakes.
I'm ashamed of the results of my life so far.
I'm afraid of the unknown.
I'm afraid of the unfamiliar.
I need to know what lies ahead before I can move forward.

Fear of losing position in peer group

If I make positive changes my friends won't like me any more.
If I have no problems no one will talk to me.
If I have no problems I won't know what to do.
If I have no problems there won't be anything to talk about.

If I make positive changes I'll be all alone.
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.
I know people love me if they lend me money.
If I don't borrow money people have no way to tell me they love and trust me.
If I'm successful people won't want to relate to me. They will just want me to give them money or other things.
I like the people I spend time with and I'm afraid they will no longer be in my life.
I'm intimidated by rich people.
I'm afraid people in another economic group will look down on me.
Rich people are selfish so I don't want to be rich.

Fear of losing position in family

If I change my family will abandon me.
If I change I'll be left all alone.
If I change I won't know who I am.
I don't have the strength to go through this process.
I won't know what to do.
If I express my needs my family will ridicule me.
No one takes me seriously.
I can't fight their need to always be right.
I don't want to change my position in the family.
I probably don't deserve to be accepted, acknowledged and appreciated.

Fear of what will happen in the world

I am afraid of what will happen.
I feel as if I am in danger.
I feel physically unsafe and insecure.
I am afraid that someone I love will be hurt.
I am afraid I will lose the life I know.
I'm afraid of being hurt.
I'm afraid that my family is in danger.
I feel powerless to protect myself.
I feel ashamed that I have so much fear.
I just want to run and hide somewhere where I can be safe.
The only way I can protect myself is by fighting the enemy.
I don't want to fight.
It sickens me that people can act this way.
I don't know what to do.
I'm confused.
Everything that was familiar seems to be disappearing.

I don't want my life to change this way.
I want everything to be the way it was.
I can't be happy until everything is back the way it was.
I feel so sad that this is what the world is coming to.
There is nothing I can do to protect myself.
I'm mad at the government for allowing this to happen.
I'm angry with God/Higher Power for creating or allowing this.
I'm having trouble keeping my faith in humanity.
I'm having trouble maintaining my faith in God/Higher Power.
I feel helpless.
There's nothing I can do.
I feel guilty if I'm not afraid.
I'm ashamed that I'm not doing more 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

I procrastinate a lot.
I hate myself for procrastinating.
If I keep procrastinating I'll never succeed.
Procrastination keeps me safe.
When I procrastinate I don't have to worry about failing or succeeding.
Procrastination lets me control others.
I like it when other people get upset when I procrastinate.
I'd rather not do things than fail at what I'm doing.
I'd rather not do this because it won't be perfect.
Other people expect too much of me.
I keep putting off balancing my check-book because I'm afraid to find out how much money I don't have and how irresponsible I've been.
I'm afraid to be criticized.

I hate to be criticized.
It takes me so long to do things so I'd rather not even start.
There must be something wrong with me because I never do what I'm supposed to do.
I'm so overwhelmed by how much I have to do that I don't do anything.
I'm ashamed of the way I put things off.
I feel guilty about not doing _____.
I'll never succeed because I procrastinate.
I'll never get over this.
I'll never do what I have to do to get over this.

Control issues

If I'm not careful, other people will take advantage of me.
I need to know what is going on at all times.
No one is ever going to push me around.
I'm ashamed of myself if anyone tries to take advantage of me.
If I'm not vigilant all the time I'll be in danger.
People often disappoint me.
Give an inch and they will take a mile.
Being in control means I'm strong.
If I'm not in control I won't know how to behave.
I don't dare let go. If I do everything will fall apart.
If I ask for what I want I'll be punished.
If I try to get what I want I'll be ridiculed or demeaned.
If I assert myself people will abandon me and I'll be left all alone.
I feel so trapped.
I have no idea what I really want.
This is an awful way to have to live my life.
I like not having to make any decisions.
I'm afraid to make decisions.
It's better if other people tell me what to do. I can't make mistakes that way.
I wish I could do something that I really want to do.
I'm so afraid of being alone.
It's okay that I have to do everything s/he wants. At least I'm being taken care of.
It's so hard for me to say no.
If I don't tow the line I'll be in big trouble.

Perfectionism

If everything isn't just right I get very uncomfortable.
People expect me to be perfect.
If I'm not perfect _____ won't approve of me.

If I'm not perfect _____ will judge, criticize and reject me.
If I'm not perfect God/Higher Power will punish me.
If I don't excel at everything I do I'll be punished.
If I don't excel at everything I do I'll be left alone.
My value depends upon how well I do things.
I have no value unless I do everything better than anyone else.
If I make mistakes I'll be punished.
If I make mistakes I'll be ridiculed or demeaned.
If I make mistakes my father/mother won't talk to me.
Since I can't do things perfectly I'd rather than people think I can't do them at all.
I'm really upset about the mistake I made when _____.
I'm so ashamed that I make mistakes.
No matter how hard I try I can't seem to do anything right.
Even though I rarely do things as well as I could I keep trying. But it feels awful.
If I relax everything will fall apart.
I'll never achieve anything if I relax.
It makes me really nervous when I think about relaxing or letting go.
I'll be really uncomfortable if I let go and relax.
I don't know how to let go and relax.

Money issues

When I'm dealing with bills I feel overwhelmed and afraid.
I'm ashamed of the way I let my bills pile up.
I feel out of control about paying my bills.
I'm nervous because I'm never sure what I have in my checking account.
I'm afraid if I pay my bills the checks will bounce.
I feel so ashamed when my checks bounce.
I'll never do this right.
If I don't pay my bills on time I'll be punished.
I hate dealing with money.
I can't manage money.
Money is the root of all evil. (or The love of money is the root of all evil.)
Money corrupts.
Only selfish people care about money.
People with money are mean or _____.
It's not spiritual to care about money.
The less you have the more God loves you.
Money doesn't grow on trees.
I can't afford the things I need (or want).
Life is a struggle.
People like us will never be rich.
I took a vow (or oath) of poverty.

It's hard to make money, especially a lot of it, and requires a lot of work.
I don't like dealing with money because I don't like looking at my inadequacies.
I'm not worth much.
I can't stand looking at how much money I owe.
I'm so ashamed of the way I handle money.
I'm afraid to ask for help because people will think I'm stupid.
Every time I have to deal with paying bills it reminds me of when my parents fought about money.
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)

Financial insecurity

I'm afraid of running out of money.
I feel unsupported.
I feel all alone.
I won't have enough money for the things I need.
I'm afraid I'll be out on the street with nowhere to go.
I can't support myself.
I feel so powerless.
No one appreciates me.
I need to be rescued.
If someone rescues me I know they love me.
If people lend me money I feel more connected.
When I borrow money I know I'm not alone.
If you lend me money I know you love and trust me.
I'm ashamed that I can't pay my bills on time.
I'm ashamed when I bounce a check.
I feel disconnected from my personal power.
I feel disconnected from God/Higher Power.
If God/Higher Power really cared for me I wouldn't be so broke.
If I win the lottery I'll be fine.
I'm counting on winning the lottery.
I must be inadequate because I can't get a job that pays well.
I'm afraid to ask for money.
I'm afraid to ask for money even though I know I do good work.
I feel so unappreciated.
I wish someone would acknowledge my work.
Other people always seem to have more than I do.
Other people have an easier time making money than I do.
I borrow money and I don't pay it back.
I feel guilty and ashamed because I borrow money and I don't pay it back.

The greatest shame is not being able to support my loved ones.
I'm afraid of losing everything I have.
If my mother/father/siblings loved me they would help me financially.
I'm not enough, so I'll never have enough money.
I'll never get a raise.
I don't take care of money well.
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) Go to <http://ethosmethod.com> and download the free instructions for doing ETHOS, an open-source method of clearing negative thoughts, emotions and cellular memories. You have to click on Join the ETHOS community on the right of the page to access it.
 - 2) 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 for free at <http://infinitebeing.com/free>.
 - 3) Use the Judgment Release method, available at <http://godchannel.com>.
 - 4) Use Theta Healing, taught in The I AM Community (which also utilizes the methods given above and others). See 4. below for more information about this.
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. Join The I AM Community to continue to receive support in clearing the blocks and creating prosperity, freedom, inner peace and a purposeful life of service. I have designed this unique group as a means to support people who wish to do good in the world without worrying about money and while

attracting all the abundance they desire. If you would like more information about this program visit <http://WhyILoveGifting.info>.

Enjoy the process of healing, growth and receiving good. I wish for you an abundance of love, joy and light in your life!

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“To love is all you need.”

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