

# The Secret to Financial Wealth

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*By Apryl Jensen*

Our subconscious mind seeks to keep us safe. If you are having trouble attracting and keeping money, it's likely that you have some belief that having money isn't safe.

Perhaps you believe having wealth might mean something about you that you wouldn't want people to think...that you are selfish or that you are materialistic.

I know for myself, I was caught in a pattern at first of not having money. Then I progressed to being able to attract money, but not keep it. If I'd experienced a windfall, I'd soon experience a vehicle breaking down or some other event to keep the status quo...me not having money.

In time, I progressed to being able to create a good income, but somehow I managed to create more debt as well. Still, my status quo of not having much money would ultimately take over.

Through the use of EFT (Emotional Freedom Technique, also known as Tapping), I was able to get to the root of my financial issues. Along with a lot of asking ("What is it that is blocking my money flow?"), the answers finally came. I asked myself, what could my subconscious mind possibly fear about having money? I thought of a few possibilities, but nothing seemed to really be IT.



Then, one day while I was tapping on my finances, I thought to use this general set up phrase:

"Even though I have this fear of having money, or being wealthy, I deeply and completely love and accept myself."

As I tapped on the different meridian points for that round, the mysterious block finally made itself known.

Over the years, I'd heard about family members or friends going through different struggles. Some even lost their children to death, or suffered through terrible ordeals, like cancer.

I'd think to myself, "Well, I sure don't enjoy our financial problems, but I'd rather have this struggle than have my children go through that."

I didn't realize it at the time, but I was creating a belief about money. And I was giving my subconscious mind specific instructions. Can you guess what they might be?

*If I had money problems, my children would be safe.*

Apparently I had some belief that people have some big struggle in life, but usually just in one area, not several. I don't know why I thought that, but it was a belief in me. So if I had money struggles, I'd have less struggles with my children, with their health, and with accidents.

When I was around 5 years old, my younger brother was in a serious accident that resulted in a head injury. He ended up fully recovering, but the experience had been traumatic for me as well, and I developed a fear of accidents and tragedies.

Bringing this back to my financial beliefs, and that enlightening day of tapping, I realized that I still would take financial struggles rather than harm coming to my children. I could see why that belief had become so strong in me. I cared deeply for my children, and somehow, my subconscious mind thought keeping me poor would protect my children, and honor my desire that they be kept safe.

Now, on an intellectual level, this doesn't make much sense. Why would the state of my finances have anything to do with the safety of my children?

But all of our beliefs are honored. Whether it was rational or not, deep within I had the belief that having financial challenges meant I wouldn't have health or accident challenges with my children.

After making this discovery, I had more issues to tap on, and what's more, I could be far more specific than I had previously. EFT can be most effective when the topic we are tapping on is very specific.

So, I used different set-up phrases:

"Even though I have this belief that having money troubles keeps my children safe...."

"Even though I believe you have to have one struggle or the other...money issues or home tragedies..."

"Even though my subconscious mind thought this was keeping me safe..."

The root beliefs of your financial beliefs are probably different than mine. However, what is the same is that ultimately you may have some fear about having money. If you've been working on financial issues very long, you've probably experienced having more money, then watching it run out again. If you are sincerely asking for financial prosperity, and it isn't consistently flowing to you, something is blocking it.

We live in a universe of Ask and Receive. Our requests are heard and responded to. However, if we consciously are saying, "Yes, I'd like more money. Please send it my way," but then subconsciously are saying, "No, I don't want to be wealthy because it's not safe (or people will think negative things about me, or whatever the issue is for you)", we are sending a mixed message to the universe. "I want it, I don't want it."

If you are experiencing this pattern, know that you have some belief subconsciously that is working against your conscious desire.

When I discover a way my subconscious mind has been blocking my desire, I remember to be grateful my mind is so powerful. Sure, it can be frustrating and feel like I'm working against myself, but have

compassion for this part of you. It is only trying to keep you safe and follow your commands. However, sometimes, we give instructions that don't make much sense ("Please keep money from me so my children will be safe." HUH?) But once they are brought into the light of consciousness, we can change them.

Are you having financial issues? Are you asking for helping? Make it a matter of prayer or positive thoughts. Simply ask your subconscious mind to work on it for you. Before you go to bed at night, ask your mind, "What is blocking my financial prosperity?" Then be alert. In the next little while, an answer will come your way. It could be just a thought that comes to your mind, or something a person says to you that grants you the understanding you seek.

*The Secret to Financial Wealth is changing your energy and beliefs about money...especially the subconscious ones.*

This truth came to me one day when I was thinking about my finances and feeling like I needed to do something more to create more income. As I thought of new business ideas, I started planning all I would do to put them into play. Then the thought came to me, "Those are great ideas, but until you clear up your money beliefs, you will only experience the same pattern you have been: Money comes in, but doesn't stay." I knew in an instant that each of us has an energy with money. Just as a magnet can attract or repel, so it is with our energy. Our beliefs about money act as a force either attracting or repelling the money in our lives.

This force doesn't stop with money. We may have similar beliefs about people and how they react to us:

*People don't like me. People aren't friendly to me.*

Versus

*It's easy to get along with others. People like me.*



Guess which person gets the grumpy clerk at the check out counter?

What are you attracting? What are you repelling?

The answers lie in your life experience. Look at your life. What are you experiencing? This will tell you what beliefs your subconscious mind is running. Why? How can you know? Because you are experiencing it. What we experience is the result of our beliefs. It's that simple.

Well, there you have it. The Secret to Financial Wealth, as well as any other wealth you desire.

I hope you have enjoyed this article. For more information on changing your



energy with money, see:

<http://icreatevitality.com/money.html>

Sending love and light,

Apryl

P.S. If you haven't yet discovered how helpful EFT can be, you can learn more about it here:

<http://creatingconsciously.com/emofree.html>

Be sure to look for the Free EFT manual by following the Gary Craig link as well.

It can also be helpful to work with someone as you uncover your subconscious beliefs that aren't supporting your desires. Visit the link below to learn more about EFT and Life Coaching:

<http://www.placeofhealing.com>