

THE PLENTY WORKSHOP

APRIL 24, 2023
TRANSCRIPT

So welcome to Plenty. I'm so excited you're here. We officially have more people registered for this event than anything we have ever done. And I have been in business for two decades, and so that's kind of a big deal. This is by far the largest community we've had around anything. And what that tells me is that you are ready to experience plenty.

You are ready to melt your financial stress, you are ready for abundance. And if you're already experiencing abundance, you're ready for more relaxed abundance, clearer systems, more clarity and more energy around being able to be a conduit for resources to leave the world better than you found it. So what I wanna know is this chat is going crazy. So I am gonna just,

you know, grab, grab a phrase here and there every now and again. I'm so glad you're having a good time over there. And I wanna know what is it that had you show up today, given the fact that you could literally be 800 bazillion other places? There's like a lot of other things happening in the world right now, and I wanna know why here,

why now for you? So let's see what we got here. Somebody said, I have no idea. Thank you for your honesty. Okay, here we go. I'm ready for a life of overflow to attract wealth consciously to receive this amazing magnetic transmission. Hi Celeste. I need to separate my finances from my partner and now I am really ready to be financially stable and independent.

I love that it's time and I'm ready. I'm ready to let go of the struggle. I love that spirit is calling me to clear my money blocks. Mama Gina said to come, Hey, by the way, if one of my friends invited you, will you let me know who it was in the chat? I've got a bunch of incredible friends also spreading the word.

I see Mel Wells, I see Christine Hasler, I see Danica, I see Emily Fletcher, I see Mama Gina. So I love that. So I just wanna, I see Susie Ashworth, Danica Bria, I think I already said her name, so Alyssa Riga. So I just wanna shout out those incredible people who are also spreading the word. I also heard from Tony Jones,

who was our intro music compo composer, music maker that she invited a few friends. So I love this, I love this, I love this. So shout out to everyone who's already spreading the worth the wealth by sharing about plenty. So, oh, Sandra Graham, yes. Shouting out to Sandra, of course. All right, so here's what I want you to know.

You can have what you want and you get to have what you want. And when you expand your capacity to receive and be a conduit for abundance, it only opens up more abundance for other people. You can have what you want and when you open up to expand, to receive all the abundance that has your name on it, it only increases the amount that other people can receive.

So feel that one in your bones. We're gonna be doing some feeling things in our bones, in our bodies today. So if you are here just for a head trip, know that you're actually gonna go on a body trip with me today. And so I wanna know, well actually before I say that, I wanna tell you what you're gonna get out of today,

tomorrow, and the next day. So plenty is a three part experience, one hour a day, over three days. What you're gonna get today is an, is an understanding of a money paradigm that's really different than what you've been taught by the media, your parents, your job school. And it's a different money paradigm. And when you learn how to activate it,

you know how to tap into more anytime, anywhere. So who would that be helpful for? To know how to tap into plenty at any time, anywhere? Yeah. Yeah. Would that be helpful to know? Yeah, it would be. Okay, awesome. Now tomorrow, what you are going to get is a soul fueled formula for knowing how to figure out exactly what your next right financial action step is to move closer to your goals and to achieve your financial goals.

So would it be helpful for you to receive a formula that's based on the truth of your soul that's going to help you know at any time exactly what your next right financial action step is? Let me know if that would be helpful. Yes, things are exploding in the chat, so I'm gonna keep my eyes on the camera so I don't get distracted by all your ium,

which is very fun. Okay. And then Wednesday, what you're gonna get is a 14 pillar blueprint that you can use as a checklist for creating a state of relaxed abundance in your life. So the internal work and the external work that's going to help you to create a relaxed state of money in your life. So you'll get that checklist on Wednesday. So who's excited for all of what you're going to receive over the next three days?

Yes. So what I want you to do right now is just open your arms wide and stretch across your chest and just see if you can create a little more space, just a little more space to receive. And you might even wanna just stand here, sit here wherever you are, palms up and say, yep, I'm ready. Yep, I'm ready to receive everything that's here for me.

Okay, so that's where you're gonna go. I want you to commit in this moment to show up for all three days, all three days. At the end of today, we're gonna do a giveaway. Three people who are on live at the end of today are going to get a free do less planner, which is like some of the work of my life.

This puppy, she's so beautiful. It's a self dated planner and it retails for \$65, but three people who are live today are going to get it for free. And then three people who are alive on Tuesday are gonna get one free at the end and three people who are live Wednesday are gonna get one at the end. Plus on Wednesday we're giving a spot away at the end for one person in my next live program.

So one person who's live at the end of the workshop on Wednesday is going to receive a spot in my next live paid program. So I'm very excited about all of those things. We do have a giveaway today. Additionally for people who were participating in our warmup email challenge in our Plenty Facebook group, we have a small group who is participating in that,

who've been on this plenty journey with us since March. And I've got the four winners to announce at the end of today. So maybe somebody in the team can just box me those names so I've got them. So you have to be present to win. So we'll just, we'll see, we'll see who wins those giveaways and those are from some of our product partners.

So I'm excited about that. Okay, so you can have what you want is what I am here to tell you. You can absolutely have what you want. Now what I want you to do is in the chat state what it is that you want when it comes to your finances. So what is your money desire? Let me know in the chat,

anchor it in, also write it down somewhere. Okay, somewhere else that you're gonna keep 300 KVIP clients. Alana, I salute your specificity. I love that Lindsay wants location freedom. Amazing. I wanna experience that there's always more than enough abundance and an endless flow of money, time and financial freedom, ease and freedom, abundance of income. Okay?

So what I'm seeing is largely these are stated in the present positive, which I love. And for anybody who is, has typed in anything that is not in the present positive meaning I don't want to ever worry about money again or I wanna pay off my debt. What's so fascinating about our subconscious mind is that our subconscious mind doesn't hear a negative. All they all our subconscious mind hears is the words we're saying.

It doesn't understand a negative. So when you're saying, I don't wanna ever worry about money again, the instruc-

tions that you're programming yourself with are worry about money. And I'm gonna talk to you about how that works because it's not just mental. There's a whole physical physiological thing going on. And we're gonna get to that by the end. Today we are going to unlock the secrets of abundance in your gorgeous body.

It's more than for enjoying good food and snuggles and orgasms and giving you, you know, incredible endorphins after your workout. There's even more, there's even more majesty with this beautiful body. So if you've written something like never have to worry about it money again, how could you state that in the present positive. So it could be to always know that there's more than enough for me and everyone else forever,

right? To know that forever, to feel deeply in my bones that there is more than enough forever. Brandy's saying 15,000 months with grace and ease. So specific. I freaking love that. Okay, great. What else do we have? An endless flow of money and abundance for freedom of time and place. Yes, ease and aligned and trust filled relationship with money.

These are so gorgeous. There's, these are so gorgeous. Okay, so you keep going with your present positive money desires. And I also wanna acknowledge, because I am a woman who plays in the light and the shadow, I wanna acknowledge a few things. Number one, when it comes to the conversation about money, today we are talking about the way we relate to money.

And with all of my work, my work is focused on the things we have agency over. So anything I'm bringing to the world is about women and power. And our power, our our healthy power is our ability to impact our environment in a desired way and to remain centered while doing so. Our money is related to our power. And I'm gonna talk about how that is in a minute.

But what I want you to know is we're talking about your financial power. There are external forces that impact our finances in the world. And these are by design through systems that keep us in loops that are not so healthy. So systems like ageism, sexism, racism, homophobia, transphobia, there's so many different systems that are not supportive of our financial power.

But the thing we absolutely have agency over is our internal frequency beliefs, nervous system regulation. So our internal experience, we have agency over and we also have agency over our behavior. And when we get our thoughts, our beliefs, our emotions, and our nervous system in alignment and with our action steps, we create financial miracles, it just happens. And so I wanna acknowledge all of the things that impact your financial life because I'm not somebody who says like,

oh, every single thing is your, in your financial life is something you created. I don't believe that we've created every single circumstance in our lives, but I do believe that we have a choice over what to do with those circumstances. So it's not our fault, but it is our responsibility, right? Like the wage gap between men and women is not our fault as women and it is men and women's responsibility to do something about it.

And we are doing something about it in this workshop. So I'm so glad you're here and I wanted to say those things. I also wanna acknowledge that when we go into explosive desire and stating in the present positive what we want, you may have some shadow come up about the reasons why you think you can't have it or the different parts of you that feel any limitation or fear or contraction around money.

And I wanna acknowledge that it's okay to have those things. I am not somebody who's gonna sit here and tell you you need to police your thoughts and think only positive things. One of the things I am the most passionate about is

learning about regenerative agriculture. And if you've not watched the movie Kiss the Ground, it's a must watch. It's not necessarily related to the content but today,

but I'm just telling you that, and in regenerative agriculture, one of the most important factors is compost. And compost is taking organic waste that we no longer need like food scraps and scraps from cleaning the yard and parts of plants that we're not going to eat and then putting them in back in the soil after a process of alchemizing them to turn into fertilizer for new growth.

So anything that you experience that comes up that's like a reason your mind may be telling you or that a part of you is telling you that I can't have what I want, you might hear me say I, you can have what you want and you might have a whole dialogue going on of like easy for you to say you are who's, what's he?

Whatever thing that I'm not right, that might come up. Or you might have all these sorts of reasons why I can't have what I want 'cause I've already had so much and therefore if I have more, I'm taking away from someone else, like whatever else that might come up. And so what I want to know is what is the reason that you notice comes up for you about why you think you can't have what you want or a part of you?

Like what's the part of you wanna say that feels constriction or contraction or fear or heaviness around money? Okay, I'm not working enough. I'm unworthy. I'm not worthy. I'm not deserving. Money is hard to get. I'm not good at or managing spending money. There's a lot of, I'm not worthy, I'm not smart enough, I'm not good enough.

It's greedy to want more. I'm not good enough. It doesn't work for people like me. Everyone else is doing it. Everyone else has it. Yeah, it's too hard worthiness, I don't know how. Okay, so just notice those things. I'm not gonna read them out too much because it kind of like bangs the drum of that. However,

what I wanna say is this, I want you to just close your eyes for a minute and acknowledge the part of you that feels that you're unworthy. The part of you that feels that it's too hard. The part of you that feels like money is guilty is, is not, not guilty, but, or maybe you do feel guilty for wanting it or,

but maybe you think it's greedy, whatever that part of you is. And so I want you to just go inside and notice where do you feel that sensation in your body? Where do you feel that sensation? And then ask yourself, how could I love this part of me just a little bit more? What is this part of me need to know?

What is this part of me need to hear? What is this part of me need to experience? So what is the part of me that thinks I'm not worthy? How could I love that part of me a little bit right now? Or even a little bit more? What does she need to hear, know, or experience in order to feel loved and accepted?

Because this work is not about cutting parts of ourselves off. This work is about wholeness because wholeness is abundance, wholeness is abundance. And when we welcome all the parts of our story, those parts that have something to say about feeling scared or feeling unworthy or feeling whatever, feel included. And then they don't have to work so hard, they can just like settle down.

Maybe they don't drive the bus, but they get to be along for the ride because they are the organic material that we can put in the darkness of the compost bin and add some worms and add some air and get our pitchfork in there and swirl it around and welcome it. Knowing that all parts create fertile soil for the new growth and the new growth is our new paradigm with money.

So often we're told you can't think a negative thought. If you think negatively, you know you're gonna ruin your financial future. And, and it is not doing us any favors. That's just trying, that's cutting off parts of ourselves. And those parts of ourselves are valid and they're real. And when we bring them in, they get to be part of fertilizing our financial future.

So I wanna know for you what came up when you asked what does this part need to know or hear? How could I love this part a little bit more? I just wanna know what came up for you. Yeah, Ashley. Ashley heard you are safe. Let's just all say that together you are safe. And as I say, you are safe.

Just feel your feet on the floor or feel your seat where you are. Or if you're walking, feel your feet on the sidewalk. If you're in the car, feel your butt on the car seat. Just know like you are safe and feel a part of your body that feels really stable and safe right now. Where can you locate that you are safe?

Okay, love that. What else do we have? I, I see a lot that you are safe. Yeah, you are safe. This is great. Tova started crying. Yeah, you've already done enough Lori. You've already done enough. It's safe to be to be beautiful and to it's safe and beautiful to succeed. Anya, you are welcome here.

Your desires are okay. You are enough. I am safe. Yeah, so beautiful. Alexandra says it was in my heart and I she needed to hear. I love you baby girl. That one makes me cry. So good, right? Tina, if you didn't hear anything, just borrow one that we're saying. So you are safe, you are enough.

I love you baby girl. You have done enough. You have done enough. You are worthy of rising. Put yourself first. You don't need permission. I'm so proud of you. Yeah, these are so good. Okay. It makes me cry too because this is what our heart needs to hear. This is what's under there, right? Like when we go into a fog in our financial planner's office or when we think like,

I can't sell my program for that much. Who do I think I am? Or when we want a certain car or want send our kids to a certain school or we want this handbag or a trip trip to Italy or whatever. And then we think, who am I? Who am I to want that? It's because there are parts of ourselves and I'm gonna get to kind of how the whole thing works together in this cycle of relaxed money creation or frantic,

chaotic financial creation. We get to choose what's really under. There is a part of us that essentially needs to hear that she is lovable, that she is safe, that we are proud of her, that someone is proud of her. It's so fundamental, it's so beautiful and it always comes back to love. That is why I called my first book Money a Love Story.

So I think now that I'm crying, it's a good time to introduce myself. How many of you have never been to one of anything I've done before? Right? Who? Who's here for the first time? Oh wow. Welcome. Oh my goodness, I'm so happy to meet you. I'm so happy to meet you. I'm so happy you're here.

What an honor, what a privilege. Okay, so I'm gonna keep this super quick 'cause we have a lot to cover today. I am Kate Northrop, I am honored you're here. I am coming to you live from my home office right off of my kitchen in Miami, Florida. I'm originally from Maine, but we live in Miami. I wrote two books,

they're right here. They're called Money A Love Story and Do Less. Has anybody here read either of these books, money A Love Story or Do Less? I also created the Do Less Planner, which I already showed you. And I run this company with my husband Mike, who you met at the beginning. And he's so, so cute. And so my quick old money story,

like the one that I, I, I've been on the Today Show telling this story. I've been all over, you know, all over the place. I got

myself into a lot of credit card debt when I was in my early twenties. And I had a habit and a of financial avoidance because I had begun studying the dynamic laws of prosperity and the law of attraction and the spiritual laws of money very early on,

like starting when I was like 14 or 15. And I kind of misunderstood the instructions and I thought that when they said act as if or if you just, you know, do these after affirmations and get in the vibration of the kind of abundance that you wanna have that it'll just show up. And I kind of thought that if I just like kept affirming enough and acting as if enough and shopping as if enough,

I would have the kind of abundance that I wanted. Spoiler alert, it didn't work. And so I ended up in a lot of credit card debt because we also live in a 3D reality. So there's five D happening all at the same time as 3D is happening. And what my specialty is that's different than a lot of people in this world is I help you bridge the gap between the five D and the 3D.

So we have a lot of five D teachers who are teaching about the energetics and the frequency and that's beautiful. And then we have a lot of 3D teachers who are teaching about like 4 0 1 Ks and reti, you know, retirement plans and and budgets and things like that and financial software. And I help you to be in both worlds because when you are in both worlds,

like this African proverb proverb says, as you pray, move your feet. That is what we are doing today. Today. And the plenty workshop is a living prayer. We are a living prayer. We are a living, doing, being prayer for abundance. Not only for ourselves and for our families, but for the whole world. Because what I promise you is that in the end,

as you achieve your financial goals, as long as you have the intention to make the world to leave the world better than you found it, so shall it be. What we know is that when money is in the hands of conscious women, actually really just any women, but you're a conscious woman, you're here. When we have more wealthy women, everyone benefits,

health outcomes increase literacy rates, increase school attendance, increases development increases entrepreneurship increases the wellbeing financially of entire communities increases when more resources are in the hands of women. So that's what we are up to. We are up to getting more resources in your hands and giving you the tools and the clarity to know what to do with them so that then your mere presence,

your mere presence in the energy and the beingness of plenty blesses everyone around you and it ripples out and it ripples out and it ripples out. So we are healing the world through getting more resources in the hands of conscious women like you. And I know we've got some good men on here and you are absolutely welcome. And I'm sure we have some non-binary and trans people and everyone is welcome.

So more money in the hands of conscious humans. Okay, so that, oh, so it didn't work right? I got into a lot of debt, it didn't work to just avoid it and do affirmations, but here's what did work. I realized that if I wanted to actually pay attention to my money, that I would need to treat it like self-care and I would need to add bucket loads of love.

So that's what I did. I could not get myself to do the discipline. Shame blame. This is serious, this is hard grow up kind of vibes that I was getting from the personal finance industry. I just was like boring, not fun. And as you can see by my top and my whole energy, I like to do things that are fun.

I like to make things fun because like why do it if it's not fun? And so I added fun and I added love. And wouldn't you know it, within six months of making that very conscious choice, I had paid off all of my debt, which was over \$20,000,

which at the time was gargantuan. 'cause my income was like 30 grand a year.

So \$20,000 felt like Mount Everest and I had doubled my income and I had tripled my savings. So that is why we are bringing love today. Now recently I had a new chapter written in my money story that I wanted to share with you. I haven't really talked about this anywhere publicly before, but I wanted to share it with you today. And especially because so many of us are new friends,

this is a great way to get to know each other. So I have a history of feeling unsafe and unsupported financially and it has to do with stuff with my dad. And I found myself for years off and on since 2017, recreating that loop in my relationship, in my marriage and in my relationship with my business. So we're talking like six, you know,

six years ago, right? So six years ago I could see this. Yeah, a lot of people are saying, holy shit, the same story. I can relate. Yeah. So anybody with money daddy issues like hello, you're in the right place and I've got you and we can do this. So it was really not great for my marriage.

It was really not great for our business. And what I did is I would create circumstances and over and over and over again to create a situation in which I felt financial stress, financial pressure, like the weight of the world was on my shoulders and like I was the only one who could fix it and feeling completely unsupported and alone in that. So sexy.

So sexy. So sure Mike is listening to this being like, oh yeah, I have such good times. And then a series of situations occurred where my husband got really sick in 2018 with severe eczema and dropped 40 pounds in a month and could not work. Could barely even stand up. And I, we had a newborn baby and a toddler and I,

we were running this seven figure company together with people on payroll and running our first big live event. And it was, it was very intense. So what a great opportunity to feel alone and unsupported and stressed financially, right? And then, then he got sick again. There was of course the pandemic, which affected us all in a variety of ways.

We moved to Miami, he got sick, he, he broke his kneecap. There was a whole series of things that happened. I blew some things up behind the scenes within the company, then he got hit by a car and all of this was occurring. We also had a sick baby during that. There's a whole swirl of events. It's been a very intense several years.

What does this have to do with money? What does this have to do with you? Okay, so last year and over the time course of the time we had grown a seven figure business, we were doing very well. There wasn't like actually a problem, but I was feeling financial stress all the time. And we kept getting into this cycle where we would make a ton of money but then spend just as much.

So it never felt like we had more abundance. Has anybody ever had that experience where they make more money but then they spend just as much so they're not actually experiencing more abundance? Yeah. Okay. I'm not the only one, thank goodness. So then what happened is last year I decided, you know what? I know that the, that that we go first and that the universe responds.

And we had this session with our therapist a couple years ago and this was the moment for me that changed everything. Our therapist, David, he's so amazing. He said to me, Kate, what would happen? 'cause we were talking about this loop with financial pressure and he said, Kate, what would happen if, how would it feel in your body?

Like what would you experience if somebody just came to you and said, here's \$10 million, you don't need to work anymore. You are done. You can just relax. You just, you're off. You're off the hamster wheel, you're done now. And I

checked in, I went inside my body and I'm just curious, like feel free, go inside for you and ask,

okay, if somebody handed you \$10 million, what would happen for you? What would you experience? What would you feel? And I was shocked by what came up for me. This is why we do somatic work, right? It's why we get below the brain. I said, I feel dead, I feel dead inside. And in that moment I realized I was using financial stress and pressure as a stimulant to make me feel alive.

And I realized I had wrapped my identity around that state of existence and I didn't even know who I would be without it. In fact, I would feel dead. And I knew something had to change. And so over a series of time, that was several years ago. So it's taken a minute, but I'm gonna share what I learned so you can collapse your timeline and hopefully figure it out faster than I did.

I realized I gotta do something different. And so instead of waiting until I had the financial reality, I wanted to feel relaxed. I just decided f it, I'm gonna learn to relax first. Because when we go first, the universe responds. And so I taught my body how to relax. And then what happened is we've made more money than we've ever made and I'm working less than I've ever worked.

And I want you to know I am not different than you. You can experience the same thing in your soul's own unique expression. Okay? So the financial miracles have been bananagrams. And what I want you to know is that when we did a workshop similar to this, although different, different content, fundamental principles, the same, but it taught in a different way.

It was called money a love story. I would, IM I, so it was called money Love the revival. I know that some of you were there, so some of you were there. And during that time, what people experienced, I couldn't believe the number of times I heard from people that they were experiencing financial miracles. So I want you to open your eyes over the next three days for financial miracles to come to pass in your life.

Because here's what happens when we go first, the universe responds. You have gone first my love. You have shown up to relate to your money in a different way. You've already activated the quantum field by showing up and co-regulating in a community that knows that you can have what you want and that struggle and stress are not required ingredients for your financial abundance.

So keep your eye out for financial miracles and as they happen, please send me a DMM on Instagram. Please email us info at Kate Northrop we wanna hear, please post about them in the Plenty Facebook group. We wanna hear all financial miracles. I was blown away by what happened last time. So I wanna be blown away by what happened. What happens for you.

We've been experiencing them in our lives ever since I said F it, I'm just gonna relax. I'm just gonna relax. I'm not waiting anymore for a certain amount in the bank, for someone to give me permission for someone to say, Hey baby, you've done enough. I'm gonna tell myself, you know what? You are held, you are supported.

Life has got you. And since that time, it's just gotten easier and easier. And there are so many places and ways that this can work in your life as well. No matter your career, no matter your background, no matter your situation, notice if you are finding yourself saying that could work for her, that can't work for me. And now you're telling yourselves yourself the reasons it's not bad,

right? Just welcome that part of you and say like, oh, I see you, I see you telling me that this is not possible for me. What

do you need to hear or know or experience to know you are loved? How can you love that part a little bit more so it doesn't have to work so hard? Okay, all right.

All right, let's keep going 'cause we got stuff to cover today. So let me just, let me just, okay, so many folks, maybe not as many who are here today, but a lot of folks out there in the regular world, I think we can all agree we're sort of like in this alternate portal where we experience things differently than a lot of the world.

Anyone else, like the black sheep in their family and or in their group of friends and like they're always the weird one. Yeah. All right, so you're in good company. If you're the weird one, like, hello, welcome, me too. And I I, you know, the, the talking heads on CNBC and the New York Times and NPR and these,

you know, different channels are, and your parents and the, the, the government and the school system are all going to tell us that our financial circumstances are based purely on external factors like the economy, like what our boss is doing. Like purely based on what we, how we were raised or how you know where we came from. And while those things certainly do impact your financial reality,

what happens when you change the way you relate to money is that your internal reality shifts and then your external reality cannot help but change. It is so fucking wild. It's like magic. And so we're gonna work on your internal reality so that we create shifts in the external as a result. This definitely comes down to that whole worthiness thing. Who here has a little bit of a feeling of I am not worthy?

I saw it come up a lot in the chat. I am not deserving, I am not worthy, I am not enough. Yeah. Okay, so you are not alone. Just good news. You're not alone, alone. Here's what I wanna ask you. Just, we're gonna do a mental exercise for a minute here. Do you think it's possible that every single person who's saying in the chat,

which is blowing up right now, do you think that it's possible that every single person who's saying I am not worthy, is actually not worthy? Like we think, oh, I'm not worthy, but all those other people are, oh, all of us are infinitely worthy. And when we get into alignment with that, and I'm gonna tell you how to get into alignment with that in a deeply embodied felt way in a minute,

when we know that to be true and we feel that to be true and we tap into that internal place of intrinsic, infinite inherent, internal, infinite inherent worth, sky's the limit. Everything comes from there. Do you imagine the kind of magnetism, the kind of confidence, the kind of hotness of a woman who feels her inherent in her inherent infinite inherent worth.

Can you imagine what kind of bonuses she'll get? Can you imagine what kind of brand deals, what kind of opportunities, what kind of windfalls, what kind of deals she would be offered? Can you imagine? That's what we're talking about today, right? It's not the prettiest woman in the room who gets it. It is the one who is grounded in that deep space.

So, so, so we're gonna get there, okay? We're gonna get there. Are you ready for that? Because it's really yummy and you don't need anyone else to do it. You don't need a certain amount in your bank account. You don't need to look a certain way. You don't need to be, you don't need to be a certain size,

you don't need to have come from any kind of special neighborhood like we all have that. It is a beautiful equalizer. We all have the exact same access to that spot. And I'm gonna teach you how to get there in a minute, okay? Before I do, I also wanna say at the end of the three days, I am going to invite you to work together.

If you find at the end of three hours you're like, Ugh, I want more, I'm ready for more. Here's what I wanna say about that. That's gonna happen at the very end on Wednesday. So you will get like two hours and 45 minutes of solid teaching. And I only have one setting and my one setting is hookup to what the Goddess wants me to say and say it.

So I am the same way. Whether it's a free event like this or whether it is my high paying mastermind, which is 50 grand, well I don't offer it anymore, but it used to be. And so I just want you to know like you're getting the best of me. And at the end of three days you may feel like, oh,

she's my person, I'm going deeper. And at the end of three days you may feel like I'm not your person and that's totally fine. But here's what I want you to know. Money is the one thing that if you get your relationship with money handled, it makes everything easier or unnecc or unnecessary. So when you handle your relationship with money, it makes everything else in your life easier or unnecessary.

So think about if there's an area in your life that feels like improving your relationship with money would not make it any better. Is there an area of your life that you feel like, oh, if I improved my relationship with money, this area of my life wouldn't be affected? Okay, I'm seeing no. Great, great. A few people are saying things like health or self-love.

I agree your ability to love yourself is completely disconnected from your relationship, from from your financial situation. But it may not be disconnected from your relationship with money. And our health is deeply connected to our relationship with money because the number one leading cause of stress is financial stress is is money. The number one leading cause of stress is finance, is finances.

The number one leading cause of disease is stress. So the number one leading cause of disease is financial stress. So we are healing your body today. It is happening right now. Your cells are happier because you showed up today. We are adding years to your life. We are activating longevity channels and we are coming into an aligned state with financial health and physical health and spiritual health.

Okay? So knowing that money is the one thing that's going to make everything else that you need to handle in your life, either easier or unnecessary, there are, if you get your relationship with money handled, there are certain other things in your life that just become unnecessary that you don't have to deal with anymore, right? Like maybe you have a recurring fight with your husband or your partner and you think you need to get that handled,

but then you actually get your relationship with money handled and you realize you're not having that fight anymore. 'cause it was actually you needed to handle something else, right? Okay. You gotta get your money handled, you gotta get your money handled. I may be the teacher for you, but here's what I want you to know. Pick a teacher. 'cause if it's not me,

it's gotta be somebody. It's gotta be somebody because this information matters so much. So you're gonna spend the next three days deciding if it's me or not. I'm gonna give you my best and then we're gonna see where we go on Wednesday. Okay? So what we're gonna do a little activity now, and this is to, what I want you to do is type into the chat and I'm gonna adjust my,

I'm gonna adjust my camera so that you'll be able to see what I'm doing. So we're doing, gonna do a little embodiment exercise. You see my little pile of papers there? So what I want you, what I wanna know in the chat is what is a desire that you have that is a financial desire, meaning a material desire. So what we know is that beyond the equivalent of about \$75,000 a year or more in household income,

more money does not increase your happiness. That's what the data shows us. However, there are certain things that money can buy and I wanna know what they are for you because it is okay to want things that money can buy. You have permission to really go for it right now. Be unreasonable. Say the thing you really want. Even if you think it's ridiculous,

even if you have a part that's telling you no, just say it now. This is a safe place. My dream home, a Mercedes-Benz, pet care, travel, fashion, early retirement, fun travel, my own house. I wanna remodel my home and yard. I wanna have a cleaning service. Yes, travel around the world. I wanna have staff in my house,

business class, travel everywhere. I wanna pay off all my debt. Super nice furniture in every room. A bigger apartment, a second home on the beach, a house cleaner healthcare travel, \$20,000 a month, a new house. We are a real estate group. I love that. I want plants. Yeah, jp, so great a lake house,

a vacations with my kids or just myself. Wanna go to Disneyland? I wanna pay for a matchmaker, buy a piece of land, a farm, a house abroad. Oh my god, so many real estate dreams, okay? A VW golf, I love this. So first of all, here's what I wanna say. You get to want what you want and you get to have what you want and you are not taking that from someone else.

Here's the other thing that we know in addition to the data showing us that more money in the hands of women makes the whole world a better place. The other thing we know is that there are enough resources on the planet for everyone to live a really good life. We do have a distribution problem obviously, but when you have a beautiful home, you are not making it less possible for another person to have a beautiful home.

There is not one country in the world that uses the gold standard for their currency. Money is just made up. It's all energy. It's just a system that we invented to trade value for value, meaning one thing that somebody else values for another thing that another person values. So money is just an energetic stand-in for what matters to us. And we know there's enough food on the planet.

Like we have the food systems to feed everybody. We have the resources for everyone to live really well. So let me, I just want you to know that data so you can quiet the part of you that might think it's not okay to want what I want. Now, what I want you to do is get into just thinking about like close your eyes and think about having that thing.

What would, what would you, what would you experience? Like bring it to mind right now. Think about what would I be seeing? What would I be smelling? What would I be touching? What would I be hearing? What would I be tasting if I'm driving around in my Mercedes-Benz, how do those leather seats smell? How does the steering wheel feel?

How does that sound? Sound? What am I seeing through the windshield? What kind of tunes am I playing on that incredible stereo system? Okay, so now Mike, if you will in one second if you will play my song. What we're gonna do is you'll get to see my very cute matching outfit, top and bottom. How cute is that?

And what we're gonna do is we're gonna activate the second chakra of your body. So the second chakra of your body from the energy system, the energy center system of the chakra system is the area of our body. It's right here. And it has to do with our relationship to money, sex, and power. And it is an energy center that if we unlock it and if we move it,

and if we activate it, it can activate our creative potential, our ability to dance with the world and create more abundance and allow more abundance. Because this is the place where life is created. And it is also a place where we receive. So we receive anatomically speaking, I know not everybody, you know, I'm not saying anyway, I'm not saying anything

about like the way sex should be or,

but I'm just saying anatomically speaking, it is the place where life is created and pushed into the world and then where we also receive. And so this part of your body is going to be activated right now. So we're gonna, you're gonna just follow along with me. Mike, can you play the song that I asked you to play at this time now?

All right, so as Mike is getting that ready, what? Yeah, you, if you can stand up, that would be great if you're able to stand up. So what you wanna do is you wanna put your feet about hip width apart. And Mike, if you can go ahead and play that song, that would be great. And then we are going to,

while he's getting that going, hold on, what hun? What I said I am playing it. It's just not, Oh, it's not playing. Hold on a second. Let me fix, Can you share your sound? Yeah, hold on. I love that we've got some folks in the Delta lounge. You should definitely do this in the Delta lounge.

So this is great. We're gonna just go ahead and do the exercise without the song and if it comes on, it comes on. So what I want you to do is we're gonna just get into our second chakra and do a little hip circle. So hip width apart, I just want you to start circling your hips very slowly, very slowly, all the way around in a full rotation.

And it might feel a little bit creaky or it might feel a little bit delicious or somewhere in between. And you wanna move your hips all the way around like you're licking brownie batter off the sides of a bowl with your hips. Christina is saying share screen, advanced studying, share computer audio and hit play, which I think Mike knows, but I don't know what's going on.

And take deep breaths as you're doing it. You might wanna close your eyes and just really get into your body. Oh there we go, There we go. Thank you. Keep those hip circle going and the other all So good. Thank You Mike. We can wrap up the song. So that song was work that by Mary j Blige. So if you have to go right at 1:00 PM that's okay.

I'm gonna go slightly over because I still need to teach you one more thing and then we're gonna wrap up. If you can stay on until like one 15, I'm gonna keep going. If you have to go, Mike, can you go ahead and drop the handout in the chat and I'm gonna open that up and I'm gonna share my screen because what we just activated is something that I am going to talk to you about in the cycle of creating relaxed money.

So everybody, you can go ahead and grab the handout in your, in the chat. Mike just dropped the link, that was quite a link so you'll be able to get that. Let me just get my screen zoomed properly. Alright, so I am going to share with you now the cycle of relaxed money creation. So you've got the handout in the chat.

Mike's gonna repost it a few times. And here's what I want you to know. There are, there's a whole school of thought that the only thing that impacts your finances is the dollars and cents, how much you make, how much you earn. And that's it. There's another school of thought that says, oh, it's all about your mindset and it's just the thoughts and beliefs.

So it's just the thoughts you think, the beliefs you think. And the document is just one page. Yes. So I want to know, have you been in the school of thought or were you taught that the only thing that matters is your mindset when it comes to money? And I'm gonna take a water break while you share. Yes. Okay.

Yeah. Okay. So if that's you, I wanna introduce you to the cycle of relaxed money for sure. Our thoughts and beliefs are part of what impacts our financial reality because our thoughts and our beliefs create a whole biochemical reaction that then creates an emotion of feeling, right? And then we take an action based on our feeling and then we get a result

based on our action.

However, once we get a result, so when something happens in our life and there's a result, there's an external reality that can imprint our nervous system, right? So our nervous system receives information from our external world in terms of what is safe and what is normal, right? And if it, it responds to what feels familiar and what feels normal as safe.

So we all have a thermostat setting in our nervous system for how much financial peace and calm we can feel. And that thermostat setting is based on our childhood experiences, usually before the age of seven. But certainly, you know, all throughout our life, our nervous system is being impacted. So our thermostat, I wanna, I wanna be super clear about something I,

if you're, if you're multitasking, come back to me. This is very important that you understand what I'm about to say right now. Your thermostat setting is not for the amount of money you can have. 'cause your nervous system has no idea what amount of money is in your bank account. It is irrelevant. Your nervous system doesn't do money, right?

What your nervous system does is a feeling. So your thermostat setting is how much financial peace and calm you can experience, not how much money you can have in your bank account. So if somebody's teaching about the nervous system and is saying it's going to, you are limiting your amount of money in your bank account based on your nervous system, that may be true,

but only because of the way you're relating to money. So our nervous system is an entire network that is the foundation of every other system in our bodies. So when you can learn to expand what's called the range of resonance, so my, one of my teachers tell Darden talks about the range of resonance, which is the amount of capacity we have to expand beyond the thermostat setting that was set based on our childhood experiences.

So think about right now, your childhood, were you experiencing growing up financial peace and calm? Or was there an energy of financial drama and chaos and stress? Yeah. Yes. For a lot of people it was chaos and stress. Now for some people it might've been peace and ease, in which case that's so beautiful and what we're gonna walk work on today is still gonna help you.

For me it was definitely financial drama and stress. One of the core reasons my parents got divorced was because of their, the way that they were not aligned financially. And it caused a lot of drama and trauma in my life. So even though I had, we had money, both of my parents were doctors, we had food on the table, there was my thermostat is was set for struggle and feeling unsupported.

So do you understand how the amount of money doesn't necessarily mean financial peace? Yeah. Okay. Now that's not to say that expanding your income cannot create more financial peace, however, it's not a foregone conclusion. Which is why when you're only focused on increasing your income and you're not doing the internal work and you're not creating strong financial systems, you are gonna end up recreating the same scenario of financial chaos or stress over and over and over again.

Because our nervous system recognizes what is familiar as safe and anything that's different than what's familiar, your nervous system recognizes as unsafe and it will do anything. It can including creating behaviors that are driven unconsciously by your nervous systems' desire to come back to the level of financial experience that feels familiar. So I wanna know, is this landing with you? Does this make sense?

Yeah. Okay, great. Great. So, and by the way, if you have questions that are coming up, we, I am gonna do a bonus q

and a on Thursday at the same time at the same link. So just know that you can write down your questions and then we can get to some of those on Thursday. There's too many of you to address them all right now 'cause it would be chaos.

But so what, what you can do is you can then shift your nervous system thermostat. And we're gonna work on some of that tomorrow. Although by the way, I've sneakily already had you do some of it today. The hip circles, the movement, the getting into our body, the feeling gravity, the going inside our bodies and feeling love for parts of ourselves,

those are all nervous system regulating techniques where we have already, I have already activated, we've been activating a rewiring of your nervous system to associate financial, calm, financial education and financial possibility and expansion and dreaming with safety. So we'll learn more tomorrow about how this all works. But I wanted you to understand that for anybody who's telling you, just choose a new thought,

just think a thought that feels better. That is completely negating the fact that what we know is that 80% of information between our brain and our nervous system, which by the way are part of the same system. 80% of the information is going from our bodies to our brain. Only 20% of the information is going from our brain to our bodies. So if we think,

oh, we can just think a thought that feels better and it'll rewire our whole nervous system, it won't, we have to include the body. But when we use more of a bottom up approach and activate safety in the body first, and then move into working with our minds around money, then we're cooking with gas that activates our potential, our infinite potential in a way that cannot happen if we're just trying to,

to solve everything with our brains. So here's how the cycle of relaxed money works there, by the way. There's no place to start. It's a cycle, right? So you might have a nervous system imprint of financial chaos from childhood, which could create a thought that money is hard to come by, which then could create an emotion of fear and contraction,

which then might make it hard to take actions that are positive around your finances, like increasing your rates or starting a side hustle or negotiating for a raise. And then you of course get a result which is low, like operating under your financial potential, which then creates another nervous system imprint of contraction and fear. Now said, in a more life-giving way,

you might learn during this three-day workshop how to shift your thermostat in your nervous system for financial calm. And then you have a new thought that comes from that feeling of like, there's more space here, there's more capacity here, there's more, there's more peace here. And you might have a thought, you know what, I am worthy of my financial desires,

which creates an emotion of expansion and hope, which makes it so that when you write your email sales sequence later on today, you write it with a level of clarity and enthusiasm and magnetism that then creates more sales. That then gives you a nervous system imprint of like, wow, it's fun to show up in this way around my money. Wow, it's fun to do this.

And then the cycle just continues to improve and improve and improve. So that's the cycle of relaxed money. That's what I wanted. That was like the take home message that I wanted you to get today. There's so much more we could have talked about, but you know, there's a lot. And so we're gonna do our best here and I wanna wrap it up.

But what I want you to know is when you are able to learn to regulate your nervous system, and I was doing it right then, like right, a little bouncing, let's just do and a little noise. I'm gonna pop little techniques in here. Just take what you want. It's like a little buffet, just a little bouncing. Okay. I'm just signaling safety in my body,

right? You can do it with me anytime. So we're signaling safety when we are able to do that. What happens is our bodies are tuning forks. We know from quantum physics that we are made mostly of space. And that space has an energy, right? It's, it's a bunch of atoms bopping around and those atoms have a specific frequency. And that frequency I believe,

is very interrelated to the degree of regulation we have in our nervous system. So if you wanna enhance and expand your frequency for attracting abundance, you gotta attend to your nervous system. And when we are tending to our nervous system with the intention of knowing that we are healing it and we are expanding our capacity to feel financial peace and peace of all kinds,

it works better. It's just like the same thing when you focus. We know from the data when when you're like doing a bicep curl and you focus your attention on your bicep, you get more muscle growth. So it's the same thing with your nervous system. So we'll be working on that over the next couple of days. Alright, I wanna know before we wrap,

and I'm about to give the do the giveaways, I wanna know what did you receive from today? What was your big take-away? How was today for you? Let me know in the chat. I received codes of Ease. I love that Carissa. That was great. Codes of Ease. Expansion. Confirmation. Yeah. Okay, beautiful. I love this.

Was there anything surprising today that was different than you expected or better than you expected or something you received that you didn't expect to receive? Let me know that. Oh my God, this chat is just fast and furious. It's, it's hard to keep up. The wiring about childhood blew my mind. I am worthy and I can program reprogram my nervous system so that I can carry this worthiness in my body.

Yeah. So that you are literally a living, breathing antenna of abundance and worthiness. Yeah. Jen said, yeah, I thought it was about subconscious beliefs and rewiring and I learned it's also about nervous system regulation. Yeah. It's like 90% about nervous system regulation, so I love that. Okay. Awesome. All right. So I am going to go ahead and read our giveaway for the four people who are winning a giveaway that's related to the email challenge warmup that people who signed up for plenty early got access to.

And then I will give, I will do the giveaway for the three people who receive a do less planner. So our first giveaway is for a women's health pack from an incredible company called Organify. So Organify is a really cool company. They have like powders and supplements and all kinds of super foods that you can add to smoothies you can take on their own,

like matcha and turmeric and golden milk and red berry powder, and all of these incredible health enhancing super foods. So our friends at Organify offered a women's health bundle, and that is gonna go to Andrea Andrews. So Andrea Andrews, if you are here, will you let me know? Will you just let us know in the chat if you are here? So Andrea Andrews,

if you are here, let us know in the chat. I think I might've seen you. I don't know. Okay, great. Next up, we have a really yummy pack from mood. So my friend Layla Martin created this supplement line that is aphrodisiacs and supportive plants to support your sensuality and your sexual life. So it's both capsule and powder form of yummy beverages to create these supplements that support your sensual and sexual life and help you activate your second chakra.

So there's gonna be a gift bundle from Mood, and that is going to Jill Nelson. So Jill, if you are here, go ahead and let us know so that we can get to your bundle. So Jill Nelson is gonna get her bundle. And then next we have a really beautiful bundle from my friend Terry Johnson, who founded Harlem Candle Company. So Harlem Candle Company is this incredible com candle company based in Harlem that creates these gorgeous candles inspired by the work of the

people in the Harlem Renaissance.

So Langston Hughes, all kinds of amazing inspiration in these candles. So you are going to get a whole bundle. Celeste Claire Hubbard. So Celeste, Claire Hubbard, you're going to get a bundle, a gift pack from Harlem Candle Company. So, so excited to send you that. So Celeste, let us know that you are here to receive that.

And then finally, my friend Trina of Primal Life Organics created the most incredible, healthy organic dental care system. And she is giving a way her dental whitening healthy organic, non-toxic teeth whitening kit. And that is going to Essie Rich Richards. So Essie Richards, you're gonna get the teeth whitening kit. Now all of these folks have to be here in order to win.

So we'll figure that out on the backend if one of them isn't here. We do have some runners up. So we'll figure that out. Okay. Now what I'm gonna do is I'm gonna go into the participants and I am going to randomly choose three people to receive a do less planner. Actually, I'm gonna go into the chat and I'm just gonna,

I'm just gonna choose them randomly, unless Micro Scotty, that's not the best way to do it, but that's the way I'm gonna do it. All right, so I'm randomly, I'm closing my eyes, I'm just scrolling randomly in the chat. This is our Randomizer and I'm gonna wait and see where my my, okay, Sarah Rusch. Sarah Rusch,

you are receiving a planner. So Sarah Rusch, R-U-E-S-C-H-H-O-F-F. Email us info@katenorthrop.com and we will send you your Do Less planner. So Sarah Rusche, you're one of our winners, and any of the other names I announced, just go to info@katenorthrop.com. Okay, so next up I'm doing my, my chat randomizer again. Let's see what we got. Okay,

I have Laura Newbie. So Laura Newbie, you are winning a Do Less planner. So go ahead and email us info@katenorthrop.com and we will send you your own Do Less planner as a thank you for being here today to kick off Time abundance in your life. And then I'm gonna do one more. My chat box. Mouse Randomizer, we've got Tisha Anderson.

So Tisha Anderson, you are winning a Do Less planner. So email us info@katenorthrop.com with your address and we will mail that off to you. So I wanna know who is coming tomorrow, who's committed to be here live tomorrow. Tomorrow. As a reminder, you are going to receive a Soul Fueled formula to know exactly what is your next right action step when it comes to reaching your financial goals.

All right? So I see you all, I'm gonna see you all there as the Financial Miracles pour into your life because they will dmm me or email us at info@katenorthrop.com or let us know in the Plenty Facebook group if you had a major takeaway or something huge to share. It doesn't have to be huge. It could be small, it could be huge,

major, tiny, any win is a win. Go ahead and share it with us in the Plenty Facebook group. I love you. I appreciate you. This was such a joy. Thank you for dancing with me, crying with me, laughing with me. It was such a joy breathing with me. I adore you. I will see you for day two tomorrow.

Thank you so much, Mike. Can we.