

THE PLENTY WORKSHOP

APRIL 26, 2023
TRANSCRIPT

Who let me know who is here for the first time, who's been here all three days, and who is here maybe for the second time. Okay. We got a lot of folks who've been here for all three days. So as a reminder for my folks who are here live, we're doing a big giveaway at the end of our session. So three people are going to win a Do Less planner,

which I'm really excited about. This thing is so glorious and elegant and gonna really completely change your relationship with time. So that time opens up into abundance. And then we are also giving away a spot in my year long program that I'm gonna talk about at the end, relaxed Money. And that is a giveaway worth over \$3,000. So I'm really excited about that and I'm really excited that you're here.

So what I'd love to know is I've heard from so many of you, my dms have been absolutely chock full. I've been having the best time messaging with you and I love so many people are saying like, I don't, you know, I don't think you'll ever read this. And I'm like, no, no, it's me. I mean my,

you know, my assistant Betty, the bot is in there, of course getting everyone registered for the Plenty Workshop. But other than that, it's me. Hi. And so I've loved talking to you, so thanks for messaging me. Thanks for chatting with me. Thank you for sh Sharing Your Money Miracles. I shared a bunch of them on my Instagram stories today,

but one of 'em that I loved is that somebody, her house for sale and got a cash offer 20 k over asking and got like a bajillion other offers. Somebody else had an unexpected \$10,000 sale that came in over email, like in a promotion she wasn't actively doing. It was from an old client. Freaking amazing. People are getting their Starbucks for free.

People are getting their cars tuned up for free, all kinds of money miracles. And so I want you to know that if you have had a money miracle, big or small, amazing. And if you're waiting for yours, I'm affirming that it's on its way. And just notice if you've been having any kind of thought running through your mind, if you have decided that you haven't yet had a money miracle or that you are saying like,

I'm not going to have one, or Oh, it happens for other people, it doesn't happen for me. So we talked about yesterday that our nervous system and our mind is programmed to keep us at what feels familiar because what feels familiar feels safe. So if historically you have a thermostat setting for financial stress or an experience of lack, then it makes perfect sense that you might have a story going or be running a tape that money miracles don't happen for you because it is likely that some of us were raised in households where talking about money miracles was not like part of the deal,

right? It was probably more likely that we were talking about money don't, doesn't grow on trees or it's hard to make money or you know, you have to get a really good job and and really show up for your boss and struggle, right? So if that was the case for you and now you're here in this new environment and this lady in,

you know, a floral dress is like, oh, you can have money miracles. It makes sense that you might automatically be like, no, I can't. And also, who are you to say that? And also this is stupid. You know, whatever else might be coming up. So I want you to know that if that's coming up for you,

I love you anyway. It doesn't like, that's great. It's just a sign that you're alive. It's just a sign that you're human and it's just a sign that your nervous system and your brain are working properly. How great. So congratulations and what we talked about, I just wanna do a quick review. What we talked about is honoring and loving on the parts of ourselves that are arguing for our limitations.

So remember baby girl, I love you so much. Whatever, asking, what does this part of me need to know or hear or experience in order to have more love? How can I love this part of me a little bit more? So that's number one. And then

number two is to acknowledge like, oh, this is such good news because I must be edging up against my bubble of familiarity.

I must be expanding, right? When we have resistance come up, when we have those thoughts, little gremlins come up, when we start trying to argue for our own limitations, it is a sign that we are expanding. This is such good news, okay? So we can celebrate like, oh wow, this old pattern is coming up. I must be on the verge of a breakthrough.

And we can ask ourselves like, is this serving me? Is it serving me? Is this loop? Is this thought loop? Or is this anxiety loop? Is it getting me closer to what I want? In which case, great, keep doing it. Is, is me telling myself that I'm never gonna have a money miracle serving me? Is it,

is it helping me in my life? If so, wonderful. If it is not, however, what do you think you wanna do? What would be the next step? I wanna see if you've been paying attention. So what would be the next step if you realize that you've got a little spinny pattern or thought pattern that is not serving you and not getting you closer.

Yes, Jihan, you wanna regulate your nervous system? And what are the options we've talked about so far for regulating your nervous system? Yeah, Kendall is saying Havening. Yeah, havening is one of them. What's another one that we talked about? Can anybody, I feel like I'm now, I'm your kindergarten teacher. I'm, I'm not, I'm not trying to be patronizing,

I just really wanna make sure. Yeah, dancing hip circles. Okay, great breath work. Should we do a hip circle together right now? Tisha, are you available to put on a song? Let's just revisit that hip circle exercise. 'cause that really unlocked some things for folks and I just feel like it. Plus I'm also wearing a very cute dress and I wanna show it to you on my camera.

How cute is this? Okay, it's from Peter Som, I think. Rent the Runway. All right, so TaKisha, if you could Play a song, we're gonna do a little hip circle to kick us off. Alright, here we go. Ah, all the way around. Blow it down all the way around the front. Make sure you're doing 360,

like your licking brownie batter or chocolate chip cookie batter or snicker doodle batter off the sides of a bowl with your hips. All right, and then let's go the other way. Just work out any, oh yeah, that really stretches my hamstrings back there. I'm gonna hang out back there for a little bit. Feels So good. Kind of hurts. So good.

All right. And then, ah, okay, amazing. So You can do a hip circle, you can dance, you can sway, you can rub up and down your arms. So many different options. So let me readjust my camera. All righty. Okay, so if you notice yourself in resistance today, and that might show up as, oh,

so you can see my belly cast up there. That's from my pregnancy with Ruby. I I, I'm gonna paint it gold, but I haven't done that yet. That's like a little art project up there. Okay? So if you notice you are going into resistance today and tell me what are some of the signs of resistance. Let me know in the chat.

What are some of the signs of resistance that might pop in? Shame, tension, mental chatter, fight a headache. Anxiety. Zoning out. Sweating actually is kind of a sign of of activation and like you're getting close to the truth. So I wouldn't call sweating a sign of resistance. I would call sweating like an energetic sign that you're on the right track.

Procrastination, feeling sleepy. Feeling inadequate. Ego talk doubt. Yeah, anxiety, totally fear, distraction, feeling tired, shiny. Object syndrome. Oh my gosh, how many people struggle with getting distracted? And you have a sense that

you getting distracted might be a sign of resistance. Anyone? I have, I struggled with that for years. Okay,

so if any resistance comes up, I can't see you, no one can see you, no one's gonna be judging you. Although wouldn't it be great to just like move past the, the fear of being judged? But you could do, you could just sit here and listen and you could do your hip circle. You can do, we talked about the havening.

You know, my mother, my mother, when she puts on hand lotion, she does this thing with her hands that it looks like she's like a little squirrel. And so when we were doing this, it just makes me think of my mom moisturizing her hands, which is not exactly the same as havening. We wanna do it nice and slow. This kind of makes me anxious,

but it does make me laugh. So the Havening remember is like this. You can do it in a meeting, you can go do it anytime. Okay, who's ready for today? So today what we're gonna walk through is a checklist that I have created for you based on 26 years of study in the personal finance world. So I have been studying this world and practicing for 26 years.

And over those 26 years, I've not only taken eight bajillion seminars and studied with people who focus on the practicals, like real estate investing and cash flow and trading options and crypto and all kinds of things and and budgeting and you know, and financial systems. Like there's the 3D and then there's also the five D, like the dynamic laws of prosperity. And Catherine Ponder and think and Grow Rich.

So we are going today to walk through this 14 pillar roadmap checklist of the things that I have gathered over 26 years and being one of the first pioneers in the bridging of the world of inner work and outer work when it comes to our money. My book Money, A Love Story came out in 2013. It's been a freaking decade and I hear from people all the time who have very large careers,

some of whom make way more money than I do, who say that money a love story. And this work was one of the greatest catalysts for them. Creating not only prosperity financially, but also the ability to impact thousands and and for some of them millions of people. So I'm really proud of that. And so I want to give this to you today.

So what I'm gonna ask is that we pause the chat for a minute. So we'll just pause the chat and we are going to drop into the chat the link to the handout. Now if you're listening to the replay, here's what I wanna affirm. You have everything you need. The handout is only for people who are here live. 'cause I really wanna just honor you for showing up in real time so that I'm not just talking to the void in my office so that there are other humans on the other side.

And I think we have more people here than we had yesterday, or at least like just as much, which is a freaking miracle. There's thousands of people watching this all over the world. Wow. I mean that's cool. So your worksheet handout is right in the chat, but for those listening to the replay, here's what I am affirming. While the handouts are only available for people who showed up live as a way of just honoring you.

If you set an alarm and you woke up in the middle of the night or you reorganized and found whatever you did. And for those who are listening to the replay, there's nothing, not a single thing that's on the handout that I'm not going to say verbally with my mouth. So are getting the same information. You're just not having it like pre-written out for you.

But if you get out your little pen and paper and you take notes, you have exactly the same thing that all of the people who are live with me have as well. Okay? So if you, okay, we're gonna pause the chat again, we're pausing the chat, pause the chat, please don't type anything into the chat. Love your enthusiasm.

Nothing else in the chat team, please go ahead and drop that handout. Okay? And just give it a second. No more no

chatting in the chat. Everyone please click that link that my amazing husband just posted in there. It's a very long link, it's a huge chunk of the chat. We do that on purpose. So we're just gonna give it a moment here.

We're gonna pause in our abundance and you're gonna click on that link and grab the handout. I'm gonna hydrate, feel free to do some havening, take some deep breaths into your lower back ribs. This is a wonderful nervous system healing moment. Okay, I'm gonna count down from 15. Oh, okay, great. So let's have, so no more chatting,

no chatting right now. I'm gonna count down from 15. And this is your time to click the link in the chat to get the handout. 15, 14, 13, 12, 11, 10. Please stop putting things in the chat while I count down. 9, 8, 7, 6, 5, 4, 3, 2, 1. Okay, now we have added in the chat. Alright, thanks everyone. Thanks for participating in that pause. How'd that feel to you?

Let me know. How did the pause feel? It feels good, doesn't it? It's kind of nice to just count backwards from 15. That's not a nervous system healing tool that anyone's ever taught me, but I found it very calming. Okay, here's what we know when we approach our money in a relaxed way, we attract more abundance because our nervous system is then able to reset at a thermostat setting of more financial peace.

And people who are experiencing calm and trust are really magnetic. If you've got somebody trying to sell you something like maybe a house or a car and they're super thirsty and they're just like barking up your tree like a freaking chihuahua and they're all up in your business and you can tell they really need the sale and they're feeling super anxious about it, how attractive is that?

How much do you feel like buying that car? Yeah, super gross, right? So super gross, like repulsive. And so think about the energetics of this when you are dating, if you are texting somebody 10 times a day, calling them at 2:00 AM showing up at their doorstep, doorstep and you're also constantly talking about how you're afraid they're gonna leave you or how they're not enough,

or how you're afraid you're not worthy of them or how they're not spending enough time with you or they're not showing up or they're gonna leave and you're looping on that, how attractive is that? Is that, how attractive are you as a partner? As a potential partner? Yeah. Not attractive. Not attractive. So money is energetic, money is energetic.

We talked about this on day one, but just a refresher. Money is a stand-in for what we value. It is a completely pretend system. It is invented now we've got the crypto system and Web3 that also was invented. It's just a different invention. So it's not been around as long, but it is another pretend system. There is not one currency on the planet that any country uses that is based on any kind of standard of material that is actually worth anything.

It is all pretend. And what is pretend? Pretend is energy. And so we can either be magnetic to energy, we know this from the study of polarity and also from the study of quantum physics. And also just like from how magnets work, right? Like energy can either attract or repulse. So when you get two mag magnets together and you're trying to push the,

the same ends together, the positive and the positive together or the negative and the negative together, you know how you, you get 'em close together and there's literally a feeling of like, like you can't put the two ends together. That's because of energy, that's because of the frequency of matter. And so when we are being obsessive anxious in stress, in fear,

overly thirsty, pressured contracted around our money, and when we are having our shoulders into our ears like this and when we don't know that the nervous system is a critical piece to the whole equation and we don't have the ed-

ucation that I've been sharing with you over the last couple of days around the nervous system, it is literally repulsive to opportunities because you know who on the other side is on the other end of money?

Who on the other side? Who's on the other side of money? We have, we've got, you know, we've got our money and yeah, a person, a human being. And you know what? Their system works the same as yours. Cool, right? Like our bodies are largely, they function the same. If you've got a nervous system,

your nervous system functions like everyone else's. And I mean we have a variety of nervous system settings, but the fundamentals are the same. And so because money is energetic, because on the other end of transactions is another human being, the good news is the same principles apply for human magnetism. So I wanna know from you what feels really attractive to you in another human being.

And this could be romantically or platonically. So like what makes you wanna just go up to somebody or, or if somebody starts talking you up at the bus station or in the subway or in an elevator, what feels great versus what doesn't? So confidence feels really great, a light in the eyes, authenticity, humor. I'm seeing a lot of confidence.

I love that confidence. If they have chill, if they seem relaxed, integrity, calm, grounded, kindness. When they're friendly, yeah, these are great, these are totally great. Joy. Yeah, kindness, confidence. Okay, so a lot of repeats here, which means this is great news. These instructions are not complicated, right? When you gather up a couple thousand people and we're all saying the same thing,

it means it's probably true. So I'm getting openness, warmth, confidence, groundedness, calm, smiling. Somebody said a good bum. A good bum. A sense of safety, calm, confidence, peacefulness, safe. Yeah, caring. Okay, so think this through right now and we're about to get into our 14 pillar blueprint, but I want you to really take notes,

a couple of things and take note of, wow, we've got 2,400 people here live. We've got over 17,000 who are participating in this workshop with the replays as well. And they're saying that confidence is really important for magnetism, calm, authenticity, joy, openness. And there's other words here too. But I would write those down if I were you.

And then I would ask this is, this is, please take this tip home with you. Please take this home with you. I would write down the question, how could I embody more of these qualities in my relationship to money? How could I embody more of these qualities when I'm relating to money? And see what comes through for you. See what answers come through.

And I'm curious in the chat, how could you embody more of those qualities when it comes to money? So Danny says, I could relax my body. Yeah. So when relating to money, I could just literally relax my body and you have the havening tool to activate that I could bask in the magnetic field of love. I could slow down, I could breathe.

I love the specific ones. God's specificity is such a turn on for me. I could breathe, I could listen, I could focus on gratitude, I could slow down my breathing, I could meditate before I make a financial decision. Or Gabriela, you could use the six step process for the relaxed money activation process that we went through in day two of plenty.

So if anybody needs to revisit that, the replay is available for day two of plenty, you could write down what that six step process was. I could dress sexier, you totally could. That might create a more magnetic relationship with your money. I could do a happy dance. I love these. These are so fun. I could pay more attention to the abundance that's already around me.

Yeah baby. Because you know what brings out the best in others when we celebrate what we already love about them. So is it best when I wanna see my kids loving on each other? Is it best if I berate them for all the times that they're being little shits? Or is it better if I celebrate them for when I see them loving on each other?

Yeah, I get, we get more of what we pay attention to. We get more of what we talk about, we get more of what we acknowledge. So if we wanna create more abundance, praising what's already working is going to be a much more surefire path than banging the drum of what's not working. Now again, we talked about this on day one.

Are there things that are seriously effed up about our financial system? For sure, there absolutely are. There's gross inequities dealing with gender and race and and class issues and you know, and gender. And I already said gender but, and sexual preference and all sorts of things. Like we have a lot of issues and when we we. So we need to acknowledge those things 'cause anything other than that is gaslighting.

And also then we need to ask ourselves, okay, these things are not like the gender inequity, financially is not my fault. But as a woman who's impacted by that and as a woman who has the chance to impact other lives, it is my responsibility to engage with this to be part of the solution. And so that's what we're doing here. Okay?

So I love this. You're coming up with all kinds of ideas and so I'm going to invite you to incorporate those ideas into the way you, you relate to money. And now we're going to walk into the relaxed money blueprint. So I'm going to read this out loud, you've got your handout, but listen, if you don't have the handout, I'm going to say with my words,

with my mouth, everything that's on the handout. So here we go. All you need is a pen and a piece of paper and you also can just re-Listen if you're driving or if you're walking, you can re-Listen to this replay later and you can take the notes and you will have a handout. Okay, so are you ready for the relaxed money blueprint?

The relaxed money blueprint are 14, I can't do 14 with my hands, but 14 pillars that if you walk through this as a checklist, you will have what you need to create a relaxed environment with money in your life. So who would like to create a relaxed environment with money in their life? And a hot tip, if you don't have the handout and you're feeling scared about that,

all you need to do is put your mouse or your cursor on the chat and scroll so that you're going up in the chat and it will pause the chat and it'll allow you to scroll back to where the link was posted. So that's just like a little tech tip. So all you have to do is just scroll up on the chat and you'll see it and then it pauses the chat.

Okay? So relaxed money, say it with me. I am available to experience relaxed money in my life. I am ready to experience relaxed money in my life and I already am. I am available to experience relaxed money in my life. I am ready to experience relaxed money in my life and I already am. And with that, let's take a deep breath into our back lower ribs,

affirming, knowing, feeling, embodying that relaxed money is our natural state and it's already here. So what I'm about to present to you is simply a roadmap. A roadmap back to your original blueprint. Okay? Alright, so step one now, okay, if you have hung around me for a while, you know that I'm about cycles. And so I'm going to outline this in a linear fashion steps one through 14.

And for sure if you went through it in a linear fashion, steps one through 14, it would work wonders for you. Okay? That being said, you could probably do five, step five and then step eight and then step two and then step four and it would also work. But I've laid this out in as linear a fashion as I possibly can because we all like roadmaps and we all like a checklist and we all like step-by-step.

So you gotta start somewhere. So let's start here. So you're gonna start with your money mindset and the cycle of reality creation. Good news plenty. Day one was all about that. So when you begin to understand your money mindset and how it's related to the cycle of reality creation and also how it's not only your mindset, right? When we learn how to not only use our mind to activate a state of abundance,

but also use our emotions and also use our bodies and also use our nervous systems and also use our action steps, then we're cooking with gas. So understanding the money mindset and how it relates to your relaxed money cycle of creation, like we went over in day one is step one. So when you get that, and not only when you get it when you are using it,

which by the way, I just wanna say there's a difference between knowing something, like hearing it in a workshop or reading it in a book and doing something about it that's obvious. But I just wanna say that out loud. So if you're a consummate learner like I am, and you're like, yeah, yeah, yeah, I got this, maybe you came to day one and you're like,

oh yeah, no, no, I've got that because I heard you say it. Well have you fully integrated it into your life. So it's part of you and it's now habitual, maybe not yet. That takes time, which is why engaging with material over time is what makes it habitual, is what makes it so that you don't have to think about it.

That you actually just act this way automatically, which saves you a lot of time and energy. Okay? So that's number one is your money mindset and the cycle of reality creation. Number two on the checklist is money and the nervous system. So learning how to expand your range of resonance. We talked a little bit about this on day one, we talked a little bit about it on day two and we talked a little bit about it already.

But as a reminder, things happen in our lives. This is just, I'm gonna give you a quick little Diddy on the nervous system. And by the way, if you're a nervous system healing practitioner, thank you for the amazing work you do in the world. If you're teaching this work. Also, I honor you, we need as many folks as possible doing this.

And if you feel like, ugh, everyone on the internet is already talking about the nervous system, this is old news. I wanna tell you, you are hanging out in a very small corner of the world because this is not common knowledge in any way, shape, or form. So it might seem like everyone is talking about the the nervous system,

but I'm just gonna tell you they are not and we all need to be doing this work. And I also wanna say, if you think like, oh, that's just the same thing as yoga, or that's just the same thing as meditation. Like I get this already, I just want you to know it's a deep, deep body of work. I've been studying this since 2019,

so I've been studying the nervous system for the last four years in some ways my whole life because of all my mind body trainings. But this isn't as simple as like a breathing exercise. So I just wanna be super clear about that, that like I do my best to explain things in a way that feels simple and doable. But I also wanna acknowledge that this depths of there is a depth of study around somatics in the nervous system that is profound and rich.

And you could spend your entire life researching and deepening and practicing and still not have even scratched the surface on what's available. So there's so much here when it comes to understanding your nervous system and expanding your range of resonance with a, which is a term I learned from Tell Darden, who is a resident nervous system healing expert and somatic and intuitive healer who works with us here in our company and also has a private practice.

So when it comes to expanding your range of resonance in relationship to your money, it's important to know that our financial reality has a lot of different factors that impact it. One of those factors, of course, is our mindset. We talked about that. One of those factors is how we grew up and our socioeconomic status. Another one of those things is our job certainly and our background and what sort of external factors,

but a huge one is our nervous system blueprint and our thermostat for how much financial peace feels familiar and therefore safe. I think it is likely that there's a reason that we have limitations passed down culturally or through certain lineages because also we have nervous system patterns that are ancestral and that are also collective. So we have not only the big T traumas that have happened in our own lives like accidents or abuse or divorce or just major things like that.

We have little t traumas, like little stuff that stresses us out along the way and over time it compounds. And then we also have collective trauma, which is when we see another human being who we relate to, who we identify with. So it might be another woman, it might be another trans person, it might be another person who we identify with in some way.

If we witness them in the media or in person or just hear about them going through a stressful event, a traumatic event. Our own nervous system also registers that and creates an imprint because on a nervous system level, there is no separation between us. If I see another woman who I really identify with being attacked for her bigness or for speaking out about something,

my body registers that as I too am now unsafe. And if I don't know how to engage with my nervous system and how to heal it and alchemize those imprints and move them through, then I am going to put a ceiling on my own bigness and on my own power because I've now seen somebody else going for it and being attacked and being unsafe. Does that make sense?

I just wanna make sure this makes sense and if you wanna learn more about that, of course I'm gonna invite you to do so with me at the end of today. But I also wanna shout out Dr. Valerie Rain and her book *Patriarchy Stress Disorder*, which helped me understand this on a much deeper level. The other piece is ancestral trauma. So think about what your foremothers were experiencing.

Think about what your forefathers, your fore parents were experiencing. Think about 200 years ago, what were your ancestors living through 500 years ago? Famine, abuse, enslavement being uprooted, lack of financial resources, you know, whatever it may be. And so what we know from the study of epigenetics is that that impacts our nervous systems. We carry around the patterning of our ancestors until we heal it in our lifetime.

Or if we don't, we pass it along to our children and hopefully they'll heal it in their lifetime. But it gets passed down. It runs in the family until somebody interrupts the pattern and does the healing work healing that's been begging to be done for generations. So maybe that's gonna be you, is it? You lemme know. Yeah. Okay, great.

I know I see you. Yeah, hi, it's me, right? We're not the problem, we're the solution. Okay? So that's money in the nervous system and expanding your range of resonance. And when you really dive in to become not only a student of, but a steward of your nervous system, you realize that it's like actually just like the basic care and feeding of you to be working with your nervous system on a daily basis.

And you are unraveling patterns from your own lifetime. You are also literally making things possible for other people who share some of your identities, intersectionally. And then you are also healing intergenerational trauma. Like it's

big, big work. And you don't have to have children of your own in order to be having that ancestral interruption lineage healing impact. Okay? So that was step number two was money and the nervous system expanding your range of resonance.

Number three is embodied money energetics, using your body as a tuning fork for abundance. So how can we get ourselves into a physical state where our bodies become attuning fork for abundance? In my study of the nervous system, in my practice of the nervous system, what I've realized is that embodiment is actually the same as frequency work. But when we're learning about frequency work only from an energetic perspective or only from a mindset perspective,

we are leaving out the body. Women's bodies have been left out of the conversation for long enough and it is time that we bring the female body and the bodies of people who love female bodies and who are here to protect and celebrate the sanctity of female bodies into all areas of life, including commerce, including our money. And when you learn to operate your body so that you become a tuning fork for abundance,

so that you are working now on the quantum field and you're able to know how to get in resonance so that you are a magnet for abundance financially and otherwise, everything becomes possible. When you walk into rooms like that, when you walk onto airplanes like that, when you walk into meetings like that, when you show up on zoom like that, or in social,

me on social media or at preschool drop off or at Publix or wherever you show up just in your family, in your kitchen at Thanksgiving dinner, whoa. Stuff begins to rearrange. Stuff begins to rearrange and you don't even have to say anything. That's the power of the body. And that's the power of becoming a tuning fork for abundance. It's also a really good way to find the other people.

Who are your people? When you dinging a tuning fork that plays the letter, the note C, if you're in a room of string instruments, the C on those instruments, like if you've got a guitar and a viola and a and a bath, a bass like a Like a what's? Yeah, like a bass. A bass, right? There's a cello.

A cello is the word I'm looking for. The C string on those instruments also begins to vibrate because the tuning fork has sent out a signal and said, here I'm, and all the other strings in the room, or like even in a piano, that one string as a piano is actually in some ways a a string instrument. It will begin to pinging.

Or if you have a harp, it's so cool. That's how we are built as humans. We are made of the same thing as instruments. It's all vibration. It is all energetic. Okay, who would like to learn how to become a tuning fork for the station? The frequency? I just hit myself in the head. The frequency of abundance fm,

right? When you're driving down the road, believe it or not, this is an interesting stat for anyone who's a podcaster considering a starting a podcast. Did you know that more people listen to the radio still than podcasts? Do you know what a huge opportunity that is? Anyway, I'm starting a podcast later this summer. But why am I talking about podcasts?

Oh yeah, radio. So when you're driving down the street, you know that you can turn your radio dial. Well probably most of us aren't doing this anymore, but you like press that button and it finds the radio station according to the signal that your car radio, there's an antenna, right? And it, I, I don't actually know how this works,

but basically like you, you press that little button and it goes to the right station and you can hear hip hop, you can

hear country, you can hear soft and easy favorites. You can hear Delilah doing her love songs. You can do the top 40, you can do whatever you want. And so that is the same thing as your body and your nervous system being able to be in alignment.

Where what's on the outside matches, what's in the in, what's in the inside. And people can feel it. And opportunities that are a match for you that were always there. Like the radio stations, just imagine this ever all around us are these frequencies. And right now in our space there's a country music station playing. There's talk radio, there's news radio,

there's EDM, there's hip hop, there's r and b, there's a pop station. It's literally invisible but it's all here. We just can't hear it because we don't have the right receiver dialed to the right station. Money is the same thing, abundance is the same thing. Opportunities are the same thing. Resources are the same thing. They're everywhere. We just can't see them or feel them or hear them until we get ourselves aligned with our bodies using our bodies and our energy as a tuning fork.

As a receiver, our bodies are the receiver, this is the receiver. Just pat it down. That feels good. Pat it down. Hi receiver, thank you for being here. Our bodies are the receiver and then we can tune them to the right station to receive the resources that have always been here. Just like the radio. Is that making sense?

Just wanna make sure this makes sense. Okay, cool. I've never talked about it like that before. So that was really fun. Alright. Oh gosh, we're only on step three. Okay, I'm gonna keep on going here. I'm gonna speed it up a little bit. Next step is to alchemize your money story into a wealthy present and future no matter what your past holds.

So I talked about this in my first book, money A Love Story. You need to learn how to rewrite your money story because if you're not actively rewriting your money story and also embodying and accepting and forgiving and loving what was and what is, you're not gonna be able to create the money present and future that you desire. And so step four is alchemizing your money story.

Alchemizing your money story and writing a loving money story for your future and your present no matter what happened in the past. Step four was alchemizing your money story. Step three was using your body as a tuning fork for abundance. Okay, step four, alchemizing your money story. Step five is metabolizing your emotions to set you free. There's such good information and data on what are emotional state is doing in our lives and how to unlock our emotions to help set us free financially and otherwise we might have been told don't cry,

don't be such a baby. Get it together. Don't come downstairs again unless you're smiling. You know, boys don't cry, whatever, whatever, whatever, right? It's, it is not good to be angry, especially if you're a woman, especially you know, in certain women of color. Like it's just very, we've been taught a lot of things about feelings that are lies and our feelings,

our emotions are actually part of our power. And so step five is to learn how to metabolize your emotions, to set you free and to use them as fuel. So how do I take all the feelings that come up that are totally natural and actually a super-power and use them as fuel to create what I want so that I don't get stuck in a loop?

'cause I promise, even though you might sometimes feel like you're gonna die, if you let yourself feel your feelings, you are not. And there's some really great practices to work with to know exactly what to do with those emotions when they come up. 'cause they're normal and we have a lot of feelings about money and that makes perfect sense. But they don't have to keep us stuck and they are certainly not doing you any favors if you are shoving them down.

So learning to metabolize your emotions to set you free is number five. Number six is cultivating an abundant state of being to create an abundance experience of life. An abundant experience of life. So what does that mean? How do

you be in an abundant state? Especially if what's happening in your bank account freaks you out, right? Because I get it,

I have been in situations where I did not have any money in the bank have I've never, you know, I've never been on the street, I've never not had access to food. So I don't get it on that level. And I have worked with people though who have, and what I've learned is that when we can go first and learn to access a state of trust and abundance that is not dependent on our financial state,

that activates things in our financial world that would not have been possible if we didn't go first. So step six is learning to go first and cultivate an abundance state of being based on the work you did in steps one through five, right? We're not just jumping right to, here's the problem I have with a lot of like five D money teachers. They have you jump right to step six where it's like,

doesn't matter what happened in the past, doesn't matter, your thoughts doesn't matter, your body doesn't matter, your traumas, none of those things matter. It doesn't matter your identity and our culture. All you need to do is act in an abundant way. Well that's not how we're wired. So when you do those first five steps, then you can have an experience where you're actually able to have bandwidth and resourcefulness to tap into an abundant state of being to then create an abundant experience of life.

Okay? So that's step six. Cultivating an abundant state of being to create an abundant experience of life. Number seven is real unbridled financial power and how to step into it. This is a very important conversation, especially for women when it comes to money. The conversation is always about power because money, sex, and power interact with our bodies and with our energy systems in the same way.

So if you're having a conversation about money, you are having a conversation about power and our ambivalence about power that we come by honestly, if we're a woman or have another marginalized identity and some men too makes perfect sense because we've had thousands of years of disempowerment in an organized, structural, systematic way. And are we gonna let that be our reality? Hell no,

we're not. We're just gonna learn how to use personal power, which is very different than external power. So we're talking about the power too, not the power over. So if you have a complicated relationship with power, that's okay. But step seven is about real unbridled financial power and how to step into it. Because this is not just about your own bank account,

this is not just about you and your family. This is about how do we leave the world better than we found it? And we cannot do that unless we get right with the power that wants to come through us because we are conduits of life. If you are somebody who was grown in the body of a person with a uterus, you have the imprint for this.

And guess what? That is all of us. That is all of us. That's how we came through. And that exact conduit is taking the formless and bringing it into form. We are all designed to be conduits between heaven and earth and bring the formless into form. And that is real true unbridled power. And when we can connect that with our financial lives,

it's amazing. So that's number seven. Number eight is creating abundance agreements. So what are the abundance agreements? What are the policies? What are your abundance policies in your own life? And you're gonna have practical ones and also energetic ones and also emotional ones. So you can create abundance agreements for you and you. You can create abundance agreements for you and your clients for you and your company,

for you and your coworkers, for you and your family, for you and your spouse. And when you know what your abun-

dance agreements are, r you cut down massively on all the, Ooh, what do I do? Do I pay my credit card first? Do I invest first? Do I pay for my kids' college? Do I put money in a down payment for a house?

Do I put money in a in a savings? Do I, you know, you, you get to know like you have abundance agreements and you have a system for what happens with the money. And then think about the bandwidth, right? Like it's as though all that financial wondering and deliberation is like a loud staticky channel that is going inside your brain at all times.

It's like it's irritating or even worse, it's like a mosquito in your ear. It's like so it that calms right down when you have abundance agreements. 'cause you know, this is what I do, this is what I am available for, this is what I'm not available for in this scenario. I do this. And your abundance agreements obviously are in alignment with your financial goals.

So when you follow your abundance agreements, you reach your financial goals. That's how they're designed. So step eight is your abundance agreements. Step nine. Now we're moving into, we've transitioned from more of the out inner work. Now we're getting into the outer work. So now we're getting into the practicals, the systems, the 3D because you can't just do the mindset,

the emotions, the nervous system and the energetics and then just not tend to your money. That does not work. You will end up recreating all the patterns because money wants you to pay attention to it. Just like your kids, just like your spouse, just like your friends. Okay? So after your abundance agreements, step nine is aligning your spending,

saving and investing with what really matters. This is when we get into the financial systems. How do you set up a spending plan? How do you invest, how do you figure out what to save and when in a way that aligns with what really matters to you. Money is just a stand in for what we value. Therefore your financial systems need to be based on your values,

not on what some guy who wrote some personal finance book told you. The percentage should be no based on you and you can dive in and create your own financial system based on some solid principles that is your values. Because when you have a system that's based on your values, it feels good. And money wants to be used in that way, in that way because that's what it's for.

Anything other than that we're misusing the resource and it doesn't like it. So that's number nine was aligning your spending, saving and investing with what really matters. Number 10 is creating a loving container for your money as financial self-care. So what accounts do you need? What financial professionals do you need on your team? What are your weekly action steps? Your daily action steps,

your monthly action steps, your quarterly action steps, your annual action steps. What's, what are the actual systems? Because I talk about that if you just, a lot of people think, well I just need to make more money. But I will tell you what, if you don't have financial systems in place and you don't have a strong loving container for your money,

adding more, more money to it is like putting more water in a leaky bucket. You just get more water leaking out. And so first, if you get the systems in place or at the same time as you're increasing your income is if you get the systems in place, your income increases faster and in a more robust way, usually. Often because it can sense,

oh, I'm gonna be safe with this person. If you are not having regular financial dates, if you're not checking in with your money regularly and you have \$10,000, why are you gonna be sent a hundred thousand dollars? So this is critical, critical, critical. So that's number 10 is creating a loving container for your money as part of your self-care.

Same category as massages, right? Okay, number 11 is making more money and becoming a money magnet. So who would like to make more money? There are so many ways that are unconventional and you didn't know about and really inspiring to make more money. Some of them are so simple you could do them today. And when you get to this step,

you actually have the energetic foundation, the emotional foundation, the nervous system foundation, and the practical systems to be able to lovingly be a powerful steward of resources. And when you're a powerful steward of resources, let me tell you, they come to you. They do. Powerful and conscious. Powerful and conscious. So number 11 was making more money and becoming a money magnet.

Number 12 is invoices for blessings already received, also known as what the heck do I do about my debt? So if you have any debt, consumer debt, student loan debt, any kind of debt, personal loans, then that is for you is really like learning how to number one relate to it as an invoice for a blessing already received. So as opposed to I've been a bad person,

I'm so ashamed there's something wrong with me, I'm irresponsible. Like that is not helping any of us. So changing our relationship to our invoices for blessings already received begins the healing. Think about how much energy and time you could save if you stopped beating yourself up for past financial actions and instead just got present with what is and moved forward from this place.

Well the good news is steps one through 12 set you up to be able to really be in a loving state with yourself and in a loving state with the you who made other decisions in the past when you didn't know what you know now, it's all good, right? So there's specific methodologies for paying off your invoices for blessings already received if they're not invoices that are serving you.

'cause there's investment debt and there's consumer debt and they're not the same. But debt is just a tool. So when you learn how to use debt as a tool and step 12, you can really unlock a lot of wealth potential. Then number 13 is understanding how to set up your home, your office, and any physical space to be a magnet for money.

And this is the art of feng shui. It is an ancient Chinese art. I am a trained feng shui practitioner certified by Tara Catherine Collins. And when we learn about activating our prosperity through the art of placement in our physical space, it is literally the closest thing I can teach you to magic. It's so cool. So that is the closest thing I can teach you to magic and I highly recommend you dive into learning about feng shui for prosperity.

It's so cool. And then 14 finally. So that was step 13 is feng shui for relaxed money. And then step 14 is cyclical money management and manifesting. So learning how to align with your, the the cycles in your physical body if you're somebody who menstruates or the cy the lunar cycle for everybody to activate the beautiful ebb and flow and pulse of the universe that's guiding us at all times.

What we know is that mother nature and the great mother and sort of the cosmos are an incredibly abundant infinite system. And when we tap into the same principles that govern our bodies and that govern the solar system and gravity and our planet and the seasons and nature, we can activate powers of financial manifestation that are not available when we're just acting in linear 3D space and time.

So that's what step number 14 is cyclical money management and manifesting. So I'm gonna run through the steps again. Number one is your money mindset and the cycle of reality creation. Number two is money and the nervous system expanding your range of resonance. Number three is embodied money energetics and using your body as a tuning fork for abundance. Number four, alchemizing your money story into a wealthy present and future no matter what your past holds.

Number five, metabolizing emotions to set you free. Number six, cultivating an abundant state of being to create an abundant experience of life. Number seven, real unbridled financial power and how to step into it. Number eight, abundance agreements. Number nine, aligning your spending, saving and investing with what really matters. Number 10, creating a loving container for your money as financial self-care.

Number 11, making more money and becoming a money magnet. Number 12, invoices for blessings already received. Or what the heck do I do about my debt? Number 13, feng shui for relaxed money. And number 14, cyclical money management and manifesting ta-da. You have the 14 PL pillar blueprint for relaxed money. Now at this point we have been on a journey together.

So day one we talked about the cycle of reality creation and we introduced the nervous system and why mindset work is not enough. Number two. Day two we talked about the relaxed money activation process and we got deeper into the healing work. And then today we laid out a path for creating a relaxed money environment in your life. Now some of you are gonna be able to take what you learned today and you're like,

I am good. I'm gonna figure this thing out. I've got it. That's awesome. Some of you however, are feeling like this is amazing and I would really love to know how to get this all to work in my life. So if you are that second kind of person I wanna ask you, would it be okay if I invited you and told you about the relaxed money program that we have coming up?

Yeah. Okay, great. So I'm gonna go ahead and share my screen with you and I'm going to talk to you a little bit about what we're about to move into next as a company and how it could serve you in your relaxed money healing journey. So let me go ahead and share my screen. Okay, I wanna make sure, can everyone see that?

Okay, I'll just expand it a little bit. Okay, awesome. So I wanna check in with you while we just get this organized. How are you feeling? What are you noticing? What are you noticing in your body? So this is a good time to just practice some havening. Let's do it together. And by the way, I'm doing this for myself as well.

This is a lot of energy. It's a lot of energy and I'm here for it. Okay, so some folks are feeling excitement inspired, little anxious, little excited, okay, anxie anxious, anxious and excitement are like kind of two different sides of the same coin. If you're feeling anxious and excited, I'm gonna invite you to join me with this havening exercise and just give yourself a little hug and rub slowly from your shoulders to your elbows.

All right, awesome. Okay, so relax Money. What is it? Well, it's a program that I teach live that is about taking those next steps for healing your relationship with money. I teach it live. And exactly what I just gave you, those 14 pillars are exactly the topics of the live sessions. So those live sessions are taught over a seven week period of time.

So there are two live sessions a week starting May 9th and ending the final week of June. You do get access to the content for a year though, because not everyone's gonna have the bandwidth or the schedule to be able to dive in at that cadence. So if you wanna follow along with me, you can just go over to [relaxed money.com](https://relaxedmoney.com). So if you wanna follow along,

I'm gonna talk to you about what the program is. So one of the things that we know from the data, you'll find I'm a little bit of a nerd and I really love the data. So as much as I am also talking to angels, I also really like to read studies. And one of the studies I came across shocked me, and this was done by Ellevest and they found that 75% of women who are making \$250,000 or more a year still don't feel in control of their money.

Now, \$250,000 a year is a, an enormous income. I mean, that's a massively above average income. And so if those folks still don't feel in control of their money, what are we doing wrong? What, what's the gap here? Because what we think is, if I just made more money, then I'd feel secure and I could finally relax,

which I just wanna say is true. If you're experiencing food insecurity, if you're experiencing homelessness, you know, if you're afraid that you aren't gonna have your basic needs met, absolutely more money is going to really help that problem. But after your needs are met for, you know, Maslow's hierarchy of needs, after your needs for food and shelter and basic safety are met,

actually making more money alone is not going to help you feel secure and finally relax. If your body doesn't feel safe, feeling relaxed and feeling abundance, we've talked about that. So more than ever right now we feel out of control. There's job insecurity. Women still make less than men. We are living longer, but we don't feel confident about money.

And so the solution is, of course, I already told you it's getting into a relaxed state around money and then building the practical financial systems for saving, earning, budgeting, investing and giving from a relaxed state. So when you do the inner work around money, your outer financial reality changes and you actually get to enjoy it. So the inner work,

we've been sampling this, right? So we've been doing our, working on our money mindset. We've been rewiring our brain and our nervous system together. We've been learning a little bit about working with our emotions. And then the outer work is aligning your spending with what really matters. Making money a part of your spiritual practice, infusing fun and pleasure into all things financial,

how we've been, how have we been doing with infusing fun and pleasure? Have we been doing that this week? Yeah, it's been awesome, right? How many people feel like, oh, going to meet with my financial planner is like one of my most favorite things of all time, right? Not that many. But I wanna live in a world where it's,

and then seeing money everywhere through the eyes of opportunity and service. So the inner work matters and the energetics matter and the outer work and financial systems matter and relaxed money is a place where you get both. What I find is that out there in the world, we have either financial experts talking about the outer work or financial experts talking about the inner work.

Not a lot of folks are doing both except in relaxed money. So relaxed money is about creating lasting abundance. And it's for ambitious people who wanna make, grow, save, and give more money while feeling calm and trusting. So if you are an ambitious person who wants to make, grow, save, and give more money while feeling calm and trusting,

then this is for you. It's not only for entrepreneurs, though it certainly will serve entrepreneurs. It's not only for people who work in corporate, though it certainly will serve those people. It's not only for stay-at-home moms and people who are householders, though it certainly will support those people. It's for ambitious people who know that they're here for something big. And your something big can look a lot of different ways.

So here's what it includes. It includes 14 live interactive modules where I'm gonna be teaching, but we'll get to interact more 'cause there's gonna be less people than are here on this session right now. So when you dive in, by the way, tomorrow, I am gonna have a q and a that will be live right here at this same link. And that'll be a time to kind of sample more of the vibe.

It's gonna be more intimate. We'll have access for some of you to come on camera and we'll talk and we'll interact. And so that's gonna give you kind of a sense of what the course itself will be like. You have course content access for one

year. So the, the course itself is taught in 14 live modules over seven weeks, but then you have access to it all for a year.

And we are opening up for this time as a first time an online community using an app called Circle that we really love. That's gonna be open 24 7 for an entire year. So you'll be able to connect with your fellow students, discuss the content, share ideas, share strategies, ask questions of each other, and have a whole Empress hub for people who wanna network and do business together,

specifically in a relaxed money kind of way. So that'll all be part of the online community that's also open for a year. We also decided that after those seven weeks, folks might want more support and to continue the connection. So we decided to make this a year long adventure where you'll be able to come back every single month for a live coaching session with me most of the time.

And then every now and again with TaKisha, who has been our head Empress in the Origin membership for many years, she has more certifications in mind body health work than anyone I've ever met. And she's an incredible coach. So you'll have sessions with me most of the time, and sometimes TaKisha and sometimes my amazing husband Mike, who has an MBA and who runs the operations of our business and who has been along this journey every step of the way with me since 2011.

So those monthly group coaching are going to be happening all year long. And then also, I'm so excited because tell Darden, our resident nervous system healing expert and somatic and intuitive healer as part of our company has said yes to doing a once a month live nervous system healing call with our Relaxed Money students. And those will all also get recorded. So you'll have an archive of nervous system healing practices and sessions that you can come back to anytime you need.

So what's so amazing about that is if you were going to work with someone privately to do nervous system healing like that, it would easily cost you \$200 a session, if not more. And so just to have access to tell and her brilliance for an entire year is easily worth \$2,400. Not to mention the course content and the online community and the group coaching with me and the team.

So the part one of the course is the inner work, which is about all the things that we talked about. So your money mindset and the cycle of reality creation, the nervous system, using your body as a tuning fork, alchemizing your money story, metabolizing your emotions to set you free, cultivating an abundance state of being, stepping into your unbridled financial power,

creating your abundance agreements. And then we have some happy students here. By the way, Friday, I'm gonna be back here live. Same link, same time. And you're gonna get to meet Nicole Hancock and Aja Ray and some of our other students who have been part of Relax Money, just letting you know that that was just like a little ahead of time thing.

And then part two is the outer work. So aligning your spending, saving and investing with what really matters, creating a loving container for your money, making more money and becoming a money magnet. What to do about your debt invoices for blessings already received Feng shui for relaxed money. And then cyclical money management and manifesting. When you head over to relaxmoney.com,

you can come and watch these videos of people who've done this work and it's had an impact on them. You can read their stories here. And this is just a little bit about me. We've got some fun words from my friend Chris Carr from Marie Forleo, from Allison Byrd, from Layla Martin, from Mel Wells, about how this work has impacted their lives and their businesses.

And I wanted to let you know that right now until Monday, we have \$500 off. So the program is usually gonna be \$3,000 for the course content itself and the year of support. But right now until Monday, so until the end of the day on May 1st, it's \$500 off. 'cause we wanted to make it easier for more of you to say yes.

And then we also have two bonuses for folks who wanna dive in early in the next 24 hours-ish. And I'll come back to that. And those bonuses are a six part wealth stewardship expert series that Mike and I got together with six people who help us manage and grow our money. And we are presenting them to you. So if you are a fast action taker and you know that this is for you and you wanna sign up by tomorrow night,

which is Thursday at 11:59 PM Eastern, so basically midnight on Thursday, you'll also get that six part wealth stewardship expert series where you can really be a fly on the wall in some of the conversations that Mike and I are having about what to do with our own money. And then Mike is gonna teach you a class if you are, do the fast action,

which is making your first \$3,000 and beyond using Facebook Marketplace and eBay. So Mike is a salesman extraordinaire. He's the best salesperson I've ever met, and he makes a killing. I hate to, it makes a makes, anyway, he makes a lot of money on Facebook marketplace and eBay and he knows how to negotiate and how to set up your listings and how to title them and how to do the pictures and all of that stuff so that you really get your stuff sold for the most you possibly can.

And so that it doesn't become a full-time job. And so if you are wanna do the fast action bonus, you can go ahead and buy Thursday, April 27th at 1159 Eastern Time. You'll also get those two extra bonuses for people who pay in full. So pay in full right now is \$2,500. Again, up until Monday, May 1st end of day, you're gonna get another class taught by my amazing husband and business partner,

and it's called First Class for Free. So one of the things that Mike is really good at is travel hacking. And so using a combination of his systems and spreadsheets and credit card points, we travel most of the time or a lot of the time in first class for free. And we get upgrades all the time. And we very rarely pay for hotels even when we're staying in a multi-room luxury suite.

And we do that because of the way he knows how to use credit card points and bonus programs and status programs to maximize travel upgrades and luxury travel for free. So if you pay in full for relaxed money, you're gonna get first class for free. That class that Mike is gonna teach live. So your options are, you can do the most flexible option,

which is \$229 a month for 12 payments. And so that's one option to join Relaxed Money. The other option is pay in full and that's the best value and that's \$2,500. So you save a little money there and then also you get that pay in full bonus. So that's what I wanted to tell you about Relaxed Money. I'm sure that we have some questions.

I will see. Okay, so here are our frequently asked questions on the bottom of the page. Some people will ask, what if I can't come live? They're all recorded. They'll be in our beautiful members area. You can listen to them anytime you want for a year. You'll have access to the material for a year. Each module is scheduled for an hour though.

Some of them have a 30 minute additional for live q and a. And so you'll get access to the course calendar as soon as you sign up. And also the dates and the times of the live modules are listed right here. Now those are subject to change based on my travel schedule, but we do our best to keep those exactly how they are.

So you know that you can take part in that. I will do my best to answer every single question that comes in during the

program. We do have a refund policy. So refunds are available until May 12th. So you'll get to take the first two classes with me live and see if it's for you. Although I will say if you've enjoyed the experience of Plenty,

you're gonna love Relaxed Money 'cause it's still me. And you will absolutely get the handouts during the live sessions and you'll be able to work through the material with me and everyone else. But if you don't like it for whatever reason, you can get a full refund by May 12th. And you can take this program with your romantic partner. So if you would like to sign up with your partner,

romantic partner, not business partner, you're welcome to invite them to just join in for the same cost. So you just pay for one spot, but both of you can take it together. Okay? So that's gonna cover most of the questions. We also know that this program is not accessible for everyone. And so we do have a scholarship contest and we are giving away 10 spots in the program.

So if you wanna apply for a scholarship, you can go over to relaxedmoney.com/scholarship and you can just fill out, fill out that scholarship application. We're taking scholarships until Friday at 8:00 PM Eastern time. And then our scholarship winners will be announced on Monday morning. So first thing, Monday morning, Eastern Standard Time in the United States, which is the Miami or New York City time zone,

those scholarship winners, there will be 10 scholarship winners. So they're going to get a full scholarship to the Relax Money Program and you can apply over at relaxedmoney.com/scholarship. Okay, so that's happening there. And I think I talked about what I was supposed to talk about, but let me just double check. Oh, I also wanted to say that if you are a Past Relaxed Money student,

we do have a special savings for you. So if you're wanting to dive in, again, don't sign up on relaxedmoney.com, we're gonna send you an email or just email us. So we have special savings for alumni. Same thing if you're an Origin member, we have a special savings code for you that was emailed to you, but if you didn't see it,

just email us info@katenorthrop.com. And if you have questions that I didn't answer, you can go ahead and email info@katenorthrop.com. And team, if there are questions that have come in that I should answer that I didn't see that I missed, just go ahead and send it to me on Voxer and I can do that right now. Oh, I know. What else?

Okay, so you know how we gave, oh, now's the time to pick our three winners of the Do Less Planner. So while you're all signing up, also, by the way, if you've joined, just go ahead and type into the chat so I can welcome you. But it's time to pick our Doles Planner winners. So one thing that you'll see over when you enroll in Relaxed Money,

we're doing something we've never done before with the planner. When you enroll in Relaxed Money, you have the opportunity to get the Doles Planner to, if you want to as like a little bump offer, you can get the Doula Planner for \$15 off plus international shipping for free. We've never shipped the planner internationally for free before, but because we love our Relaxed Money students,

we are ship shipping these. So if you're in Australia, we just ship this to you for free on us and also give you the planner at \$15 off. But that is for if you're signing up for Relaxed Money, it's gonna be \$15 off and shipping for free. But keep in mind, if you're an international person, your country may require you to pay duties and we can't.

There's, unfortunately, there's nothing we can do about that. I wish we could make that go away, but I don't run all the international governments, so I mean, I don't know what that world would be like. Okay, so are we ready to do our Planner giveaway winners? So let's see. I'm gonna activate my Randomizer mouse picker here. Our first winner is Glory

Lik Glory,

A-U-L-I-K. So Gloria, lik you just won yourself a Do Less planner. So go ahead and email us info@katenorthrop.com and we'll get that shipped out to you. Okay, so congratulations, glory. And then I am about to also pick our winner of the Relax Money program. 'cause one person who's live is going to win that. So I'm on my randomizer right now.

See who we get for our next Do Less Planner, Dr. Patricia Alba. So Dr. Patricia Alba, you have won a Do Less Planner. So go ahead and email us info@katenorthrop.com and we're gonna go ahead and ship this beauty to you. It's Dr. Patricia Alba, P-E-T-R-A-L-B-A. All right, and we're gonna pick one more, one more here.

One more winner of the Doles Planner. All right, hay Reese Saver Life Coaching. So Hayley, H-A-L-E-Y, Reese, R-E-E-S-E, saver Life Coaching. So Hayley, shoot us an email and we'll ship you your Doles Planner. Congratulations to our Do Less Planner winner. Alright, are we ready? Are we ready? We're gonna juice this up. We're gonna energize this up.

And here's what I am affirming. I am affirming that my randomizer choose the person who is the most poised to integrate the Relaxed Money Program, run it through their own life to bless their own life and their own finances, and also run it through their life to bless their community and beyond. So I affirm this person who I'm about to choose is in a position to benefit widely and also pay it forward in a huge way.

So please affirm that with me. I'm gonna go ahead and see who my mouse chooses. Let's go, let's go. Who's it gonna be? The \$3,000 Spot in Relaxed Money. So 1, 2, 3. Sarah Henderson, Sarah, S-A-R-A-H, Henderson, H-E-N-D-E-R-S-O-N. So Sarah Henderson, you are the winner of the Spot In Relaxed Money. Please email us info@katenorthrop.com so we can get you hooked up.

And everyone else who's joining us, welcome. Welcome to this next step. Welcome to Transformation. Welcome to a healing community. I know that when you go through this work and you take action and integrate it, it will shift your financial world, it will create common healing, and it will interrupt generational wounding and allow everyone to heal. So I'm so excited for those of you who are stepping in with me and the rest of the team,

let me just see if team, are there any other questions that I should be answering? Do we wanna shout out anyone who has joined us? Just let me know in Voxer if there's anything I should be saying. Excuse me, I'm gonna just take some water. Hi Kate. I can just ask you if you want. Great. This is the time.

If you have questions, just ask away. We'll, we'll try to get to 'em. I this chat is insane when somebody asked about the first class for free class or first class for free class. Yeah. Immediately when we sign up certain date, can you explain a little bit about the bonus? Yeah, so the bonuses that are, the live bonuses like first class for free and also the Make three K and Beyond on Facebook Marketplace and eBay,

those have yet to be scheduled. So because the course begins May 9th, and it's like pretty full on, we do two classes live a week, it is very likely that those bonus sessions will be taught later on after the core content is delivered. Although we might wanna sneak that Facebook marketplace and eBay one in earlier. So folks really feel like they're able to activate that class,

put it into action, and earn back their investment in the program. So those are gonna be live classes, and we'll get those scheduled really soon. So you can have them on your calendar, but they will be recorded. So if you can't come live, that's fine. And Amy, the two time a week live classes are happening. The schedule is written right in the FAQs over on relaxedmoney.com.

Down at the bottom, you just click the little plus sign under the question, what are the dates and times of the live sessions? And that'll pop open and then you'll be able to activate that. So we are taking as many people as sign up for the program, but I promise you here's what, how it goes. A certain percentage come live and they're always the same people and everyone gets their needs met.

We also have an entire team of people supporting. So it's not just me. We also have Tisha, our head Empress in the Circle community. So she's gonna make sure people are well taken care of there. We have other folks, Nicole, in the inbox, we have Jacinta in the Plenty Facebook group and other places. So you are gonna get your needs met and if somehow we end up with eight gajillion people,

we'll make sure we bring in more support so everyone's gonna get their support that they need. Okay, awesome. And yes, you will get the replays automatically of these three days, and the replays of Plenty will be available to watch until the end of the day on May 5th. So we close enrollment for Relax Money on May 5th, and also the Plenty replays will be taken down at the end of the day on May 5th.

Yes, all the times are listed in Eastern Time, which is the same as New York City Time, and the currency is US dollars listed on the website. The q and a tomorrow is at the same time. And then the Meet the Student session on Friday is at the same time. Yes. Great. You cannot submit more than one application for the scholarship.

Please do not submit more than one application. TaKisha goes through those herself, and if you submit more than one, it just, it takes up her time. Also, please, on the scholarship that really is need based, so we're gonna ask that you apply for the scholarship only if you're in a financial position where you wouldn't be able to purchase the program.

Otherwise, we really wanna give those 10 spots to folks for accessibility and to make sure that those spots go to folks who would not otherwise have the resources to take the course right now. Thanks so much for that. Yeah, Linda, the Thursday and Friday sessions are gonna be available by video. So tomorrow the q and a, a certain number of people will be able to come on video and we'll be able to interact and then same thing on Friday.

All right. And if anyone's wanting the 14 steps, again, what I'm gonna have you do is wait until we send the replay of this session and you can go ahead and just listen to the replay and you'll be able to hear me say them again. Thank you, Wendy. Wendy said this is a work of love and thank you we, it's really an honor and a pleasure to do this.

Yes. And Ladybug, shared Ladybug Earth Care shared the 14 steps are on the sales page. Thank you. Yes, they are. They're the same steps as the titles of the course modules. All right, thank you all so much, Mike. Are there any other questions that we should, that we should answer right now? Yes. Can you hear me?

Yeah. Okay. Somebody asked about PayPal as an option to pay. That is possible. It's only for full pay, though. We will not do payments via PayPal. If you would like to do PayPal, just email me mike@katenorthrop.com. Scholarship is relaxed money.com/scholarship. So it's not scholarships, it's just scholarship relaxed money.com. And then Kate. Yeah, it was about the discount going away in one day or May 1st.

Yeah, so the fast action bonuses of that Wealth stewardship series and also the Facebook and eBay class with Mike, those are going away in 24 hours, so on Thursday night, but the price discount of \$500 that expires on Monday May 1st. So you've got a little more time for that. And, and for anybody, I'm gonna be sending out an email about this later,

but for anyone who's really in a position of like deliberation, and, and I, you know, part of the reason I had us go into that

havening exercise before I went into inviting you into the enrollment is because we've been, what's been modeled is sales that are based on pressure and getting people into an overly activated state, which I think preys upon our nervous system imprints of feeling lack.

And so if you're just in a place of wanting to decide if this is right for you, I'm gonna invite you to take a moment and go outside, take your shoes off, stand in the grass, lay down, hug a tree, and really listen for, is this the next right action step for me? This is the best, this is the best work that we've ever created.

So I know we're gonna bring it, but I also am really interested in an aligned yes. From you. So that's, that's my invitation. Okay, great. Lynn signed up through Alyssa. I love that. Yes. So if you were recommended through Mel Wells, or Alyssa or Danica or you know, any of our other affiliates, Emily Fletcher, Eva online,

they are going to, some of them have bonuses and and they will be communicating about that and you will automatically get tracked to them. So thank you for that. Yes. They're all super, super wonderful. Great. Thank you, jazz. Thank you Marissa. Thank you Amanda. Thank you Madeline. Welcome, welcome, welcome. For those of you who've already enrolled,

Mike, are there any other questions to cover before we wrap up today? No other questions so far. Okay. So here's what I'd like to say beyond my invitation to really check in with your body, which I stand by. That is a question to walk away with. And that is, if all this course helped me with was knowing exactly what financial action steps to take around my saving,

around my investing, around spending, around budgeting, around earning potential. If all it taught me was how to access my deepest truth to know what action steps to take so I could save all the time and energy I usually spend feeling anxious, would it be worth it if all it did was teach me 82 ways to make more money and increase my income,

which we are going to do in module, I think 11, would that be worth it if all I got from this was a surefire financial system, so I knew exactly what to do with every dollar that comes into my life to align with my financial goals, would that be worth it? And if the answer is yes, then we'd love to have you.

So again, we are enrolling until May 5th. It has been such an honor and a pleasure to do this with you during plenty. Thank you for being here. Thank you for saying yes to being part of the ripple effect of financial empowerment and financial healing and nervous system regulation and resonance that we need. I'm gonna stop sharing and I'm gonna dance. So if anybody wants to dance it out with me,

this has been a pleasure. I will be back tomorrow for a bonus q and a. Same time, same link. I will be back Friday for a bonus. Meet the students. So TaKisha, can you play us a song and let's dance out plenty together and also dance to welcome those who joined us in Relaxed Money no matter where you are. Dance with me.

What I'm to say, surprise. I, I'm so successful. Yeah, you are so young and beautiful. I'm so successful. Surprise. Thank You everybody. Send me a DMM with your takeaways. Keep sending your Money Miracles. Let me know if you joined Relax Money. I wanna welcome you. Thank you, thank you, thank you. Thank you to Team Kate.

I love you all. I'll see you back here tomorrow. Bye.