

Energy Medicine Practice™

Attracting Wealth in Your Practice

Step 1: Getting Clear



by Julie M. Wright, Financial Planner, Profit Coach, Executive Financial Architects

Dr. Carol is an integrative medicine doctor and founder of a women's health clinic. Frustrated with her financial situation and personal health issues, she was looking for someone to help her with both problems. A mutual patient had suggested she call me and Dr. Carol was intrigued. Always interested in other modalities, Dr. Carol wanted to learn more. With the payroll due, bills outstanding, and too many 3:00 am wakeup calls, she had to act fast. She knew she needed ways to attract more patients to her practice in order to increase her bottom line, but she was not clear where to start. Learning that I specialized in both health and wealth energy coaching, she called me early one morning.

After an assessment, we agreed to do focus on two Resets – one for her health issue and the second for her wealth issue. (Resets are for specific issues, where the underlying root causes of the energy imbalance are identified and reset).

For *both* of Carol's issues, there were several common imbalances identified: Fear of Money and Mental Beliefs such as "I don't deserve money" and "I am not worthy." She acknowledged that she has *always* had a problem with money - she just was not sure *why*.

When I asked her to elaborate, she could not. Exhausted from

her patient load, stressed from the pressures of keeping her office afloat financially, and just coming off a lawsuit from a

disgruntled patient, Carol could hardly think at the end of her day. So I started with Step One in the Seven Steps to a Profitable Practice™. I began with a simple exercise.

Step 1 - Getting Clear

Everything has its own energy signature. For energy to move, to flow, it must not be impeded. It requires open spaces to move through. Clutter causes energy to get stuck, to slow down. Eventually it slows down, stagnates and does not move.

Clutter, stuck emotions, and stagnating wealth go hand in hand.

Here are the four Getting Clear Action Steps I gave Dr. Carol that you too can take as the first step in Mastering the Energy of Money.

Getting Clear – Action Step 1: Making Space

1. Find a messy closet, desk or kitchen drawer, perhaps your car that needs organizing, cleaning and de-cluttering.
2. De-clutter that *one* space by taking all items out. Sort and organize. Give away items that no longer serve you. Keep only the things you love to see. Donate items to your favorite charity or sell them at a garage sale.
3. If organizing is not your unique ability, find a friend who loves to organize or hire a personal organizer. (To locate one in your area, go to www.napo.net.)

4. This begins to shift the energy. Start a Wealth Journal and

begin to observe what is happening with money around you.

Getting Clear – Action Step 2: Becoming Aware of Negative Money Beliefs

Dr. Carol was unable to explain much about her money beliefs. This is not uncommon. Having worked with hundreds of Energy Medicine Practitioners, one of the major blocks in creating successful practices has to do with **negative money beliefs**.

When we feel we are “not good with money” or when we say to ourselves “it’s not about the money” as we think of our businesses, what we really are doing is disconnecting from an important energy current.

Money is Energy

Money is a form of energy. It is neither good nor bad. The meaning of money is what we assign to it.

For some of us, it brings freedom -- freedom to serve more people, to travel, to enjoy life. For others, it means anxiety, memories of fights at home with parents or spouses, a feeling of inadequacy or shame.

Dr. Carol was a businessowner, not just the specialist working there. In order for her business to survive, I had to make sure she had the correct business owner’s Money Mindset. I knew from experience that no amount of new business skills, marketing strategies or technology would solve the bottom line of her practice unless she spent time with the inner game – that of Mastering the Energy of Money. To learn new business skills, such as marketing, advertising or systems *before* Mastering the Mindset of Money would be like pouring premium gasoline into a broken down chassis of a car. It still would not run nor take us to where we wanted to go. To master business and the energy of money, there is a **right order** to take action. Mastering the Energy of Money and the right Mindset is the first step. (Want to learn this first step in building a successful practice? Join Julie Wright at the Healing Touch Worldwide Conference on Aug 9th for an all day workshop to help you Master the Energy of Money. [Click here for more information](#)).

We all have belief systems running in our subconscious 24/7. Think of it like the DOS operating system of a computer -- a

program that runs silently as we work in other programs. So, too, is the subconscious programming about money beliefs.

Getting Clear – Action Step 3: “Money Is...”

1. Take a blank piece of paper. Draw a circle and in the center of the circle write the words “Money Is.” For the next two minutes, as quickly as you can, write whatever comes to mind. Draw circles around each thought.
2. Take two different colored highlighters and highlight all the negative thoughts in one color, and the positive ones in another color. The neutral phrases leave blank. Next, count up the negative and the positives phrases or words.

After a few minutes, Carol had an ah-ha moment, “Wow, I didn’t realize I had so many negative thoughts about money. Almost all of them are negative. One memory that kept appearing was when I was a child and swimming in our neighbor’s pool. The neighbor was very wealthy, but mean and cold. I remember thinking at that time, ‘I don’t ever want to become wealthy because I would become mean and cold, too.’ I was only eight years old when I had that thought, now it’s showing up as a belief of mine. Amazing!”

Dr. Carol became AWARE of her limiting money beliefs - the first step in changing. Now we could move on to INTENTION.

Setting Intention - The Feng Shui of Money

More Money is about more flow—economic flow, more freedom, more challenges, opportunities, serving more people and more energy. How you handle more energy in any area determines whether or not more of that form of energy will come to you.

Feng Shui is a tool to harmoniously balance the energies. The next two steps for Carol were to take an action each day that included focusing the *Intention* of increasing her Wealth.

Getting Clear – Action Step 4: Locating Your Wealth Corner

1. Stand inside the doorway of your home or office, with the door closed behind you. Place your left hand on your heart, allowing your breath to flow in and out. Be aware of your breath.

2. Now take a deep breath and extend your left arm, palm open and level with your heart, towards the farthest left corner area of the room or building. This is your Wealth Area for that space. The palm is up, a classic position of being open to receive. Opening your hand to receive new abundance is the first step to having more. Doing a simple walkabout with your hand on your heart is the easiest way to find your Wealth area and to connect your heart with your currency and life flow.
3. Notice – what objects are in your wealth corner? Ask yourself: Where does the money go? Up in smoke? Down the toilet? What is the connection with your Wealth area and what is happening with money in your life?

Getting Clear – Action Step 5: The Penny Dance

Too often we don't think we have enough money. What we focus on expands and multiplies, so it is important to shift the focus daily to 'having more wealth.' The Penny Dance will help you do just that.

The Penny Dance

1. Choose a container that you already own, and absolutely love. This container, whether it is round, square, oval or some other shape, represents wealth and open-hearted abundance.
2. Place your container in the Wealth Corner of your office or home.
3. Take a penny and put it in your Wealth bowl. Every day take another penny in both hands.
4. Give thanks for the abundance you have and for the abundance and wealth that is coming your way. Place the penny in your container with gratitude. Notice over time, how the pennies flow together in an interesting slow moving dance.

As you notice do the Penny Dance each day, notice your other behaviors with money. Do you stash your money or carefully organize your bills in your wallet? Are your bills in one area or scattered? Do you regularly set aside some money, even a small amount such as a penny, so that it can grow? Begin to notice as you do the Penny Dance what happens to your wealth. And remember, *Intention* is what counts. Remember to add coins with great love, gratitude and awareness each day.

Dr. Carol has begun the first step in increasing the bottom line of her practice.

Join us next time as we continue Getting Clear, as we take action in Cleaning Up Messes, and by creating Your Energy Medicine Practice Blueprint™, the foundation of a sound practice.

About the author:

Julie Wright is a presenter at this year's Healing Touch World-wide Conference in August in Denver, CO, hosting the workshop "Mastering the Energy of Money." She works with Energy Medicine Practitioners, small business owners and entrepreneurs to increase their profits and to deal with business life issues. She is owner of Executive Financial Architects, and Essential HealthWorks, an energy medicine practice. She is the creator of The Intuitive Advantage Method™, author, producer and host of the radio shows, *For the Good Life* and *Dollars and Sense*. She may be reached at JulieWrightCoach@gmail.com; [LinkedIn.com/in/TheRealJulieWright](https://www.linkedin.com/in/TheRealJulieWright); and [facebook.com/Julie-WrightCoach](https://www.facebook.com/Julie-WrightCoach).