

REBECCAJPAGE.COM

# HEAL MONEY TRAUMA

---

MONEY ZONE CLUB  
*Unleash your inner Millionaire*

MONTH 7

MONTH 7

# HEAL MONEY TRAUMA

From before you were born, you will have been exposed to other people's vibrations around money. It may have been in the womb, during pregnancy, as a baby, as a child or growing up. Others will have had thoughts, felt things, or said or done things which then impacted your vibration in relation to money.

Some will have been directly money, cash, wealth, abundance or finance related. Others will be wider experiences which might not appear to be money-related, but in fact have impacted on your vibration with regards to money.

You may know what some of these are, others will be hidden from view or long forgotten about. Your energy and vibration remembers though!

We will rely on our sway to check for these and release. Clearing these clears up your vibration and allows it to rise to a higher frequency in alignment with abundance.

# HOW TO

STEP 1

## QUESTION

Ask your sway questions. Use the ones given, and also ask any others that pop to mind. Allow your body to sway forward for yes, and back for no.

STEP 2

## CHECK

Once you find resistance, ask "Can I release this now?". If you get a no, ask other questions to find areas you can release. If you get a yes, release.

STEP 3

## RELEASE

Follow the release statements given, or use your own if other words come to mind.

REPEAT 3x *"I am ready to release [what you are releasing].  
I release it now. I release it now. I release it now"*

STEP 4

## CHECK

Ask "Have I released this now?". If no, go back to question/check/release. If yes, move forward to align.

STEP 5

## ALLOW

Use the allowing statements given, or use your own if other words come to mind.

REPEAT 3x *"I am ready to allow [what you are allowing].  
I allow it now. I allow it now. I allow it now"*

# WEEK 1

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Do I have unresolved emotions linked to past financial losses?                                | I am ready to release any and all unresolved emotions linked to past financial losses.          | I am ready to align to and allow peace and financial well-being.               |
| <input type="checkbox"/> Have I experienced stress or anxiety due to past debts that I haven't fully processed?        | I am ready to release any and all stress or anxiety due to past debts.                          | I am ready to align to and allow serenity and financial stability in my life.  |
| <input type="checkbox"/> Is there a specific financial mistake from my past that still affects my sense of security?   | I am ready to release any and all impacts of specific financial mistakes & events from my past. | I am ready to align to and allow wisdom and growth in my financial journey.    |
| <input type="checkbox"/> Do I carry fear from observing financial struggles within my family growing up?               | I am ready to release any and all fear from observing financial struggles within my family.     | I am ready to align to and allow positive financial experiences and abundance. |
| <input type="checkbox"/> Have I internalized any negative financial experiences that prevent me from feeling abundant? | I am ready to release any and all internalized negative financial experiences.                  | I am ready to align to and allow an abundant and prosperous mindset.           |

# WEEK 2

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

- 
- |                          |   |   |   |
|--------------------------|---|---|---|
| <input type="checkbox"/> | Do I avoid financial planning due to past traumas associated with money?          | I am ready to release any and all past, present and future avoiding of financial planning.                  | I am ready to align to and allow engagement with financial planning confidently.      |
| <input type="checkbox"/> | Am I holding onto guilt or shame from previous financial decisions?               | I am ready to release any and all resistance and guilt or shame from previous financial decisions.          | I am ready to align to and allow self-forgiveness and freedom in my financial life.   |
| <input type="checkbox"/> | Is there a past experience where I felt unworthy of money or success?             | I am ready to release any and all resistance or feelings of unworthiness of money or success from the past. | I am ready to align to and allow feelings of worthiness and success.                  |
| <input type="checkbox"/> | Do I subconsciously believe that I will repeat my past financial mistakes?        | I am ready to release any and all beliefs that I will repeat past financial mistakes.                       | I am ready to align to and allow confidence and prosperity in my financial decisions. |
| <input type="checkbox"/> | Have I faced financial betrayal or exploitation that I haven't fully healed from? | I am ready to release any and all resistance to healing from financial betrayal or exploitation.            | I am ready to align to and allow empowerment and strength in my financial well-being. |
-

# WEEK 3

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

Do I resist asking for financial help due to negative past experiences?

I am ready to release any and all resistance to asking for financial help.

I am ready to align to and allow the ease of receiving financial support.

Have I experienced a significant financial loss that I find difficult to move past?

I am ready to release any and all resistance to moving past significant financial losses.

I am ready to align to and allow resilience and focus on prosperity.

Do feelings of inadequacy from past financial failures still influence me?

I am ready to release any and all resistance and feelings of inadequacy from financial failures.

I am ready to align to and allow self-esteem and financial strength.

Am I fearful of achieving financial success due to past traumas?

I am ready to release any and all resistance and fear of achieving financial success due to past traumas.

I am ready to align to and allow joy and success in my financial achievements.

Do I have resistance towards trusting financial advisors or institutions because of my history?

I am ready to release any and all resistance towards trusting financial advisors or institutions.

I am ready to align to and allow trust and safety in financial relationships.

# WEEK 4

DATE \_\_\_\_\_

COMPLETED MEDITATION (in members area)

## QUESTION

## RELEASE

## ALLOW

- 
- |                          |   |  |  |
|--------------------------|---|--|--|
| <input type="checkbox"/> | Have I been avoiding confronting my financial past and its impact on my present?    | I am ready to release any and all resistance to confronting my financial past and its impact.          | I am ready to align to and allow a positive and successful financial foundation.             |
| <input type="checkbox"/> | Do I feel that my past financial traumas have led me to a scarcity mindset?         | I am ready to release any and all resistance or scarcity mindset from past financial traumas.          | I am ready to align to and allow an abundance mindset and limitless financial possibilities. |
| <input type="checkbox"/> | Is there a part of me that feels I don't deserve financial healing and freedom?     | I am ready to release any and all resistance and feeling undeserving of financial healing and freedom. | I am ready to align to and allow my right to financial healing and freedom.                  |
| <input type="checkbox"/> | Have past financial crises left me feeling powerless or out of control?             | I am ready to release any and all resistance and feelings of powerlessness from past financial crises. | I am ready to align to and allow empowerment and control in my financial endeavors.          |
| <input type="checkbox"/> | Do I find it challenging to be optimistic about my financial future due to my past? | I am ready to release any and all resistance to being optimistic about my financial future.            | I am ready to align to and allow optimism and a bright financial future.                     |
-