

Chapter 5: Wealth as Energy

Page 1: Beyond Numbers and Spreadsheets

What if money wasn't just a thing? What if it was a flow?

Not just currency to be accumulated, but energy to be circulated. Not just a resource to be hoarded, but a force that moves through you, around you, and beyond you.

This shift in perspective changed everything for me.

For years, I treated money like a static object. Something to earn, save, spend, control. I had spreadsheets tracking every euro. Budgets with color-coded categories. Financial projections that stretched five years into the future.

All very logical. All very organized. All completely missing the point.

The breakthrough came during my 100-day retreat. I was sitting by a river, watching the water flow around rocks, over branches, through gaps. It never stopped. It never fought. It just flowed.

And I realized: that's what money is supposed to do.

Money is energy in motion. It's meant to flow—in when you need it, out when others need it. It's meant to circulate, not stagnate. To nourish, not suffocate.

When you try to control energy, you kill it. When you try to hoard it, you block it. When you fear it, you repel it.

But when you align with it? When you become a conscious participant in its flow? That's when real wealth begins.

Think about the wealthiest people you know. Not just financially, but genuinely wealthy—in joy, in peace, in fulfillment. They don't cling to money. They work with it. They trust it. They let it flow through them to create value, solve problems, build beauty.

They understand something most people miss: wealth isn't what you own. It's how you move energy through the world.

This isn't spiritual bypassing or wishful thinking. It's practical physics. Energy that moves creates more energy. Energy that stagnates dies.

Your relationship with money is your relationship with energy itself.

And if you want to accept your wealth—truly accept it—you have to learn to dance with this flow instead of trying to wrestle it into submission.

Reflection Exercise: Money as Energy

Close your eyes. Think about your current financial situation. Instead of seeing numbers, imagine energy.

- Where is the energy stuck?
- Where is it flowing freely?
- What would it look like if money moved through your life like water through a river?

Page 2: The Burnt-Out Millionaire

Let me tell you about Tomas.

Co-founder of a promising tech startup. Brilliant mind. Relentless work ethic. The kind of guy VCs love to fund.

He was also completely miserable.

"My calendar is full, but my nervous system is fried," he told me during our first session. "My bank account has commas, but my soul has question marks."

Tomas embodied everything our culture tells us success should look like. Long hours. Big vision. Rapid growth. The classic Silicon Valley playbook.

But his energy was completely fucked.

He was making money, but at what cost? His health was shot. His relationships were strained. He hadn't slept well in months. Every dollar he earned felt like it came with a piece of his soul attached.

"I tell myself I'm building something meaningful," Tomas continued. "But honestly? I'm just addicted to the chase. The next funding round. The next milestone. The next validation that I'm not a fraud."

Sound familiar?

This is what happens when you try to force wealth instead of flowing with it. When you prioritize Money IQ over Money EQ. When you build success on top of unhealed trauma and unexamined fears.

Tomas wasn't building a business. He was building a monument to his own insecurity.

His "work" dial was cranked to 11 while his "health," "relationships," and "inner peace" dials were barely audible. He was so focused on Excel sheets and investor pitches that he'd completely lost touch with why any of it mattered.

The energy wasn't flowing through him—it was consuming him.

"What would happen if you stopped pushing so hard?" I asked him.

"Everything would fall apart," he said immediately. "The competition would pass us. The investors would lose confidence. The team would think I'm weak."

Classic Jordan Syndrome. The belief that control equals security. That force equals strength. That if you're not pushing through walls, you're not trying hard enough.

But here's what Tomas was missing: the walls he was pushing against weren't meant to be broken. They were meant to redirect him. To show him a different path. To teach him that sustainable wealth comes from alignment, not aggression.

His business was successful, but it wasn't sustainable. He was generating revenue, but leaking energy. Making money, but losing himself.

And his body was keeping score.

Reflection Exercise: Your Energy Audit

Rate each area of your life from 1-10:

- Work/Career
- Health/Vitality
- Relationships/Connection
- Inner Peace/Joy
- Financial Flow

Where are you over-indexed? Where are you depleted? What would balance look like?

Page 3: The Leaks Nobody Talks About

Here's the thing most financial advice misses: it doesn't matter how much money flows into your life if it's all leaking out through emotional holes.

These aren't the obvious leaks—overspending, bad investments, poor planning. These are the invisible ones. The energetic ones. The ones that happen in your nervous system, not your bank account.

Guilt is a massive energy leak. Every time you receive money but feel bad about it, you're literally pushing wealth away. The guilt says, "I don't deserve this." And the universe responds accordingly.

I see this with clients who undercharge for their services, give away their products for free, or sabotage their success right when things start working. They can't hold wealth because their energy is constantly apologizing for it.

Resentment is another big one. When you resent others for having what you want, you create an energetic wall between yourself and abundance. The resentment says, "Wealth is evil." And guess what? Wealth stays away from people who think it's evil.

I've worked with activists who were broke because they hated rich people. Entrepreneurs who couldn't scale because they resented their competitors. Employees who stayed underpaid because they despised their wealthy bosses.

Self-sabotage might be the biggest leak of all. This is when you unconsciously destroy what you're consciously trying to build. You get a big client, then do something to lose them. You save money, then find a way to spend it. You build momentum, then create chaos to stop it.

Self-sabotage happens when your conscious goals conflict with your unconscious programming. Part of you wants wealth, but another part believes you don't deserve it, can't handle it, or that it will make you a bad person.

For Tomas, all three leaks were present. He felt guilty about making money while his friends struggled. He resented competitors who seemed to succeed more easily. And he sabotaged his own well-being by working himself into the ground.

No wonder his energy was depleted. He was like a bucket with holes in the bottom, trying to fill himself by pouring harder instead of fixing the leaks.

The solution isn't to work harder or earn more. It's to heal the emotional wounds that are causing the leaks in the first place.

Reflection Exercise: Spotting Your Leaks

Be honest:

- Do you feel guilty when you receive money?

- Do you resent others for their financial success?
- Do you find ways to sabotage yourself right when things start working?

Notice patterns without judgment. Awareness is the first step to healing.

Page 4: The Practice That Changes Everything

The most powerful tool I learned for working with money as energy comes from Ken Honda, the Japanese expert who completely shifted my understanding of wealth.

It's called "Arigato In, Arigato Out."

Arigato means "thank you" in Japanese. And this practice is about infusing every financial transaction with gratitude.

Here's the cultural context that makes this profound: In Eastern cultures, gratitude for what you have is the foundation of wealth consciousness. Whether you have a bowl of rice or a collection of Ferraris, the sentiment is the same: "Thank you for what I have."

In the West, we're conditioned for the opposite. More is never enough. The grass is always greener. As we say in Lithuania: "The neighbor is happy when the neighbor's barn is burning."

This cultural programming creates massive energy leaks. We're never satisfied, never grateful, never present to the abundance that's already here.

Arigato In, Arigato Out directly addresses this programming:

Arigato In: Every time money comes into your life—paycheck, gift, found coin on the street—consciously say "Thank you." Feel genuine gratitude for this energy arriving. Don't analyze whether you "deserve" it or earned it "properly." Just receive it with grace.

Arigato Out: Every time money leaves your life—bills, groceries, investments—consciously say "Thank you." Express gratitude for what you're receiving in exchange. That rent payment? Thank you for shelter. That grocery bill? Thank you for nourishment. That donation? Thank you for the opportunity to contribute.

This practice completely transforms your relationship with money. Instead of seeing transactions as losses or gains, you see them as energy exchanges. Instead of hoarding or avoiding, you flow with conscious gratitude.

I started practicing this during my recovery from the client loss. At first, it felt forced. Saying "thank you" for a parking ticket? For a tax bill? It seemed ridiculous.

But something shifted. Money stopped feeling heavy, complicated, charged. It became... lighter. More neutral. Just energy moving through my life.

The guilt disappeared. The resentment faded. The self-sabotage quieted.

And the wealth? It started flowing more freely than ever before.

Practice: Arigato In, Arigato Out

For the next week, say "thank you" (or "Ačiū" in Lithuanian) for every monetary transaction:

- When money comes in: "Thank you for this abundance."
- When money goes out: "Thank you for this exchange."

Notice how it changes the energy around money in your life.

Page 5: Finding Your Flow State

Six months after we started working together, Tomas sent me a photo. He was sitting on a beach in Portugal, laptop closed beside him, big smile on his face.

"First vacation in three years," he texted. "Business is running itself. Team is happy. And I actually slept eight hours last night."

What changed? He learned to work with energy instead of against it.

Instead of forcing 80-hour weeks, he focused on high-energy activities that actually moved the needle. Instead of chasing every opportunity, he said no to everything that didn't align with his core mission. Instead of building out of fear, he built from joy.

Most importantly, he stopped treating money like the enemy or the savior. He treated it like what it is: energy that flows through his life to create value in the world.

Here's what I learned about identifying energetic money blocks:

The Alignment Test: Does this financial decision give you energy or drain it? Your body knows before your mind does. If thinking about a purchase, investment, or income opportunity makes you feel heavy, tired, or anxious, that's your energy warning you about misalignment.

The Joy Check: Are you making this money decision from joy or from fear? Fear-based decisions create energy leaks. Joy-based decisions create energy gains. It's that simple.

The Flow Assessment: Does this financial choice support the flow of energy in your life, or does it create stagnation? Money that's hoarded creates stagnation. Money that's circulated consciously creates flow.

Exercise: Your Energy Flow Map

Draw your current financial life as an energy flow diagram:

1. Where does energy/money flow into your life? (income sources)
2. Where does it flow out? (expenses, investments, giving)
3. Where is it getting stuck? (savings that never move, debt that never decreases)
4. Where are the leaks? (guilt, resentment, self-sabotage)
5. What would optimal flow look like?

Your Energy Intention

Complete this statement: "My intention for money energy in my life is..."

Examples:

- "To flow with gratitude and consciousness"
- "To support my values and contribute to the world"
- "To create freedom and opportunities for myself and others"

Money as energy isn't just a nice metaphor. It's a practical framework for creating sustainable wealth that actually feels good.

When you stop trying to control money and start flowing with it, everything changes. The stress decreases. The opportunities increase. The abundance feels natural instead of forced.

Because you're not fighting the current anymore. You're swimming with it.

And that's where real wealth lives—not in your bank account, but in your ability to move with the flow of life itself.

The key insight: Wealth isn't what you accumulate. It's how consciously you participate in the flow of energy through your life.

Next up: Chapter 6, where we'll explore the addiction to scarcity that keeps most people swimming against the current instead of with it.