

Chapter 15: Holding Wealth

Page 1: The Container That Holds You

Imagine wealth as water and your life as a container.

Now imagine that container has holes.

Not obvious ones—tiny, almost invisible cracks that let abundance leak out as fast as it flows in. You work harder, earn more, achieve bigger goals, but somehow never feel wealthy. The water keeps draining.

This was my life for decades. I could generate money, but I couldn't hold it. Not just practically—though there was that too—but energetically. Emotionally. Spiritually.

I'd hit income goals and immediately sabotage myself. I'd receive abundance and instantly find ways to give it away, spend it recklessly, or create drama that destroyed what I'd built. I was like a bucket with no bottom, always filling but never full.

The breakthrough came during that dark period after my business collapsed. I was sitting in my empty office, staring at the walls I'd soon have to vacate, when I realized: **The problem wasn't my ability to create wealth. It was my capacity to hold it.**

Think about it: you can pour champagne into a paper cup, but it won't hold for long. The container determines not just how much you can receive, but how much you can sustain.

Your wealth container includes:

Physical capacity: Your nervous system's ability to handle abundance without fight-or-flight activation

Emotional capacity: Your comfort level with being seen as successful, wealthy, or "having more"

Mental capacity: Your beliefs about whether you deserve sustained abundance

Spiritual capacity: Your alignment between your values and your wealth

Relational capacity: Your ability to maintain healthy relationships while holding wealth

Energetic capacity: How much abundance you can process without it becoming toxic or overwhelming

Most people focus on filling their container—making more money, creating more success, achieving more goals. But if the container can't hold what they pour into it, all that effort just creates leakage.

Signs your wealth container needs strengthening:

- You earn money but it disappears quickly through "unexpected" expenses
- Success makes you anxious instead of joyful
- You feel guilty when things go well
- You sabotage opportunities right when they start working
- You're afraid of being "too visible" or "too successful"
- You give compulsively, even when it depletes you

- You create drama or problems whenever life gets "too good"

The Lake Metaphor:

I like to think of an ideal wealth container like a healthy lake. It has fresh water flowing in through streams and rivers. It has outlets that let old water flow out, preventing stagnation. The lake bed is solid but permeable. The shores are stable but not rigid.

A healthy wealth container works the same way: abundance flows in through aligned action, flows out through conscious generosity and investment, and maintains its integrity through strong boundaries and clear values.

Reflection Exercise: Your Current Container

Imagine your life as a container for wealth. What does it look like?

- What's the material? (Glass, wood, metal, fabric?)
- What size is it?
- Are there any cracks, holes, or damage?
- How does abundance flow in and out?
- What would need to change for it to hold more?

Page 2: When Everything Changes Overnight

Nila's life changed with a single phone call.

Her grandmother had died and left her €850,000.

Most people would celebrate. Nila had a panic attack.

She was 28, working as a social worker in Amsterdam, earning €35,000 a year and perfectly content with her simple life. Her biggest financial stress was whether she could afford to eat out twice a month.

Suddenly, she had more money than she'd ever imagined having.

"I felt like I'd been given a nuclear bomb," Nila told me during our first session. "Everyone kept congratulating me, but I felt terrified. Like I'd been handed something dangerous that I didn't know how to handle."

Nila's inheritance anxiety manifested in several ways:

Physical symptoms: Insomnia, racing heart, digestive issues—her nervous system couldn't process the sudden shift

Imposter syndrome: "I didn't earn this. I don't deserve it. People are going to expect me to be different now."

Relationship fears: "My friends are going to treat me differently. People are going to want things from me."

Decision paralysis: "What if I make the wrong choice? What if I lose it all? What if I waste what my grandmother worked so hard for?"

Identity crisis: "I don't know how to be someone who has money. That's not who I am."

Nila's story perfectly illustrates a truth most people don't understand: **receiving abundance can be more challenging than creating it.**

When wealth comes gradually, you have time to expand your container slowly. Your nervous system adapts. Your identity evolves. Your relationships adjust.

But sudden wealth—whether through inheritance, business sale, lottery, or rapid success—can shatter a container that isn't ready to hold it.

The Inheritance Curse:

Nila wasn't the first person I'd worked with who felt cursed by unexpected wealth. Studies show that lottery winners often end up more miserable than before they won. Inheritance can destroy families. Sudden business success can trigger complete life breakdowns.

Why? Because the container can't hold what's being poured into it.

Nila's journey to expanding her container:

Month 1-2: Panic management. Learning nervous system regulation techniques. Understanding that her body's reaction was normal.

Month 3-4: Identity work. Exploring who she was beyond "struggling social worker." Separating her worth from her economic status.

Month 5-6: Values clarification. Connecting the inheritance to her grandmother's values and her own purpose.

Month 7-8: Gradual exposure. Making small financial decisions to build confidence. Starting with €100 donations, then €500 investments.

Month 9-12: Integration. Learning to see the inheritance as a tool for her values rather than a burden or threat.

The result? Nila kept her social work job but started a nonprofit focused on financial literacy for low-income families. She used part of the inheritance to fund it and invested the rest in ways that aligned with her values.

Most importantly, she learned to hold wealth without it holding her hostage.

Nila's key insight: "I realized the money wasn't the problem. My relationship with the money was. Once I learned to see it as energy I could direct rather than a burden I had to carry, everything changed."

Reflection Exercise: Your Wealth Capacity Barriers

Think about a time when you received unexpected abundance (money, opportunity, success, recognition):

- How did your body react?
- What stories did you tell yourself?
- How did it affect your relationships?
- What fears came up?
- How did you handle the energy of receiving?

Page 3: The Sabotage That Keeps You Small

The cruelest irony of wealth building is that the closer you get to what you want, the more likely you are to sabotage it.

Success makes us visible. Visibility makes us vulnerable. Vulnerability triggers every wound we've ever carried about being seen, judged, or rejected.

So we shrink. We dim our light. We find ways to return to familiar discomfort rather than face unfamiliar abundance.

How self-sabotage shows up with wealth:

Right before breakthroughs: You get sick, create relationship drama, make terrible decisions, or suddenly lose motivation just when momentum builds

At success peaks: The better things go, the more anxious you become. You start looking for problems, creating problems, or expecting disaster

With visibility: Success requires being seen, which triggers shame, imposter syndrome, or fear of judgment

Through perfectionism: You delay launching, sharing, or scaling because nothing feels "ready enough"

Via comparison: You diminish your achievements by comparing them to others or focusing on what you haven't accomplished yet

Through over-giving: You give away your power, energy, or resources to avoid standing in your full strength

My own greatest sabotage moment:

I was three months into the most successful year of my business when I did something completely irrational: I turned down a €200,000 contract because "something felt off about it."

Looking back, nothing was off about the contract. Something was off about my nervous system.

I'd grown up in a family where being "too successful" was dangerous. My grandfather left for America chasing wealth and never returned. My father carried guilt about his business success. The unconscious message: big success means abandonment, isolation, or loss of love.

So when my business started hitting numbers that felt "too big," my inner saboteur activated. It found a reason to make me small again.

The visibility wound:

Most self-sabotage around wealth stems from what I call the "visibility wound"—the fear that being seen in our full power will lead to rejection, attack, or abandonment.

This wound often forms early:

- The child who was criticized for being "too much"
- The teenager who was bullied for standing out
- The young adult who learned that success makes others uncomfortable

- The professional who was punished for outshining colleagues

Common visibility triggers:

- Earning more than your parents
- Achieving something no one in your family has achieved
- Being featured in media or public recognition
- Reaching income levels that put you in a different economic class
- Success that makes peers uncomfortable

The shrinking strategies:

When visibility feels dangerous, we develop strategies to stay small:

Minimizing: "It's not that big a deal," "I got lucky," "Anyone could do this"

Hiding: Not sharing success, staying behind the scenes, avoiding opportunities for recognition

Giving it away: Immediately spending, donating, or investing money so you don't "have too much"

Creating problems: Unconsciously generating drama, health issues, or relationship conflicts to distract from success

Playing smaller: Not pursuing opportunities, not charging full value, not scaling what's working

Reflection Exercise: Your Shrinking Patterns

Think about your biggest successes or breakthrough moments:

- What fears came up about being visible?
- How did you minimize or hide your achievements?
- What problems or dramas appeared right after good things happened?
- What messages did you learn about being "too successful"?
- How do you shrink when things are going well?

Page 4: Measuring Your Container Size

Before you can expand your wealth container, you need to honestly assess its current capacity.

This isn't about judgment—it's about clarity. A small container isn't "bad," and a large one isn't "good." What matters is whether your container matches your aspirations and supports your highest good.

The Container Size Assessment:

For each area below, rate yourself on a scale of 1-10, where 1 is "extremely uncomfortable/limited" and 10 is "completely comfortable/unlimited."

Financial Capacity:

- How comfortable are you with large amounts of money in your accounts?
- How well do you handle financial responsibility and decision-making?
- How effectively can you manage money without it consuming your thoughts?

Emotional Capacity:

- How well do you handle success without anxiety or guilt?
- How comfortable are you with being seen as wealthy or successful?
- How easily can you receive compliments, praise, or recognition?

Relational Capacity:

- How well do you maintain relationships during financial ups and downs?
- How comfortable are you discussing money with family and friends?
- How effectively do you set boundaries around financial requests?

Energetic Capacity:

- How much abundance can you receive before feeling overwhelmed?
- How well do you balance receiving and giving?
- How connected do you feel to the flow of wealth versus forcing or controlling it?

Visibility Capacity:

- How comfortable are you being known for your success?
- How well do you handle being the "wealthy one" in your circles?
- How easily can you own your achievements without minimizing them?

Leadership Capacity:

- How comfortable are you making decisions that affect others' financial well-being?
- How effectively can you hold wealth as a form of responsibility and stewardship?
- How well do you use your resources to create positive impact?

Your Container Profile:

Scores 1-3: This area needs significant expansion work before you can comfortably hold more wealth

Scores 4-6: This area is developing but may create leakage under pressure **Scores 7-8:** This area is

strong and can hold increased abundance **Scores 9-10:** This area is fully developed and could support others' growth

Container Expansion Strategies:

For areas scoring 1-3:

- Start with nervous system regulation (breathing, meditation, somatic practices)
- Work with trauma or limiting beliefs in this area
- Practice very small versions of the challenge (micro-exposures)

For areas scoring 4-6:

- Gradually increase your comfort zone through progressive challenge
- Find mentors or examples of people who handle this area well
- Practice specific skills related to this capacity

For areas scoring 7-8:

- Continue moderate growth while focusing on lower-scoring areas

- Become a mentor to others in this area
- Look for ways to leverage this strength

🌀 Integration Exercise: Your Container Development Plan

Based on your assessment:

1. Which area is your biggest limitation right now?
2. What's one specific way you could strengthen that area this month?
3. Which area is your greatest strength? How can you leverage it?
4. What would be possible if all areas were an 8 or above?

Page 5: Creating Your Wealth Ritual

The most powerful way to strengthen your wealth container is through ritual—conscious, repeated practices that honor abundance and train your nervous system to receive it gracefully.

Most people treat money as purely practical. But wealth is energy, and energy responds to intention, attention, and reverence.

Why wealth rituals work:

Nervous system training: Regular practice helps your body learn that abundance is safe **Energetic alignment:** Rituals connect you to the spiritual dimension of wealth **Conscious receiving:** They create space to receive abundance mindfully rather than frantically **Container strengthening:** Consistent practice gradually expands your capacity **Sacred relationship:** They transform money from a source of stress into a form of sacred energy

Elements of an effective wealth ritual:

1. Sacred Space: A specific location where you engage with wealth energy **2. Sacred Time:** Regular, consistent timing that honors the practice **3. Sacred Actions:** Specific practices that connect you to abundance **4. Sacred Intention:** Clear purpose that aligns with your values

Your Personal Wealth Ritual Template:

Daily Practice (5-10 minutes):

- **Gratitude:** Acknowledge three forms of abundance in your life (not just money)
- **Intention:** Set an intention for how you want to relate to wealth today
- **Energy check:** Notice your current relationship with money—any tension, excitement, fear?
- **Alignment action:** Take one small action that aligns with abundant thinking

Weekly Practice (20-30 minutes):

- **Review:** Look at your financial week with curiosity, not judgment
- **Celebrate:** Acknowledge all forms of wealth that flowed through your life
- **Release:** Let go of any scarcity thoughts or money stress you're carrying
- **Vision:** Connect with your deeper purpose for wealth

Monthly Practice (1-2 hours):

- **Assessment:** Review your container capacity and any growth or challenges

- **Planning:** Align your financial goals with your values and spiritual growth
- **Ritual upgrade:** Adjust your practices based on what you're learning
- **Stewardship:** Consider how you can use your wealth to serve something larger

Sample Daily Wealth Ritual:

Morning (5 minutes):

1. Light a candle or create sacred space
2. Take three deep breaths and feel gratitude for your life
3. Say: "I am open to receiving abundance in alignment with my highest good"
4. Set an intention for how you want to relate to money today
5. Visualize wealth flowing to and through you easily

Evening (5 minutes):

1. Review the day's relationship with abundance
2. Acknowledge any money that flowed in or out
3. Release any scarcity thoughts or financial stress
4. Say: "I trust in the flow of abundance and my capacity to receive it"
5. End with gratitude for all forms of wealth in your life

Advanced Ritual Elements:

Prosperity altar: A dedicated space with symbols of abundance that resonate with you **Money**

meditation: Regular practice sitting with actual money, feeling its energy **Abundance breathwork:**

Specific breathing patterns that open your nervous system to receiving **Wealth journaling:** Daily writing practice exploring your relationship with abundance **Generous giving:** Regular practice of conscious giving to strengthen your flow

Your Ritual Commitment:

Choose one simple practice to begin with. Start with 2-3 minutes daily rather than trying to create an elaborate ritual you won't maintain.

Sample commitments:

- "I will spend 3 minutes each morning in gratitude for abundance in my life"
- "I will take three conscious breaths before any financial transaction"
- "I will end each day by acknowledging one way wealth flowed through my life"

Integration Practice: Design Your Wealth Ritual

Create a simple daily practice for the next 30 days:

1. **When** will you do it? (specific time)
2. **Where** will you do it? (specific place)
3. **What** will you do? (specific actions)
4. **Why** are you doing it? (your intention)

Remember: **Consistency matters more than complexity.** A simple 2-minute practice done daily will transform your wealth container more than an elaborate ritual done occasionally.

The key insight: Your relationship with wealth is sacred. When you treat it as such, abundance begins to flow through you with grace rather than effort.

Next up: Chapter 16, where we'll explore how your family's money stories live in your DNA and how to heal generational wealth patterns.