# Accept Your Wealth

## Chapter 3: Inner Safety First

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🌀 The Fall Begins

The day I lost that high-paying client, I didn’t just lose an income stream—I lost something more fragile, more personal. I lost my grip on the illusion of control.

It had been a long-standing contract. The kind that brings prestige, security, and, let’s be honest, an ego boost. A brand everyone knew. Their checks cleared on time. Their team nodded along during my workshops. It was safe money.

Until it wasn’t.

📩 The email arrived without fanfare. No drama. No emotion. Just a politely worded message about “budget reallocations” and “internal restructuring.” I stared at the screen, blinking at the black letters like they might rearrange themselves into something more digestible.

😞 My first reaction wasn’t rage. It was shame.

Not sadness. Not anxiety. Not even blame. Shame.

Somewhere deep inside, a voice hissed: This happened because you’re not enough.

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🧠 The Spiral

Not smart enough. Not reliable enough. Not visionary enough. The not-enoughs tumbled over each other like a slot machine of self-loathing. Jackpot.

I wish I could say I responded with grace. I didn’t. I spiraled.

🖥️ I opened twelve browser tabs looking for “how to find high-paying coaching clients fast.”  
🔁 I refreshed my Stripe dashboard like it was a life support machine.  
📲 I checked old testimonials, trying to remind myself I had value.  
🙈 Then I messaged a mentor and half-jokingly asked if I should just go get a real job.

🎯 That’s the thing about financial triggers—they don’t whisper. They scream.

They poke at old wounds, inherited fears, and unconscious beliefs. And they do it fast.

By the end of the day, I had sent out three desperate pitches and signed up for a webinar I didn’t care about. I was reaching for control, for certainty, for safety.

But what I really needed wasn’t more action.

It was regulation.

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🛑 The Wake-Up Realization

Because here’s what I’ve come to understand:  
When safety lives outside of you, you’ll spend your whole life chasing it. ✨

Most of us were never taught to self-regulate. Especially not when it comes to money. We were taught to hustle, to earn, to perform. We were taught to equate safety with accumulation, worth with output, peace with external validation.

💨 And when any of those fall away—even temporarily—we’re left naked. Exposed.

That’s what it felt like: standing emotionally naked in the middle of a snowstorm with no coat, just the biting wind of uncertainty pelting my skin.

🧊 The truth? That client’s exit wasn’t about me. But my reaction? Entirely mine.

And this is where it gets important.

Because in that shaky, nervous moment—heart racing, cortisol surging, stories spiraling—I had a choice. I could continue outsourcing my sense of security. Or I could pause. Breathe. Sit down and listen to what the wound beneath the panic was trying to say.

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💓 The Inner Child Response

So I did.

Not right away. At first, I numbed. Scrolled. Binged content. Got irritable with the people I love. All the usual suspects.

But eventually, I sat.

🤲 I put my hand on my chest. I whispered, “You’re safe. Even now.” And something in me cracked open.

Because somewhere in me, a little boy had just been abandoned.

Not by the client. But by me.

🧒 He was scared. Not of poverty—but of irrelevance. Of rejection. Of invisibility. The money was just the symbol.

That night, I journaled. I wrote:  
📝 What would it mean to build safety from the inside out?

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🧭 A New Compass

That question became a map. Not a destination, but a direction. A commitment to stop chasing peace through productivity.

To stop linking my value to my invoice history.

To start remembering that inner safety isn’t a luxury—it’s a prerequisite for true wealth.

💡 Because here’s what I’ve learned:  
You can’t receive what you don’t feel safe holding.

🔒 If you don’t feel safe being seen, you’ll repel visibility.  
💸 If you don’t feel safe having more, you’ll find ways to lose it.  
🌊 If you don’t feel safe trusting life, you’ll try to control it—and control is the enemy of flow.

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👶 The Reparenting Begins

That night was the beginning of a reparenting process I didn’t even have language for yet. But I knew one thing: I didn’t want to live at the mercy of the next invoice.

I wanted to become a person who could lose a contract and not lose myself.

Who could hold uncertainty without collapsing.

Who could stay in the body when the numbers got scary.

Because safety is a feeling, not a fact.  
And the only true safety is the kind we build within. 🛡️

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🧑‍💻 Meet Leo

Leo was one of those clients who radiated intellect. Razor-sharp, fast-talking, always two tabs ahead in his mind. At just 29, he’d made a small fortune trading crypto, surfing the volatility like a seasoned pro. On paper, he had everything: penthouse in Lisbon, a Tesla in the garage, and seven figures in his investment portfolio.

But every time the market dipped—even slightly—Leo would spiral.

💬 “It feels like I’m about to die,” he once told me, eyes darting across the screen during a Zoom session. “Not metaphorically. Literally. My chest tightens, I get tunnel vision, I start sweating. I can’t breathe.”

That wasn’t just financial stress. That was a trauma response.

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💣 The Pattern Beneath the Panic

At first, Leo thought it was about the money. About losing the gains. About being “stupid” for not pulling out in time. But the deeper we went, the more the truth emerged.

🧠 Leo wasn’t afraid of being broke. He was afraid of being powerless.

In his childhood, money was a weapon. His father controlled everything—access to school trips, to new shoes, to the dinner menu—with the swipe of a card. Scarcity was never about the numbers. It was about control.

And now, decades later, Leo’s nervous system still lived in that memory.  
Every fluctuation in the market triggered the little boy in him who remembered being punished with silence, with withheld love, with the slow cruelty of “you should have thought of that before.”

📉 Crypto was just the latest battleground. His real fight was with safety.

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🧘‍♂️ Building a Nervous System for Wealth

Our work wasn’t about managing risk. It was about managing regulation.

I asked Leo to start a new practice:  
📓 Every time he checked the market, he had to check his body first.

- Is your breath shallow?  
- Is your jaw clenched?  
- Can you feel your feet on the ground?

At first, he resisted. “This is woo-woo,” he smirked. “Breathing doesn’t change the charts.”

“No,” I said. “But it changes \*you.\*”

Because what’s the point of wealth if your body can’t feel safe with it?

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📍 A Small Breakthrough

One morning, Leo texted me.

💬 “Didn’t panic today. BTC dropped 6% overnight. I just… sat with it. Felt the fear. It passed.”

That message meant more than any financial milestone he’d ever hit.

It meant Leo’s inner world was shifting. The boy who once felt frozen in fear was learning to stay present. To breathe. To self-soothe.

That is the true wealth no algorithm can predict.

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🔄 From Trading to Trusting

Leo still trades. But now, he trades from presence—not panic.

He created a “Check-In Checklist” that sits next to his desk:  
✅ Breathe  
✅ Feet on floor  
✅ Hand on heart  
✅ Remind yourself: I am safe. I am enough.

His performance hasn’t suffered. In fact, it’s improved.

Because clarity comes from calm—not chaos.

And this is the lesson:  
Your nervous system sets the limit of what you can hold, not your spreadsheet. 📊

If you’re always reacting, you’re not receiving—you’re surviving.

But when you learn to stay, to breathe, to soften into the discomfort…  
That’s where real safety lives. Inside. Always inside. 🛑

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🧠 The Trauma Behind the Transaction

Most people don’t connect trauma with money. They think trauma is reserved for war veterans or catastrophic accidents. But trauma isn’t about the event. It’s about what your body did in response. 🌀

And when it comes to money, those responses are often hidden behind “logic” and “strategy.”

🧾 You avoid looking at your account? That’s a freeze response.  
💸 You overspend during stress? That’s fight-or-flight.  
🙅‍♂️ You undercharge, overdeliver, or say yes when you want to say no? That’s fawning.

These aren’t habits. They’re adaptations. Survival patterns masquerading as adult decisions.

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⚡ Your Money Behavior Isn’t Random

I once had a client, Mara, who would say, “I’m just bad with money.” But she wasn’t. She was brilliant—ran a successful design studio, juggled multiple clients, managed a team. What she really meant was: “I feel unsafe holding money.”

Because money wasn’t neutral for Mara. It was tied to her father’s addiction. Every paycheck growing up was a question mark—would it pay rent or go to the bar?

So even now, decades later, Mara’s nervous system treated stability as a threat. Every time her balance grew, she’d find a way to get rid of it—quickly. Sudden generosity. Impulse purchases. Investments she didn’t vet. 🧯

Because to her body, money meant pain was coming.

💥 Her subconscious was saying: “If I lose it now, I won’t be blindsided later.”

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🌪 Trauma Makes Risk a Reaction, Not a Choice

This is the difference between aligned financial risk and trauma-based reaction:

- Aligned risk is expansive. It might stretch you, but it feels rooted. You can breathe.  
- Trauma-based risk is desperate. It’s impulsive. Tight-chested. Rushed.

One moves from empowerment.  
The other from fear.

Think of it like this:

🏗 Aligned risk says, “I’m building something new.”  
🧨 Trauma-based risk says, “I’m running from the past.”

When we don’t address the root, we keep reenacting the pattern—new job, new business, new market, same panic.

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💬 Check-In Prompt

Take a moment right now and ask yourself:

📓 What financial decision am I making right now out of fear?

- Is there a loan you’re taking to “feel secure”?  
- A client you’re keeping because you fear letting them go?  
- A goal you’re chasing not because you want it—but because you’re terrified not to?

Your body knows.

Trust its wisdom. Your nervous system is your best financial advisor if you learn to listen. 💡

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🛠 Regulation Before Revenue

This is why nervous system regulation isn’t a bonus. It’s the foundation.

Because when you’re dysregulated:

🚫 You can’t negotiate.  
🚫 You can’t plan.  
🚫 You can’t dream.

Your brain isn’t online. Your creativity is gone. Your future-self is blurred.

But when you’re regulated?

🌿 You think clearly.  
🌿 You assess with wisdom.  
🌿 You move with integrity.

That’s how you build wealth—not just financially, but emotionally, spiritually, relationally.

And that’s why, before you scale your revenue, you must first build your safety. Internally. Without condition. Without the numbers needing to prove anything.

Because \*you are safe\*.  
Not because the bank balance says so—  
But because you finally say so. 💚

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🧒 The Child Within Still Speaks

Every adult decision you make carries echoes of a child’s unmet need.

📉 That moment you panic over an invoice?  
👎 The voice that says you’ll never get ahead?  
💥 The guilt after spending on something joyful?

That’s not your logical self. That’s your inner child asking, “Am I safe? Do I belong? Am I allowed to have this?”

Most of our financial suffering doesn’t stem from scarcity in our bank accounts — it stems from emotional abandonment. We were taught to dismiss our feelings, to "toughen up," to ignore the trembling child inside us who just needed to feel held.

But ignoring that child doesn’t make them disappear.

It just makes them louder. 🗣️

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🛑 Pause. Let’s Try Something Together.

Let’s slow everything down. Give yourself five minutes. That’s all.

🧘‍♀️ Inner Child Meditation: A Practice for Reclaiming Safety

🕯️ Step 1: Find a quiet place. Sit or lie down. No distractions.  
🫁 Step 2: Place one hand on your heart, one on your belly. Close your eyes.  
🌬️ Step 3: Take ten slow, deep breaths. Feel your chest rise and fall. Let your shoulders drop.  
👂 Step 4: Imagine a younger version of yourself — 5 years old, 8, or maybe 12. The age doesn’t matter. Just see them in your mind.

Now ask:

💬 What are you afraid of right now?

Listen gently. No fixing. No judgment. Just presence.

Then say, softly or aloud:

🕊️ “I hear you. I’m here. You’re safe now.”

Repeat it as many times as you need.

Let the tears come. Let the body release.

This is the reparenting process. Not dramatic. Just deeply, profoundly human.

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🧭 Why This Works

Because your inner child isn’t in the past. They live in your nervous system. Right now.

They show up in your spending patterns. In your pricing fears. In the panic you feel when a client delays payment.

And they don’t need a financial planner.  
They need your attention. 💞

When you pause to connect, something magical happens:  
🌱 You reclaim your power.  
🌱 You ground in the present.  
🌱 You begin to untangle money from fear.

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📓 Reflection Prompt: Speak to Your Inner Child

Take a notebook. Ask yourself:

- What did money feel like when I was a child?  
- When did I first feel unsafe around it?  
- What would that version of me want to hear right now?

Now write a short letter to that younger you.  
Tell them what you now know:

🖋️ “You are not the problem. You were always enough.  
You are safe now. I’ve got you.”

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🌿 Integration Tip

Repeat this meditation daily for one week. Even just for two minutes.  
You’ll start to notice your responses softening. The chaos quieting.  
You won’t need to force safety anymore.  
You’ll become it.

From this place, wealth flows differently.  
Not as a chase —  
But as a coming home. 🏡

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✨ What Is Your Enough?

If you stripped away the striving…  
If the world stopped measuring you in likes, zeros, or degrees…  
What would \*enough\* feel like?

Not look like.  
Feel like. 🫀

Because the truth is — we don’t chase more because we’re greedy.  
We chase more because we haven’t defined enough.

And when you don’t define it, the world will define it for you.  
With ads. With algorithms. With borrowed goals.  
📣 “Make 6-figures in 6 months.”  
📣 “Buy the house. Then the car. Then the vacation property.”  
📣 “Scale. Grow. Dominate.”

But here’s the secret:  
🌱 Enough is not a number. It’s a nervous system state.

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🪞 Enough Feels Like...

Let me offer a few possibilities:

- Waking up and not rushing.  
- Eating lunch without your phone.  
- Paying your rent and feeling gratitude instead of fear.  
- Saying no without guilt.  
- Celebrating without comparing.  
- Pausing without panic.

Enough feels like breath. Like space. Like peace.

It’s not an endpoint. It’s a threshold.

You cross it every time you choose presence over panic.  
You expand it every time you say, this moment is okay as it is.

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📓 Reflection Prompt: Define Your Enough

Find a quiet space. Light a candle. Pour some tea. Make this moment sacred.  
Then ask yourself:

💬 If I didn’t have to prove anything… what would be enough for me?

Write freely.

- What does enough time look like?  
- Enough love?  
- Enough energy?  
- Enough money?

Now feel into those answers. Let them settle into your bones.

💚 If the answers surprise you — good. That means you’re getting honest.

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🔒 Safety Isn’t a Destination

This chapter began with a loss.  
But it ends with a return —  
To the truth that safety is not given. It is remembered.

You don’t need another client to feel safe.  
You don’t need another win.  
You need permission — to let your guard down. To trust. To rest.

🌤 The more you live from enoughness, the more wealth becomes a reflection of your peace, not the condition for it.

So pause.

Place your hand on your chest.  
Say it again:

🗣️ “I am safe. I am whole. I am already enough.”

Say it again tomorrow. And again the next day.  
Until your nervous system believes it.

Because that’s when true wealth begins.  
Not with strategy —  
But with safety. 🛡️