



THE
ABUNDANT
HEALER

Pathway # 3
Worksheet

SHAMANICHEALINGWORK.COM

© 2017 by Susan Jenkins

West - Earth

Grounding Your Soul's Dreaming and Vision

IN THE WEST YOU'LL BE LOOKING AT AND SHINING LIGHT ON ALL THE FALSE IDENTITIES AND ILLUSIONS YOU MAY HAVE HELD AND BOUGHT INTO IN TERMS OF YOUR IDENTITY AROUND MONEY.

Without trying to make logical sense of your responses, please answer the questions below. Relax, this is not a test!

1. DO YOU FEEL EMPOWERED OR DISEMPOWERED AROUND MONEY?

2. DO YOU FEEL "SMART" AND CLEAR WHEN IT COMES TO MONEY? AND IN CONTROL OF YOUR MONEY? IF NOT DESCRIBE HOW YOU FEEL.

3.

PLEASE COMPLETE AT LEAST 5-6 SENTENCES THAT WILL ALL BEGIN WITH: "WHEN IT COMES TO MONEY AND MY FINANCES I..."

4.

ARE THERE TIMES WHEN YOU FEEL LIKE YOU GIVE AWAY YOUR POWER AROUND MONEY?

5. HAVE YOU EVER FELT MANIPULATED AND/OR USED BY ANOTHER WITH MONEY?

6. HAVE YOU EVER USED OR MANIPULATED ANOTHER PERSON WITH MONEY?

7. WHAT ARE YOUR DEEPEST FEELINGS ABOUT MONEY?

8. HOW ARE YOU WHEN IT COMES TO REALLY LOOKING AT YOUR BUDGET AND FINANCES?

9.

DO YOU HAVE RESISTANCE AROUND BUDGETING?
IF SO, PLEASE HONESTLY DESCRIBE HOW YOUR RESISTANCE
SHOWS UP AND WHY YOU THINK IT'S THERE?

10.

DO YOU HAVE FEARS COME UP AROUND DEALING WITH YOUR MONEY? IF SO, PLEASE LIST THESE WITHOUT HOLDING BACK. EVEN IF THEY FEEL ILLOGICAL AND EVEN A LITTLE CRAZY!

11.

WHO WAS THE MOST SIGNIFICANT PERSON IN YOUR LIFE TO SHAPE AND INFLUENCE YOUR IDENTITY AROUND MONEY?