

# Coming to Peace with Money

*A few simple steps that could change your life...*



***“Don’t let money run your life,  
let money help you run your life better.”***

***John Rampton***



*Created by Caroline Mary*



## Introduction

For a lot of my life, I resisted money. I mean, literally everything to do with it.

I resisted the west, and I resisted joining in. I wanted to live in nature, live off-grid, and be free of the tyranny of the material world.

### **But I tried it, and honestly, it felt really challenging!**

It didn't work for me because, although bartering is a great thing, when you need to buy food because you haven't figured out how to sort your garden out yet, you still need money.

When you want to buy a solar panel because you wanna be off-grid, you still need money. And, I didn't feel aligned. Something was missing, and I felt like I was running away instead of feeling liberated.

For a long time, I felt like a lack of money held me back, but I didn't realise **my beliefs** were at the core of the challenge, **not money itself**.

### **On one level, I hated it because I hated myself.**

Contracted with conflict and fear, I'd barely afford to buy my own food shopping, let alone imagine running a business and buying the necessary items needed to do so.

### **Something had to change.**

Yet even when I discovered coaching, I didn't get the hint that I'd need to use the same tools I used with clients, myself.

### **Who knew!**

When I started journaling about money, the first thing that came out of my pen was hilarious.

### **"Money shouldn't exist."**

No wonder I'd barely experienced money in my life.



Every time money came in, this belief made it leave as soon as I had it.

***Something had to change, but how?***



## Introduction continued...

I couldn't keep savings, and the inheritance I had in my 30s was gone in a few years.

### **Something had to change.**

And slowly but surely it has.

*Money comes and goes, but I'm no longer terrified of spending.*

*I no longer buy clothes I don't need.*

*I can buy things I need to run my business and accept money from clients.*

It's been a journey, and it's still underway, but when we start exploring our beliefs and feelings, everything starts to shift, and while we may experience challenges, we can easily deal with them.



We no longer freeze up or ignore bills.

We pay through direct debits and cover everything we need every month.

We save a little when we can and see it build up.

We enjoy meals out without panic.

We make wise choices and are no longer afraid of using a credit card.

We can forgive ourselves for not knowing differently.

We forgive the shadows in others because we've seen them in ourselves.

Throughout this workbook, I'll ask you simple questions, all with the intention of self-enquiry, so you can feel at peace with yourself, with money, and make the changes you need to live in peace and fulfilment.

***First, let's take a look at the simple steps of Coming to Peace, so you can use them for every part of life....***



## Are you ready for P.E.A.C.E?

Coming to Peace is an offering from the heart and has many facets to assist our healing in such challenging, yet exciting, times on Earth.

I'm sharing this simplified process to help you find clarity around money, helping you to unfurl old emotions and beliefs, and find compassion for yourself.

Each step helps the others. For example, if you've never prayed before, this alone can change your life in untold ways, allowing unseen helpers to help you in Coming to Peace.

### **1 - Pray for help and have Patience for the Process**

There's always help out there if only we ask for it! Prayer instantly connects us to our higher self, our guides and angels, and fundamentally our Source energy. It's the first and quickest way to allow assistance and miracles into your life.

**What is your prayer? What do you need? What do others need? What would you like? What's the highest outcome for all?**

### **2 - Explore what you're Feeling, Believing, Experiencing**

Write or speak out loud the challenge you're experiencing. Unfurling and understanding the challenge that you're facing means you're laying out the map to getting to the answer. The more specific the challenge, the more specific the remedy.

**What is the situation that's causing conflict? What are you feeling? What do you believe? Where are you conflicted?**

### **3 - Allow and Accept the Healing Process**

Allow time for answers to come and time to explore your thoughts and feelings. Accept feelings that are moving through you.

**Can you accept your feelings? Can you accept another's feelings? Can you allow the time for healing to take place for everyone?**

### **4 - Compassion and Kindness for All**

Bringing compassion to yourself for your part in the situation and for others involved, too. Remembering that we're all doing our bests and we all make mistakes and we can all feel a lot in these days of change and release!

**Who needs compassion now? You? Or others? or Both? Or your inner children?**

### **5 - Ease and Grace as things Unfold**

Allow ease and grace means surrendering to the process, trusting you'll know when to act and when to rest, and when to explore.

**Are you feeling at ease? If not, you can start again and check what areas need exploring. Can you make another prayer? Can you check in with compassion for all your parts?**



## Step 1 - Making a prayer to support you

**Prayer helps me in everything I do. Without it, I would potentially struggle to keep aligned to my business and my plans, and it helps me make choices so my days flow easily.**

Through prayer, we invite in unseen help. Through prayer, we open the door to possibilities and miracles. Through prayer, we invite my higher self and guides to assist me.

**My prayer around money would look something like this:**

*"Thank you, Creator of All that is, my higher self, guides, and angels, for coming to me now.*

*Thank you for assisting me in knowing what I need to know about money, past my old beliefs, and understand the truth so I can live highest version of life I can live.*

*Thank you for opening my eyes to all forms of abundance and helping me to live a fulfilling life that brings me financial abundance and freedom, whilst doing what I love, so can be a conduit of God's love on Earth and help humanity ascend into a higher version of itself. Help me to make wise choices that support my wellbeing and the wellbeing of those around me.*

*Thank you, thank you, thank you, and so it is."*



**How about you? What would you like help with? What would you like to receive?  
Over to you...**



## Step 1 - Prayer for your highest outcome

**What is your vision? Let's take a moment to see what your highest outcome is around money.**

Find somewhere quiet and come within.

Make a prayer to your higher self to show you the highest outcome for you around money, using words like this:

*"Thank you, higher self, for showing me the highest outcome in my life around money. What does it look like to me? Thank you, thank you, thank you, and so it is."*

Allow yourself to take some gentle breaths, breathing in, expanding and softening your body, and breathing out releasing tension.

**When you're ready, close your eyes and imagine yourself with the door in front of you.**

Behind the door is a vision of your future self, behind the door is everything you've ever wanted and more: behind the door is your future self showing you what is possible for you.

When you're ready, open the door, and look around see and where you're living and how you're living.

*What are you doing in your day? What does it feel like? How are you spending money? How are you receiving money? How do you feel about money? How is it in your life? What is important to you? What are you doing? What are you seeing?*

**Write down everything you've seen and what you felt, and let it sink in.**



## Step 2 - What beliefs or conflicts around money do you have?

Now it's time to explore anything that might be holding you back from receiving your highest outcome.

### **What beliefs do you hold around money?**

Do you believe money shouldn't exist (like I did)? Do you resist receiving, feeling like you'll be a bad person if you're wealthy (like I did)?

### **What conflicts are you holding around money?**

Do you want to access and utilise more money in your life but not have a clue how that can ever happen? Do you believe that something bad will happen if you have money, but you would still like to access more?

**Journal our everything until there's nothing left to write. Get everything out of your system and feel the relief when you've finished!**

**What have you learnt? Was it a surprise?**



### Step 3 - Can you accept where you've been and allow compassion in?

**How has it felt to live how you've lived? Have you been judging yourself? Can you accept the things you've done?**

*Some of the silliest things I've done in my life include buying van, when I was already in debt. I couldn't run it or afford to convert it, and had little skill at summoning money into my life! Ignoring bills until they were so big my momma bear dug me out. I moved to Portugal with no backup funds or way of earning money (I had ideas, but my internal blocks were way bigger than I realised!)*

**I could never be at peace if I still judged myself for these choices.**

Now I realise they were explorations. I learnt the hard way to be centred when making choices and not try to jump ahead of my current situation without a clear vision of where I was going.

I can see that my inner compass wasn't set, and I was hoping that something would magically sort itself out.

**Yet I got bailed out again and again.**

Yes, you might say it was lucky, but really, it felt disempowering and humiliating.

**Yet, I can only accept what has happened and move on.**

**What do you need to accept with love? What do you find it challenging to accept?**



## Step 4 - Can you accept where you are and allow compassion in?

**Have you managed to feel compassion for yourself? And if not, have compassion for the angry, frustrated parts?**

Every feeling can be a journey of discovery, and even the challenging ones are invitations for more love and compassion for ourselves.

Recently, I realised my challenge around money was as much to do with many strands of past life beliefs as it was to do with not feeling safe in the world in this lifetime.

*Some of the past life beliefs I had like "money is bad and evil", "I need money to survive", "I need a husband to survive in the world" were embedded deeply inside, and it took a lot of time of journaling and EFT to uncover them. However, not feeling safe in the world has undermined anything I've ever thought about doing.*

With compassion, I've taken time to unfurl the beliefs, calm my nervous system through EFT, breath work, and bring mindful awareness of the arising sensations in my body.

In unfurling the beliefs I've held for lifetimes, I've been able to see clearly that without feeling safe, I couldn't even think about contributing to the world in a way that makes sense to me and honours my skills and my soul.

With small steps and time to release through self-awareness in journaling or other techniques, we can simply let go of conflict and move on.

**What beliefs, feelings, or actions do you need to bring compassion to?**



## Step 5 - Moving forward with ease

**Have you felt a shift in yourself and your attitude towards money during the first few steps? I hope so.**

When you feel at peace, explore where you might go from here. What simple steps could assist you in moving towards your goals.

This might be as simple as reducing your outgoings, such as subscriptions you barely use, or reducing money on making a packed lunch for work.

Or you might be inspired to set up a new savings account, ask for a pay rise, start a new business, or simply stop one spending habit that isn't supporting you financially or health-wise.

**What steps might you take towards your financial goals?**

**Step 1:**

**Step 2:**

**Step 3:**

**Step 4:**

**Step 5:**

**How does that feel? Achievable ?**

I hope you've seen that even a small step is a win. Over a month or a year, you will be surprised how much you've saved and how different you feel around money.

***We never failed, we're just needed to learn new habits.***

# Coming to Peace with Money



Well done!

**I hope you've enjoyed this process and found a little more peace around your financial choices.**

You can access further support through live events and online courses through my website, [openlotusliving.com](http://openlotusliving.com).

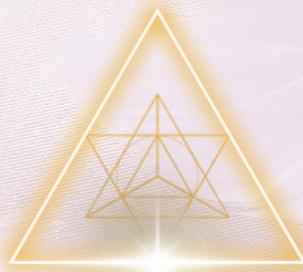
If you'd like 1-2-1 support in Coming to Peace in any situation in your life, don't hesitate to reach out for a clarity call via my [contact me](#) page, and let's help you come back to peace in your life.

***Remember, the very wish to make changes and come to peace means we're opening the door to miracles in our lives.***

I'm so happy to share this work with you, and welcome questions, feedback, or sharing about your Coming to Peace with your diet journey.

*Wishing you so much love and so many blessings  
Caroline Mary x*

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