

W O R K B O O K

# Nature and Your Money



The Intersection of Inner Peace & Financial Power



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## **Nature and Your Money Workbook**

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# Your Elemental Connection to Nature and Your Money



*As you begin working with the elements, they like to introduce themselves so you can become familiar with the feeling of each of their essences.*

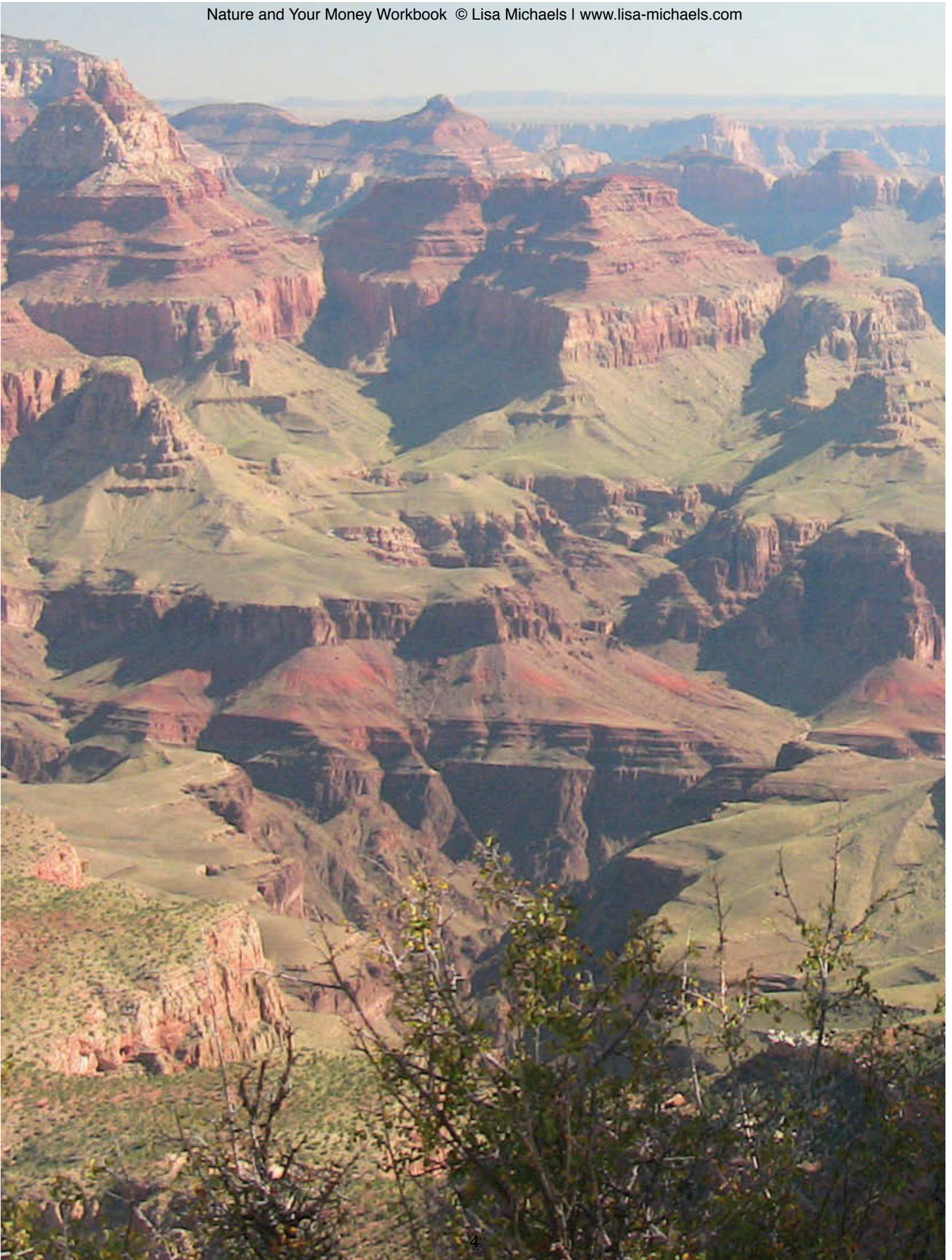
*To begin your personal work with the elements, allow yourself time to go outside in nature and connect with each one individually.*

*The following pages contain money journaling exercises for each element. Space is provided for your answers, or you may choose to answer the questions in your personal prosperity journal.*

*Begin by taking your journal or some blank paper and going outside to your favorite place in nature. Sit on the ground. If possible, go to a place near a body of water. If one is not available, do the journal exercise with water the next time you are in the bathtub or have just taken a shower.*

*When you get comfortable, open your journal and begin the sacred journey of deepening your connecting with nature's allies of abundance and prosperity.*









# Earth & Your Money

*Take time in nature to feel, touch, and connect to the element of Earth. Allow your awareness to sink deeply into the soil beneath you and deeper down into the Earth. Ask Earth to share her essence teachings on money with you. Then just wait and listen. When you receive a message, write down the message without filtering it. Remember to thank Earth for the abundant blessings you have received and are receiving in life.*

*Notes on Your Money Reflection with Earth:*

*What structures or support do you need to assist you in managing your money? Do you have a trusted advisor, need to brush up with some classes, or do you feel capable of handling it on your own?*



*What is Earth urging you to develop, grow, and build in relation to your money?*



*What aspects of your money and prosperity do you need to tend and take better care of?*

*In relation to your money what in your life is declining or falling away in order to change form? Are you easily releasing the old or clinging to the familiar afraid to trust in the process of change?*





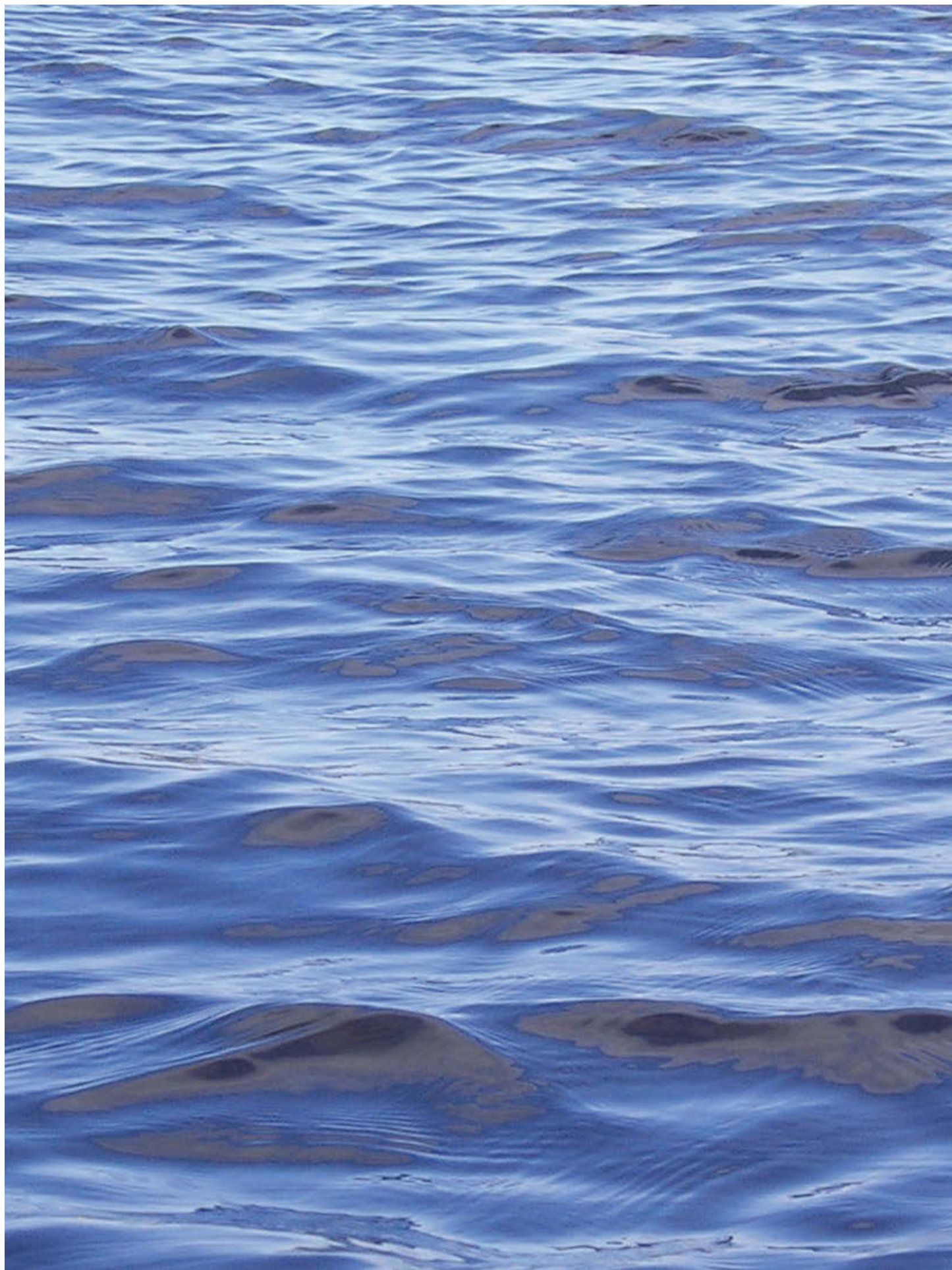
*Where do you need more solid stable steps, well laid plans, and clearly written objectives around your money and financial goals?*

*In order to bring in greater levels of abundance and financial flow, do you need to clear the energy in your physical realm by cleaning your house, car, closet, business, or other?*

*Any earth-based skill requires time to develop in order to reach its full bloom. Do you trust in the organic timing and development of the earthly realm when it comes to creating wealth?*











## Water & Your Money

*Take time in nature to feel, to touch, and to connect with the element of Water. Allow your awareness, to sink deeply into the water. Ask Water to share her essence on money with you. Then just wait and listen. When you receive a message, write down the message without filtering it. Thank Water for the nurturing blessings you have received and are receiving in life.*

*Notes on Your Money Reflection with Water:*



*Ask Water to share with you how your feelings and emotions impact your financial flow?*

*What feelings are you holding in your inner Water that you are magnetizing from in relation to your money? Any guilt? Any shame? Any self-doubt?*

*Do you need to clear any past emotional baggage about financial choices you've made?*







*As change occurs you may have periods of dissolving into tears in order to fully wash and cleanse the emotional body of the previous energy. What old emotional energy do you need to let go of by releasing old feelings, feeling them fully, and allowing them to move?*

*Do your relationships, including the one with yourself, need additional love and attention in order to more effectively thrive financially?*

*Do you need to develop greater levels of creation confidence in order to bring forth more prosperity?*









## Air & Your Money

*Take time in nature to feel, to touch, and to connect with the element of Air. Allow your awareness to merge with Air. Ask Air to share its essence on money with you. Then just wait and listen. When you receive a message, write down the message without filtering it. Thank Air for all you receive.*

*Notes on Your Money Reflection with Air:*

*What is your wealth or prosperity intention? Does it excite and enliven you? Is it written down?*



*What are your mental beliefs about money?*

*Do you need to clear any old beliefs and mental models about money replacing them with beliefs you choose to currently hold?*

*Are you working with the mental realm of Air to effectively hold a positive financial vision for your life?*







*Any time you find yourself focusing on something other than what you are choosing to create, you need to remember to bring your attention back to your creation focus. Are you effectively applying intention and focus to your money and wealth desires?*



*Are you helping your mental realm flourish with money by thinking quality thoughts and keeping an uplifting focus?*

*Do you need a change in vibrational tone to transform your perspective, your inner self-talk, or perhaps your beliefs about possibilities around prosperity and wealth creation?*







## Fire & Your Money

*Take time in nature to feel, to touch, and to connect with the element of Fire. To do so, use the sun, a candle, or build a contained fire. Allow your consciousness to connect to the Fire. Ask Fire to share its essence connection to money with you. Then just wait and listen. When you receive a message, write down the message without filtering it. Thank Fire for all you receive.*

*Notes on Reflection with Fire:*

*What actions are you taking to help your income, savings, and investments grow?*







*Are your financial actions in alignment with your deepest desires for your life?*



*What are your money life desires urging you to do at this time?*

*Do you have any old energy around your prosperity that needs to be transformed with fire?*





*Are you rhythmically energizing your financial and wealth goals?*

*Do you have excitement, motivation, and passion to fuel your financial plans and propel growth?*











## Spirit & Your Money

*Take time to feel, to touch, and to connect with the spark of Spirit that flows through all things. Allow your awareness to feel the energy of Spirit and ask it to reveal its essence teachings on money with you. Thank Spirit for the amazing gift of life.*

*Notes on Your Money Reflection with Spirit:*



*Prosperity, abundance, and money flows from Spirit through you into the world of form and matter. Do you have an open and clear channel for it to come through you into form?*

*Are you connected to the Source, the well-spring of creative ideas and allowing yourself to express those ideas by bringing them into form to enhance your financial flow?*

*How is Spirit urging your soul to grow and create more money at this time? What do you need to learn “to do” or “to be” in order to expand in this new way?*



*In what ways is this financial expansion calling for you to receive new information or learn new skills? And how are you being called to more actively express your essence in the world to experience more prosperity?*



*How well do you create money and financial flow in your life?*

*Do you believe that it is part of your spiritual path to also be abundant?*











# General Reflections

*What did you notice about how the elements felt in comparison to one another?*

*Were some elements easier to connect with than others?*

*With which elements do you feel you need the most work around with your money?*

*Did you hear their responses equally, or were one or two of them more difficult for you to connect with and to hear?*







