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We sometimes approach life from our inner parent. This part of us can sound as though we know what is best for others, more than they know for themselves. From this ego place, we can be inflexible, hypercritical, disapproving, righteous, and judgmental with ourselves and with others. When functioning from our inner parent we also can try to defend, shield, and rescue those around us, thus becoming the overly responsible hero parent.



Adult Ego State

From our adult state, we are able to consider our options and respond effectively to a situations. We are connected to our own sources of wisdom — our feelings, inner guidance, and intuition. We are able to take healthy responsibility, rather than too much or too little. Instead of acting out of unconscious emotional states from the past, we make choices about situations from the present moment.



Judgment: Where are you judging others around money?

Where are you judging yourself around money?

Disappointment: Where are you allowing your energy to constrict in disappointment?







IS YOUR MONEY FAUCET OPEN OR CLOSED?

DO YOU FEEL CONTRACTED OR EXPANDED FINANCIALLY?

WHAT DO YOU NEED TO OPEN YOUR MONEY SET POINT FURTHER?



























