



# Handout for Your Money Breakthrough Pt. II With Elyse Hope Killoran

<http://www.yourmoneybreakthrough.com>

1. Key point: To set the stage for a breakthrough you must a) be willing to: let go of what you think you know and b) connect with an expanded perspective.
2. The breakthrough journey is short-circuited when: you focus more upon what you don't want than on what you do want. So keep reminding yourself: I am where I am...and that's gotta be okay.
3. To get real momentum for a breakthrough you must commit to: truth-telling without anxiety, guilt, fear, shame, blame, self-judgment, anger, etc.
4. Toxic emotions... hold sabotaging behaviors in place and cause miscreation and disease
5. To increase the pull of "C" you need:
  - a) a big, clear "why"
  - b) clarity about the "essence" of what you want
  - c) to overcome trouble-at-the-border (\*climb out of the quicksand)
6. Transforming your experience of money is part of your Spiritual Path and doing so benefits the entire world.
7. Big emotions signal something to be dealt with. The bigger the emotional discomfort, the greater power there is to be reclaimed.

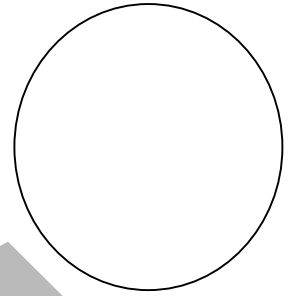
# Your Breakthrough Journey

## What is your Point C?

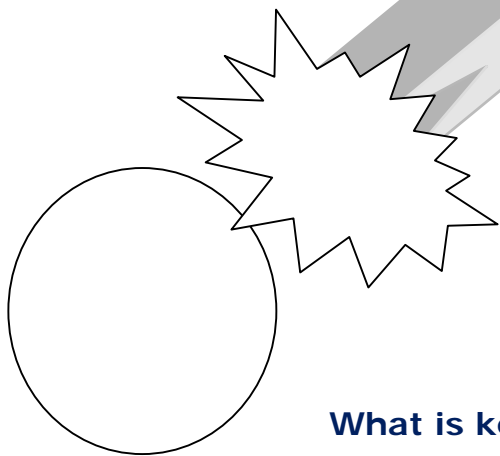
What do you want?

Why do you want it?

What will it feel like when you get it?



**Point C**  
Magnet  
"Why"  
Essences  
**Desire**



"Trouble at the border" – Dr. Maria Nemeth

**Quicksand:** Easy to get in, difficult to get out.

Embedded patterns, toxic emotions, convoluted thinking, sabotaging behavior patterns

## What is keeping you stuck in Point A?

### Point A

What is your money set-point?

Patterns  
Familiar  
Set-point

What are the stories that you tell yourself about money and its power in your life?

~ money is...

~ money is...

~ money is...

**Resistance**

What toxic emotions get stirred when you face money challenges?

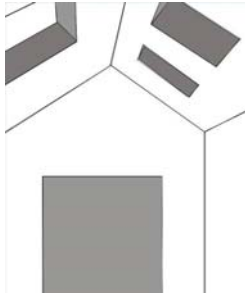


# Your Money Set-Point

As implied by the image above, we each have a “set point” when it comes to money. Our money set point is similar to our weight set point (consider the fact that most of us hover around the same number of pounds week to week regardless of varying our diets.) Even if we earn more money we inevitably spend more so the experience of having 'extra money' and 'abundance' is uncommon.

## Two key elements of your set-point

**Ceilings**



**and floors**



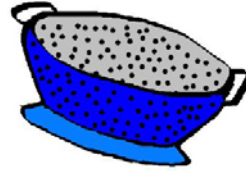
## Disempowered thought patterns lead to toxic emotions...

*"Over 90% of the toxins in the human body are not byproducts of bacteria or harmful chemicals. Humans are sick from toxic emotions that are not effectively processed." -- Dr. David Simon of The Chopra Center,*

How often do your thoughts about money lead to feelings of:

- Anger?
- Lack?
- Anxiety?
- Frustration?
- Insecurity?
- Self-judgment?
- Jealousy?
- Possessiveness?
- Unworthiness?
- Entitlement?
- Stress?
- Greed?
- Self-pity?
- Inferiority?
- Guilt?
- Self-sacrifice?
- Shame?
- Blame?
- Despair?

# Unprocessed toxic emotions underly these Money Blocks & Money Leaks



*Sabotaging money patterns, "occur because we are trying to solve a deeper problem. We want relief from inner pain or discomfort, and we're living under the misconception that...the unsettling feelings will go away permanently. But they don't." -- Julie Murphy Casserly, CFP*

As more comes in, more goes out

Avoidance of practical money issues

Control issues (especially related to other people's money)

Debt (unmanageable)

Dependence on others

Excessive thrift

Gambling/ excessive risk-taking

Guilt about having money

Hoarding money

Impulsive spending

No savings

Others dependent on you

Over-giving

Plateau (stuck in)

Relationships damaged due to disagreements over money

"Starving artist" mentality

Struggle/drama around money

Under-charging/ under-earning



## Quicksand

A place or situation into which entry can be swift and sudden but from which extrication can be difficult or impossible. -- The American Heritage® Dictionary

You are likely to be caught up in “quicksand” if you find yourself:

- ~ Emotionally “activated”
- ~ Taking external events personally
- ~ Spinning in your “story” by repeating ideas, words, and phrases over and over again.
- ~ Using convoluted thinking: rigid, judgmental thoughts; contradictions; exaggerations; distortions; justifications, all or nothing thinking, etc.
- ~ Unable to dislodge from your perspective to shift and see the experience from another viewpoint.

**Case Study #2** – Anonymous Survey respondent: Thu, Oct 29, 2009 1:13 PM

*“This was not a class. This was a marketing opportunity **disguised** as a class. **Honestly**, I felt like I had been **lied to** and that I just **wasted** an hour for **nothing**. The first 1/2 hour was Elyse telling her story and quite **honestly**, I got **bored** with all the “**my life is so amazing** talk” that I almost **hung up**. But I kept **waiting** for the **promised value** I would receive from the class. But really, what can I learn or get in 1/2 an hour about money breakthrough? Well **nothing** unless I’m willing to **spend \$3000** for 5 hours of Elyse’s time. I mean **come on**. I get that Elyse is stepping into a new energy and stepping up her game and, I guess, choosing to earn \$1,000,000 a year. And great. But **to what end?** Those of us who **need** money breakthroughs don’t usually have an **extra \$3000 lying around**. So great. Elyse only wants to work with **winners** and those folks who have **lots of money**. But I was **really insulted**. I’m not your market. I’m not going to **go into debt** in order to take a money breakthrough daylong intensive. Again, this was not a class. **The only thing I learned** was what Elyse **might be able to do for me** if I had \$3000.”*

### Truth/ Trust:

- ~ marketing opportunity disguised as a class.
- ~ honestly (2 times)
- ~ I felt like I had been lied to

### Cheated:

- ~ just wasted an hour for nothing (implies “I was entitled to more than what was given.”)
- ~ kept waiting for the promised value I would receive from the class
- ~ Those of us who need money breakthroughs don’t usually have an extra \$3000 lying around.

### Anger:

- ~ I was really insulted.
- ~ I almost hung up
- ~ What can I learn or get in 1/2 an hour...nothing unless I’m willing to spend \$3000...

### Judgment/ Condemnation:

- ~ Elyse is stepping into a new energy and stepping up her game ... But to what end?
- ~ Elyse only wants to work with winners and those folks who have lots of money.
- ~ The only thing I learned was what Elyse might be able to do for me if I had \$3000.

### Response to others who have what you want:

- ~ got bored with all the “my life is so amazing talk” that I almost hung up
- ~ Elyse only wants to work with winners and those folks who have lots of money.

### Exaggerate / Distort:

- ~ “\$3000” (3 times) - Distortion because price for Intensive was \$2797 or \$797 in a small group.
- ~ “\$1,000,000 a year” – False attribution as this is not my goal for 2010.



## Quicksand

- ~ Emotionally "activated"
- ~ Spinning in your "story" (repeating ideas, words, and phrases over and over again.)
- ~ Using convoluted thinking: rigid, judgmental thoughts; contradictions; distortions; justifications, etc.
- ~ Unable to dislodge from your perspective to shift and see the experience from another viewpoint.

**Case study #3:** Anonymous Survey respondent: Fri, Oct 30, 2009 9:47 PM

*"Due to timing issues, I **missed the first half** of the talk; from what I'm hearing about technical difficulties, I **can't imagine I missed that much**. However, **to be honest**, the second half simply **disgusted me**. All it was was a **cursory explanation** of how to use **only part of** the hand-out (which any **idiot** could figure out **on their own**), and the rest (**at least a third** of the session) was a **flat-out sales pitch** for Elyse's coaching services, plain and simple...The **biggest laugh** coming with the information that if I sign up with Elyse, I'll get a **whole** day of her time... which, then, **dwindled down** to a **measly** four or so hours. Anyway, I **hung in** there to the **bitter end**, hoping she was not really the **completely shameless self-promoter** she was coming off as and would **stop already** and get back to **giving at least a little bit** of **actually useful** information, but that **never happened**, instead, she finished **banging the drum for herself** and ended it. I will continue to listen to sessions when they occur and read the blogs on the site, etc., but only because I know that **if I listen hard enough** I can always find **useful information anywhere**, even if it's **not being made directly available**."*

### Judgment/ Denigration:

- ~ I missed the first half of the talk...I can't imagine I missed that much
- ~ All it was was a cursory explanation of how to use only part of the hand-out
- ~ giving at least a little bit of actually useful information...but that never happened
- ~ information...not being made directly available.

### Condemnation/ Contempt:

- ~ simply disgusted me
- ~ any idiot could figure out on their own
- ~ the biggest laugh coming with the information...
- ~ completely shameless self-promoter
- ~ stop already
- ~ banging the drum for herself

### Not enough:

- ~ half / ~ only part / ~ at least a third / ~ a little bit
- ~ dwindled down to a measly
- ~ but that never happened

### Superiority / independence:

- ~ missed the first half of the call (did not make it a priority to attend)
- ~ any idiot could figure out on their own
- ~ hung in there to the bitter end
- ~ I will continue to listen to sessions...and read the blogs on the site...only because I know that if I listen hard enough I can always find useful information anywhere

### Exaggerate / Distort:

- ~ information...not being made directly available.
- ~ if I sign up with Elyse, I'll get a whole day of her time... which, then, dwindled down to a measly four or so hours (Truth – Intensives were advertised as five hours not four hours which is a 25% distortion.)



## Quicksand

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You are likely to be caught up in “quicksand” if you find yourself:

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- ~ Unable to dislodge from your perspective to shift and see the experience from another viewpoint.

**Write your story:**

**Ask Yourself:**

**1. Am I emotionally activated? Is my level of emotionality out of proportion to the current situation?** 80% of our emotional response is typically a response based on the past.

**2. Am I in Integrity? Am I telling the Truth to myself?**

Only important criteria: Integrity. Integrity = energy alignment. Trumps all. Your life is a reflection of your energetic integrity. Most critical skill: Truth-telling. Discernment.

**2. If I am feeling a strong feeling, what is this feeling *really* about?**

Big emotions signal something to be dealt with. If I have a strong emotional reaction to a person, situation or event, I recognize and accept: This is about me.

**3. What am I really wanting (Point C)?**

I wouldn't have a lot of energy running through me if I did not simultaneously have a great deal of *desire* (for point C) and a great deal of *resistance* – at the same time.

**4. What am I pushing against (Point A)?**

In whatever way I am pushing against something, this is what is keeping me stuck.