



Get Right with Money

Quick Start

A quick guide to help you draw on your strengths and shift your actions towards better money choices, today.

with Nona Jordan
Master Certified Coach, Energy Master, former CPA

Beloved you,

I'm so glad you said yes to working through the Get Right with Money Quick Start guide. Right now, I'm guessing that you are experiencing tension with your money. That could look like:

- Willfully ignoring the bank balances or how much debt you are carrying.
- Your stomach clenching when you go to buy something because you don't know if there is enough money in your account.
- Wondering where all the money is going because you don't track your spending.
- Persistent money anxiety no matter how much money is available.
- Resentment and frustration that you aren't earning the money you want to earn.

This guide is both an invitation and a reminder. An invitation to extend yourself some grace and a reminder that you are capable and have the ability to do something different with your money, today - even if it doesn't feel like it in this moment.

Because our current experience of money is often tied up with societal, cultural, and familial narratives and what I call scarcity wounding, I have found that the work we do to shift our relationship and actions with money must go deeper than budgets and mindset shifts. After years of supporting women in business who struggle to find lasting peace and empowerment with money, I have developed The Reverence Framework which supports money healing body, mind, and soul. In this guide, you will find a simplified version of that Framework.

By following the steps in this guide you can feel more resourced, more capable, and clearer on the next steps you can take to Get Right with Money.

Ready? Let's dive in.

Root & Resource

In this moment, you are okay.

The first step of The Reverence Framework is a commitment to creating a sense of safety in the body. By creating a sense of safety and calm in the body, you are able to operate more consciously in the present moment. When you cultivate safety and calm in the physical body, you are able to access more of your pre-frontal cortex, the ever important executive function of the brain, so you can make better decisions.

Why this is where we begin.

(And why this very likely isn't where you want to start.)

Do you find that while you have a deep desire to move quickly into action and get things done in the way you think you should, it just doesn't happen? Frustration and a lot of harsh self-judgment usually follow. The reason why moving into action quickly isn't working is that old scarcity wound traumas are being activated and your unconscious is putting up roadblocks. Without an awareness of the way trauma may be activated for you, all your best-laid plans end up going sideways.

To see yourself and the situation more clearly, and to access your deepest wisdom, I invite you to begin with a pause.

Gather Your Resources

Notice and name (out loud if you are very anxious) the things in your environment that you love. Name the people who love you and support you. Feel your feet on the earth and take a moment to recognize the resources that you have available to you right now - that could be animals, objects, nature, people, or services.

You may wish to write out this list, but allow yourself to slow down and feel the comfort that these resources offer you. Breathe it in.

Invite some peace and spaciousness

Once you've gathered your resources, notice how you feel. Then, if you have time, I encourage you to lie down and invite your body psyche to soften and relax with this 20-minute practice I've created for you.

20-minute relaxation track

Though this may appear to have nothing to do with you + money, that isn't true. By inviting the body to soften and relax, you become more present to what is happening in the here and now, and you have more access to your wisest self in planning a way forward.

Even if you don't use the track I've provided, please do take 5 - 10 minutes to relax the body - perhaps a walk in nature, or another beloved meditation? You know what works for you.

Once you've rooted and resourced, it's time to Remember who you are today.

You are the one that you've been waiting for.
-Nona Jordan

Remember

Now is the moment to be honest.

To Remember is to truthfully and compassionately take stock of where you are. This can bring up strong emotion, so if you need to cry or scream or free write to clear the energy, I encourage you to do so once you've answered these questions about where you find yourself with money right now.

However, please proceed with compassion and curiosity - the answers to these questions are not an invitation to beat yourself up. So please, take a deep breath. If you need to, go back to Root and Resource. You have done your best given your experiences with money. I know it can be so tender to look, but it's impossible to do things differently if we can't see where we are.

This is not the end of the story. Not by a long shot, sister.

On a practical level, money and I...

On an emotional level, money and I...

On an energetic level, money and I...

What am I tired of putting up with in my relationship with money?

Release

The healing that must be done.

To Release is to work to unlock the energy of trauma and scarcity wounding that drives our current feelings and actions with money. In my work, we do this with somatic work, soul work, and of course, rewriting the narrative to more easily shift our behavior.

For this quick-start guide, I am sharing a brief Legacy Healing Visualization. I invite you to work in the imaginal realm because it is a fast track to releasing trauma. So much of our conditioning around money is rooted in societal, cultural, and familial narratives that are rarely conscious, making active imagination the ideal choice to surface, and heal, the wounding.

As a long-time meditation instructor and shamanic practitioner, I know that utilizing active imagination can help us heal on all levels of being. I invite you to trust what comes up for you and to trust the part of you that emerges in your active imagination for healing. I also ask you to give that part of you free will and choice - respecting the yes and no of that part during the visualization is a healing act itself, as much as you might want to proceed despite the part's objection.

After the visualization, take a few moments to write down the memory and time that surfaced for you. Thank yourself for extending reverence toward all the brilliant facets of you.

The Visualization

I have created two versions of this 14-minute visualization for you. The first is without background sound, the second is with a theta track, which helps the mind drop into a meditative state which is conducive to active imagination.

[Legacy Healing Visualization - no music](#)

[Legacy Healing Visualization - with music](#)

Once you've completed the healing visualization, get current with yourself by taking notes and answering the following inquiry questions.

What did you notice when you "met" this memory/part in your mind's eye?

What messages did this part have for you about the wounding it's been carrying?

If the part wanted to release the wounding, how did you, and the part of you, shift when the wounding was released to the fire?

What connections do you see between this part and the wounding they carry and your current relationship with money?

What might be possible for you + money now that this wounding has been released? Don't worry if you don't know, but do notice what subtle shifts might arrive in your thinking or behavior in the coming weeks.

Recalibrate

The truth of who you are.

Now that you've looked honestly at what's happening with you and money and engaged in some work to release old wounds, it's an opportunity to consider your capacity to do things differently. To consistently access and act on your wisest, strongest self you must restore her to a rightful place of leadership. In this moment, you are invited to bring that part of you front and center.

At my best, I am:

What happens when I bring the best of myself to a situation?

What would be different if you brought that same energy and strength to your relationship with money?

So take a moment right here, right now, and breathe in who you are when you are at your best. Embody the qualities, the confidence, the love, the grace, the ease that you are when you are operating in your zone of genius.

If you want to know your financial future, look at your money behavior today.

-Nona Jordan

Receive

Open to wisdom, support, and clarity.

Based on where you are with your money, and the strength and clarity you have access to via your wisest self, now is the moment to claim the wisdom, support, and clarity to move forward.

What do I know must change in my relationship with money?

Who or what can I call on to support me with this change?

What is my intention going forward with money?

As you intend it, so it shall be.

Right Action

Insight is pretty useless without action, which is why the final step of The Reverence Framework is right action - financial empowerment is built not only through regulating the nervous system, awareness, healing, and shifting your mindset, but through taking the actions that will help you change your internal and external experience of money.

What is the next right step that your wisest self is asking you to take to right your relationship with money?

Put this one action on your calendar and make this process a regular part of your money rituals. This simplified version of The Reverence Framework can support you in making changes with your money and your business with care and consistency. You will be amazed at how much things can change.

In addition to the action that you know is needed to repair your relationship with money, please also try the following three practices that will support you to stay conscious and clear with your money. Pick one or two to work with every day and see what happens with you + money. Notice what shifts.

Most important is to pay attention to what works for you. The practices that you could do every day, forever, are the best practices for you.

Practice #1: Ask a great question

In moments where you find yourself feeling uncertain, afraid or overwhelmed, asking a great question can bring you back to the truth of who you are - your deep and abiding wealth of strength and wisdom. A question I invite you to ask yourself in those moments (or anytime, really) is, "What would my inner heroine do?"

Practice #2: The magic of the pause

When facing a big or small financial decision, pause. Before putting that widget in your cart, before saying yes to the low-ball offer, before deciding to invest all your money with Uncle Jerry - pause. Take a deep breath and feel your feet on the ground, tune in to your body, and tap into your inner heroine before you make your decision.

Practice #3: Build financial awareness

Budgeting is SUCH a dirty word!! So let's change the definition from lack to love. I look at tracking cash flow as a way to stay connected to and conscious of money - a way to love yourself AND your money. Building financial awareness and knowing how your money flows in and out of your life is massively empowering. I know it can be frightening to get started, especially if your financial picture is not as rosy as you would like. However, what I know is that you cannot change something you aren't willing to look at. By looking at your money, and making conscious choices with what you DO have, you are affirming your worthiness and your commitment to your relationship with money which creates peace. I personally use the program [You Need a Budget](#). However, I know that not everyone loves it. I've recently learned about another program that looks amazing - [Money Grit](#). There are so many good programs - you can absolutely find a method that fits your style. I promise.

Hi! It's me, Nona.

You did it! You completed the Get Right with Money quick-start guide - you are breathing rarified air, sister. Please DO use this simplified version of The Reverence Framework to keep going - one shift at a time can, and will, transform you + money.



Have we met? I'm Nona Jordan, a trauma-sensitive master certified coach, yoga and meditation instructor, energy worker and former CPA.

Whew. All of that to say, I bring a lot to the table in support of spiritual and creative entrepreneurial women like you who want to create a vibrant financial, business and life legacy of

right earning and more than enough living. You will be empowered to define what success and enough is for you and to joyfully choose - and create - that vision for yourself.

Where powerful intentions, healing, clarity, and action meet - that is where we will make magic for you.

If this guide spoke to you, and the weaving together of practical money shifts + working in the spirit/soul realm + cutting edge psychology is appealing when you think about creating your business and money legacy, let's stay connected.

[Sign up for MORE, the weekly news that I create just for you.](#)

I'll see you there.