

A photograph of a person walking on a stone labyrinth on a beach. The labyrinth is a complex, multi-layered spiral pattern made of smooth, light-colored stones on a sandy beach. The person is wearing a dark long-sleeved shirt and dark pants, and is walking towards the center of the labyrinth. In the background, there is a large, dark rock formation on the beach, and the ocean with some waves and rocks in the distance. The sky is overcast.

Legacy Healing

*Visualization*

A practice to release money wounding from your younger selves

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

## *Beloved you,*

This legacy healing visualization is a lovely way to release money and scarcity wounds from different times and ages that are held in the body psyche and continue to create unconscious resistance, blocks, and not so great behavior. Doing this work in the imaginal realm is a fast track to healing because 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 memory for healing.

Speaking of the memory and time that surfaces for you, note that at each step of the way, I invite you to give that part of you free will and choice - respecting and honoring the yes and no of your part is a healing act in and of itself, as much as you might want to proceed despite the part's objection. Thank you for extending reverence toward all the brilliant parts of yourself.

On the next page, you will find a link to the audio and inquiry to consider after the visualization. I suggest having water or tea at the ready as well as your favorite journal, perhaps some tissue, and perhaps a candle.

One final note - this can surface traumatic memories that are very tender. Please take care of yourself. If the memory that surfaces is too painful to navigate by yourself, please stop and seek professional support.

May this practice bless you and your relationship to money.

Ready? Let's go!

# The Healing 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](#)

After you've completed the visualization, you are invited to answer the inquiry questions to integrate what unfolded for you in the visualization.

## Post-visualization Inquiry

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

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

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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?

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Do you see the connection between this part and the wounding they carry and your current relationship to money?

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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.

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Wonderful work! Keep noticing what unfolds for you in the coming days.

Hi! It's me, Nona.



**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 visualization 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, lets stay connected.

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

I'll see you there.