

## **E124 - How to bring more money into your life with this single practice.**

Welcome to The Empowered Edupreneur Podcast. My name is Michelle Smit, and I am an ex-teacher turned online business coach for Edupreneurs, the owner of Digiteach and a six-figure entrepreneur. I am in love with empowering educators, just like you to create freedom filled online businesses and lives they love.

If you are looking to uplevel your skills, your finances, your mindset, and change the trajectory of your life as an educator in business, then you are in right place. Think of this podcast as your weekly dose of business and mindset development to help unlock the infinite potential within you to play bigger with your life and go after your dreams.

We are going to have so much fun together. So, thank you so much for pushing play today. Now let's dive in.

Hi, friend. Welcome back to my podcast. I hope you are doing so good today. I want you to grab a cup of coffee or. A glass of wine or whatever makes you feel cozy, because today I'm diving into something that I think is such an awesome practice to help you attract, receive, and actually hold more money, because many people struggle with money, and I think we all struggle with money, and we all have money blocks.

And if you want to increase your income. Whether that's in a job or in a business. And you want to hold more money, and you want to stop sabotaging yourself with money, or you want to stop spending all the money as soon as you get it into your bank account. Spending it all quickly, or you want to learn how to save money, maybe that's something that you struggle with. I see all these different things happen, and we all have our own money stories and blocks and patterns.

And so, what I wanted to share with you today is a simple practice to really help you receive more money and hold more money. And this podcast episode was actually requested. Someone requested that they want more money mindset stuff and it's been

a while since I did it. So, I thought, you know what, let me do that today.

So, one of the most important things when you're trying to increase your capacity to hold more money is a feeling of safety with money is really crucial. And this might surprise you, but your ability to attract and keep money isn't just about strategy, hard work, effort, or mindset. It's really about safety.

Your nervous system has a direct influence on how much wealth you allow yourself to have. Let me ask you, have you ever received a bonus an unexpected check or a sudden increase in income. Only to somehow either spend the money really quickly, or you felt just really sick and unsafe in that experience. So, say, for example, you have a launch, and you make a lot of money in a short amount of time.

Have you, how did you fall and feel in that experience? When I think about it, in the early days, like in 2020, I had a big launch, and I made like 40,000 in five days. And I felt sick. I was like, what on earth is going on? And I realized in retrospect it's basically what I call a money hangover.

And I just didn't really expect it. I had never had that amount of money made. It was the first big amount of money I'd ever made in such a short amount of time. And I just wasn't used to it. And so, I just did not feel good in that experience. And so that is an example of my nervous system not being safe in that experience, not being safe with the amount of money I had made, it had dysregulated me.

I did not feel good about it. I was excited. Of course I was super excited, but physically I felt ill. So, there was this weird experience about it. And I've had to learn over time that I've had to basically incrementally increase the amount of money I can hold and feel safe with and that's what I've been doing. And if I make that money now, I don't have that experience.

I feel I have the capacity. Whereas if I were to make 200,000 in five days, I would probably again feel stretched and uncomfortable because that's something I'm just not used to. And

so, our brains are really wired to keep us in familiar territory. And when you have these big influxes and money or this additional inflow of money, sometimes it feels very unfamiliar.

And that would create a feeling of lack of safety in your body, in your nervous system. And the result of that is either you push it away consciously or subconsciously. And that can be in different patterns. So either it's spending all of it. Immediately not saving any money. So, you just don't feel comfortable having a big amount of money saved and you just spend all your money. Sabotaging your launch so that you don't do really well.

There's lots of ways in which we can do that. So, there's a lot of subconscious. And conscious sabotage techniques and methods that we do based on what our style is. And so, what is really important at the end of the day is we need to acclimatize ourselves to more. Before it even shows up, because we need to create safety in our energy, in our body, for more.

And to show ourselves that it is safe for us to have more and hold more. So, I wanted to share with you today, a simple and free practice that can help expand your wealth capacity. So here is where the magic happens. If you want to attract more money and keep it, then you need to make more abundance feel normal.

And the fastest way to do that, is to physically put yourself in the spaces of the things you desire. So, think about what you truly want. Maybe you really want to live at a big house at the seaside. Like a beachfront villa, for example. Maybe you want to drive a really nice car. Maybe it's a BMW that you want to drive.

Maybe you desire to wear really high-end clothing. Like quality clothing. Not cheap, toxic clothing. So instead of separating you from those things, where you may see yourself as not able to achieve those things.

I want you to go and experience those things in a way that doesn't cost you anything, obviously. So, say for example, you've always wanted to live in a gorgeous house by the ocean. Then I would invite you to go to open houses in beautiful places, maybe

at the ocean, and just go and walk through houses and feel what it feels like to be in that space.

You don't even need to be looking to buy the place. Just go and be in the energy of that house at the beach and just experience that feeling. If you, for example want to drive a BMW, then go visit a showroom and sit inside the car, put your hands on the wheel, and just sit and be in the energy of that car.

If you wish to wear beautiful, high-quality clothing, and to go into those stores that you never felt good to go into. Or you avoided them because you're like, well, I can't afford it so I'm not even going to go into it. Go into those little boutiques if they light you up. Touch the fabrics. Just try things on.

Allow yourself to exist in that world and you may feel like a fraud at the beginning and that's okay. That's alright. You just go and you just be in that energy and you start to neutralize it. And you don't have to buy a single thing. The goal here is not to go and buy and spend money and do the thing.

It's really just to neutralize the experience so that it no longer feels out of reach. The more you expose yourself to these spaces, the more your nervous system adapts. It becomes normal. And once it becomes normal, it creates a sense of safety. Once you have a sense of safety, it is much easier to energetically attract that abundance and hold it without sabotaging it. Because you feel safe with it.

And that is the key here. And this ultimately changes your relationship with wealth. And whatever that is for you. Let's talk about why this works. When you step into these high level, expanded, premium type of environments, these two things will likely happen.

Number one, you're going to probably feel uncomfortable and out of place, like you don't belong. Now this is a sign that your nervous system isn't used to this level of wealth, or this standard. And you are feeling unsafe in that experience. And that will happen in the beginning. You will just feel a bit, anxious and not fully that you belong there, right?

But over time, if you keep putting yourself in these spaces, you'll start to feel normal. You'll start to neutralize the energy. So, when you go in, it's not this scared, anxious feeling, but it's just like, oh, here we go. It's just this thing. And that's when the real shifts begin.

For example, if you've ever walked into a Louis Vuitton store, and felt tense. Like the staff is judging you, or like you shouldn't even be there, or that you're a fraud. Then that really is a reflection of your internal beliefs, and your nervous system. And the lack of safety you have in that level of wealth or luxury or whatever it may be.

And the beliefs are telling you. You don't deserve this, you're a fraud, you can't have this, you're not this kind of person. Like all of that stuff is being pulled up and your body knows it. And you might start even to get a little bit anxious. Your palms might start to get sweaty. You start to feel like constricted.

And so, that's just a sign, right? You're just not feeling safe in that space. But the more you practice simply being in those environments. The more you neutralize the energy of that space, normalize it, and those beliefs can shift, those internal beliefs can shift. So instead of you having this separation of, this isn't me, it starts to just become, okay, this could be me.

Even if you have no interest in buying luxury brands, this practice isn't about the labels and things like that. It's just about expanding your capacity to hold more abundance. And whatever abundance looks like to you. Going into Louis Vuitton is maybe just an example of that. Just a premium brand type thing.

So, I want you to think of this as an energetic upgrade. So, bit by bit by bit, your identity shifts. And before you know it, walking into premium spaces feels natural. And the separation between them and you disappears. And instead, you just start to see yourself as someone who just does these things.

And these are the powerful effects of this practice. So, when you do this, and you can do it in lots of different ways. But when you do this, you neutralize the feeling of money in your nervous system, so it no longer triggers fear or resistance. You create safety in

receiving and holding wealth, so you can stop repelling or overspending it.

And as a result, you start attracting more money into your life, because you've energetically upgraded yourself. And when you feel safe with money, you're more able to keep it. You're no longer scrambling to get rid of it because it's too much. You're in too much overflow and you've got all this guilt around it.

You don't then go and spend it on random stuff. And instead, you just settle into it. You own it and you grow into it. So, this is really powerful. I think this is something we can all benefit from if we are trying to expand our ability to hold money and attract money. And if you found that you aren't able to do it and you've been doing all the mindset work and you've been doing all the stuff and you're not winning, then just go put yourself in experiences of more money.

Go hang out with people who have more money. That's another huge thing. If you can find a group of people somehow and just go be in their energy. That's going to be very impactful. It's going to normalize wealth. If you were to just go to a really fancy, beautiful hotel. And you went just for breakfast, and you just went and had breakfast there, and you just spent the morning at that hotel.

That's putting yourself in the environment of that energy and neutralizing it. You can go even sit in the lobby, and you can just go chat to the people there, for example, and you can just start speaking to people. There are so many ways for you to put yourself in the energy of more wealth, more abundance.

And once you do that, it starts to neutralize it, it starts to normalize it, and it starts to become, not this separate thing, but just something that you do. And slowly over time it becomes something who you are and what you become. So that's what I want you to do. I want to challenge you to step into luxury or some sort of premium experience and I want you to start neutralizing that experience for you.

So go to a high-end environment that stretches you. Walk into a designer store. Go visit a luxury car dealership if that's your jam. Attend an open house for lovely homes, that you just feel really expanded by, and just be there. Walk around like you belong, because you do.

Take up space. Ask questions. Feel the energy of the place. And most importantly, notice how your body responds. Do you tense up? Do you feel like an imposter? Then that's your cue to just slowly keep doing this practice. And go keep doing it until it feels normal. Neutral. Because once it does, your ability to hold more money will shift.

It becomes normal to hold more money. And trust me, your bank account will reflect that shift to. This is something I've done myself. I came to the Netherlands with a very different money story to what I have now. I'm about to move to Portugal and I'm living the dream that I've always wanted. And when I came to the Netherlands years ago, I was pretty damn broke, and I was very scarce with money.

And I've been slowly upgrading my ability to hold money, be in money, spend time with people who have money. And it's truly changed the trajectory of my money story. And that's what I want for you because you absolutely deserve it. So that is it for this episode. And I hope it inspired you. Please go and do this practice. It's such a simple thing, and you can do it in lots of different ways.

Feel what way works for you and just start acclimatizing yourself to a higher level of abundance and money and all that good stuff. Because you absolutely can and you absolutely deserve it, as I mentioned. Now, if this inspired you, please let me know.

Send me a message. I'd love to hear from you, if you enjoyed this episode. Otherwise, I will chat to you again next week.

Thank you so much for tuning in to today's episode. If you loved what you heard today, then be sure to take a screenshot of the episode and share it on your Instagram and tag me in it.

I honestly love hearing from you, and I appreciate you so much and can't wait to connect with you in the next episode. In the meantime, go create a business and life you love.