

Financial Trauma: Reclaiming Abundance

Your patterns are love stories woven through generations.

WORKBOOK BY ENERGY JOURNEYS

01

Step

RECOGNITION OF FINANCIAL TRAUMA

Financial trauma includes both personal and inherited experiences with money that caused fear, loss, shame, or survival anxiety. These patterns are often rooted in family events such as war, poverty, betrayal, or exclusion.

UNDERSTANDING YOUR CURRENT MINDSET

Our relationship with money often runs deeper than we realize. It isn't just shaped by our present-day choices—it's woven from the threads of our earliest memories, our family environment, and the cultural waters we swam in as children. What we heard, saw, and sensed about money while growing up left lasting imprints.

Take, for instance, a childhood shaped by phrases like “money is the root of all evil.” Such words can subtly train us to associate wealth with guilt or wrongdoing, leading us to unconsciously reject financial success. Alternatively, if you were constantly reminded that “money doesn't grow on trees,” you may have adopted a belief in scarcity, always fearing there won't be enough.

To shift our relationship with money, we need to trace these patterns back to their origin.

Every belief we carry today rests on an inner narrative that began long ago.

Perhaps you grew up in a household where money was tight, and you've internalized a belief that abundance is dangerous or fleeting. Or maybe money was plentiful, but emotionally charged or surrounded by shame. These early imprints influence not just how we spend or save, but how we feel about deserving, receiving, and growing wealth.



Understanding these roots is key. Take a moment to sit with your past. What stories come to mind when you think about money in your childhood? What emotions rise up: fear, pride, guilt, longing?

- What words come to mind when you hear "money"?
- What emotions come up when you think of financial security or abundance?
- Did anyone in your family lose everything?
- Who struggled to survive?
- Who wasn't allowed to succeed, or felt they had to fail to belong?
- Whose story might you still be carrying in your approach to money today?

Set aside 15–20 minutes for journaling or quiet reflection. Sit comfortably, breathe deeply, and allow these questions to land in your body as well as your mind.

Financial trauma refers to a deep, often unconscious imprint left by experiences of scarcity, loss, or instability connected to money.

It may arise from personal life events, such as bankruptcy, unemployment, divorce, growing up in deprivation, or attachment issues, but it often extends far beyond the individual.

According to systemic and family constellation work, many of our money struggles are not originally ours. They are inherited imprints passed down through our family system: remnants of ancestors who fled war zones, endured famine, were betrayed in business, or were excluded from wealth and belonging due to systemic injustice.

These hidden loyalties can express themselves in surprising ways:

- Sabotaging success even when opportunities arise.
- Overworking compulsively without ever feeling safe or secure.
- Feeling guilty for having more than parents or siblings.
- Believing that abundance must come at a cost: of love, freedom, or integrity.

In the words of Bert Hellinger, "Many of our difficulties come from taking on the fate of others in our family, out of love."

Financial trauma often represents a loyal entanglement with the pain of those who came before us.

Step 02

RESOLUTION & HEALING RITUALS

In Family Constellation work, seeing is the first step toward healing—but ritual is the sacred act that helps anchor the shift into the body and the field.

WORDS THAT RESONATE IN THE SOUL FIELD

When we perform healing rituals with sincerity and embodied presence, we signal to the system: “A movement has begun. I am ready for something new.”

Often, this involves acknowledging an ancestor or systemic event we have been unconsciously loyal to, carrying burdens, patterns, or beliefs that are not truly ours.

Healing does not require forgetting or rejecting the past, but instead involves honoring it fully, then gently and clearly separating from the suffering that no longer needs to be repeated.

Healing sentences are a foundational tool in constellation work. They are short, powerful, and often surprisingly emotional when spoken aloud with presence. Choose one or more of the following that speak to your situation. Breathe, speak slowly, and allow space between the phrases:

“Dear [Ancestor], I see your hardship. I honor your strength. I no longer need to carry your suffering.”

“Out of love, I followed you into struggle. But now I take a different path with your blessing.”

“I leave with you what belongs to your fate. I take with love the abundance available to me now.”

“You are the big one. I am the small one. I honor your place and I take mine, fully alive.”

“I welcome wealth as a natural expression of life and love. It flows through me, not against you.”

“You belong. And now, so do I. In joy, in prosperity, and in life.”

Simple Ritual: Letter of Release & Reverence

This is a powerful, somatic way to symbolically disentangle from inherited financial burdens or vows of suffering.

Step 1: Write a Letter

- Begin with: “Dear [name, or 'beloved ancestor'],”
 - Acknowledge what they lived through.
- Example: “I know you fled with nothing. I know you lost your land, your name, your safety.”
 - Share your feelings (sadness, admiration, confusion, fear).
 - Speak the truth of your own path:
 - “I now see I have been following your fate. But that path is no longer mine. Please, bless me when I walk a different path.”



Step 2: Read Aloud with Presence

- Find a quiet, private space.
- Read your letter out loud. Breathe deeply.
- End with:

“I release what is not mine. I leave with you what belongs to your fate.
I walk toward freedom. Toward life. Toward love.”

Step 3: Burn or Bury with Intention

- Burning symbolizes transformation through fire. Use a fire-safe container or hearth.
- Burying symbolizes returning pain to the earth, composting it into growth.

As you complete the ritual, say:

“Thank you. You are part of me.

And now, I step into my abundant life fully, freely, and with love.”

Integration

After the ritual:

- Take a walk or bath to ground yourself (best if you can use salt in the bath to enhance the cleansing).
- Notice how your body feels. Be gentle to yourself.
- You may have dreams or emotional waves - this is the system reorganizing itself around a new possibility.

**Resolution doesn't come through rejection, but
through reverent separation.**

What we release in love no longer needs to repeat.



Want to Go Deeper?

Contact me for a deep dive into the transformative Financial Trauma Healing journey where I will walk with you every step of the way. Write directly to energyjourneys@gmail.com

Still not convinced you're ready to let go of the hidden loyalties? Try my [Financial Trauma: Reclaim Abundance masterclass](#). Includes guided constellations, meditations, and advanced integration tools.

Enroll at www.energyjourneys.com

Peace, Love and Abundance. You are not alone.



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