



**HEAL YOUR**

**MONEY  
WOUNDS**

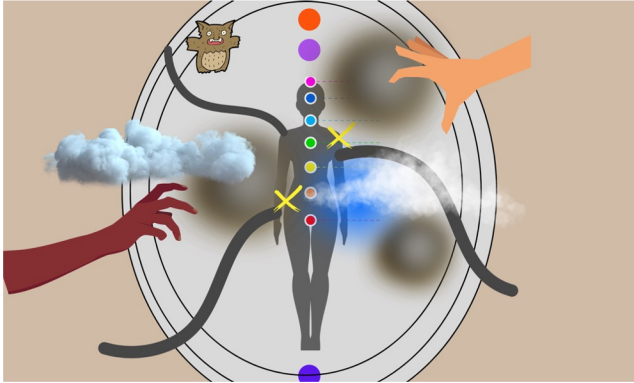
**FREE MASTERCLASS**



**with Hillary Bassett Ross**

# Misaligned energy

*More struggle and scarcity*



Feels uncertain  
Optimistic  
Feelings of panic

**Within  
conscious  
awareness**

Believes they deserve challenge  
Doubts their value  
Emotional response to money  
Erratic flow  
Often giving out energy  
Never certain money will show up  
Receiving feels uncomfortable

**Subconscious  
mind and  
within energy**

# Healthy flow

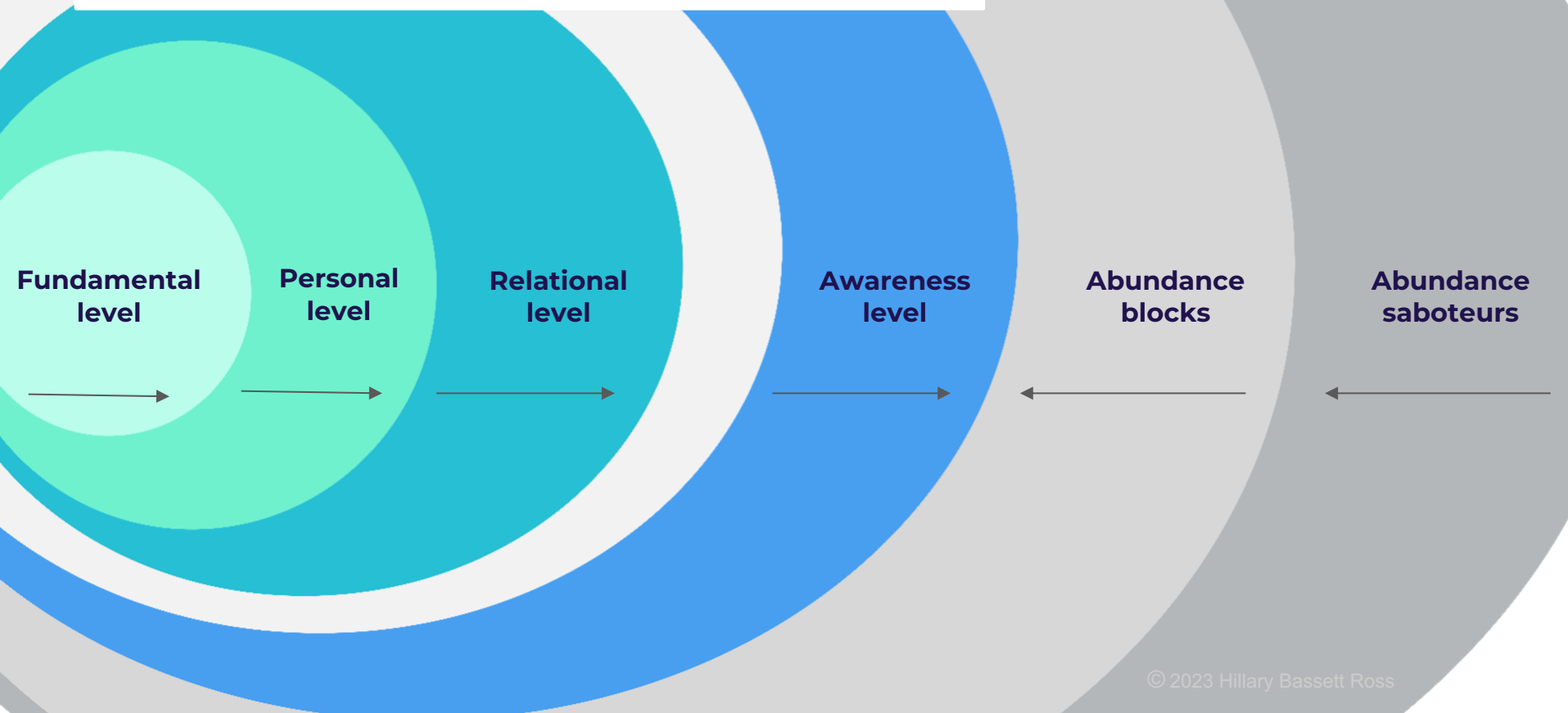
*More abundance and flow*

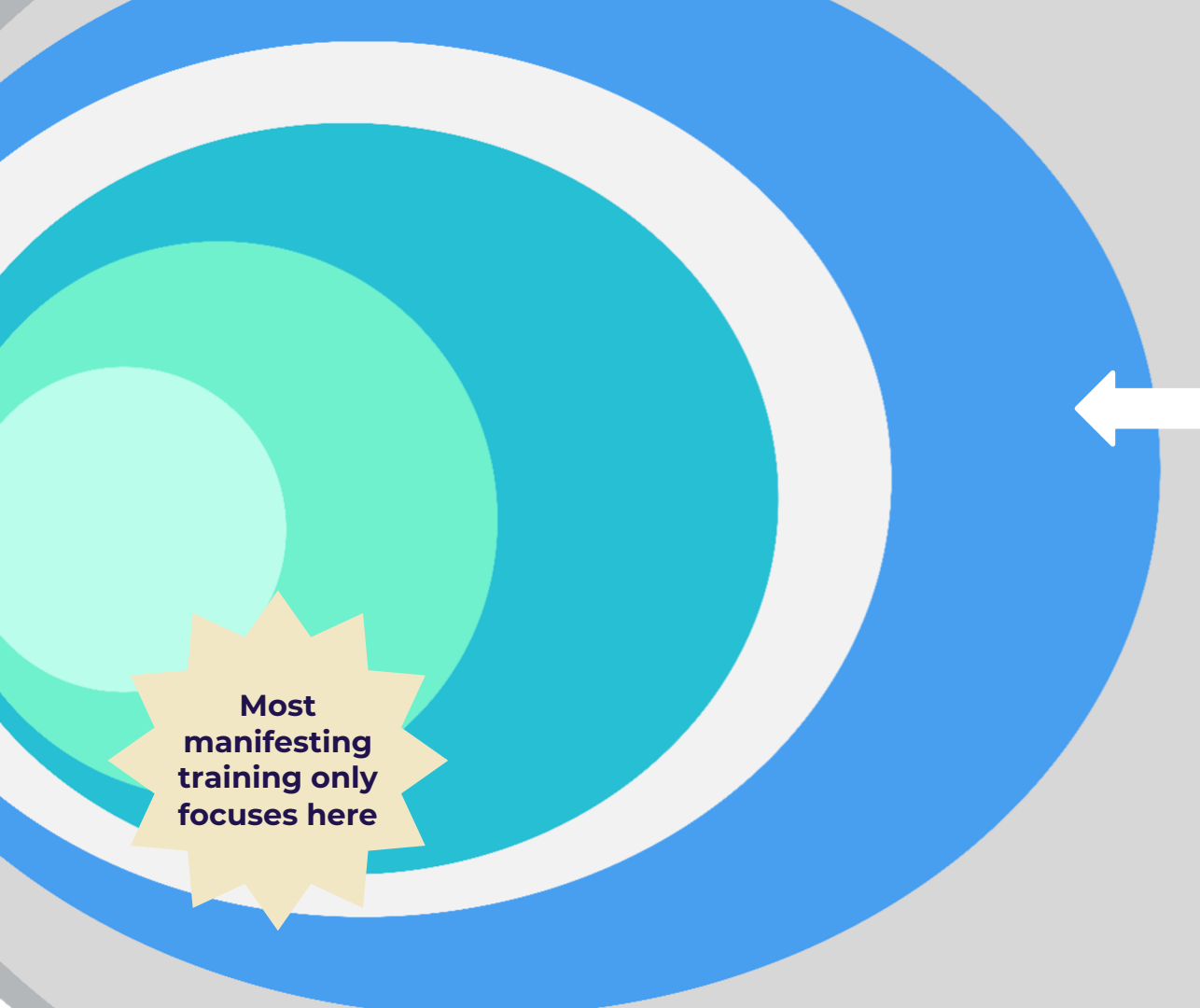


Feels at peace  
Content  
In a state of calm, trusting

Believes they are experiencing what they deserve  
Trusts their value  
Emotional neutrality  
Smooth flow  
Sourcing their energy in a healthy way  
Comfortably “expects” consistent flow  
Receiving feels natural

# The inner blueprint for abundance

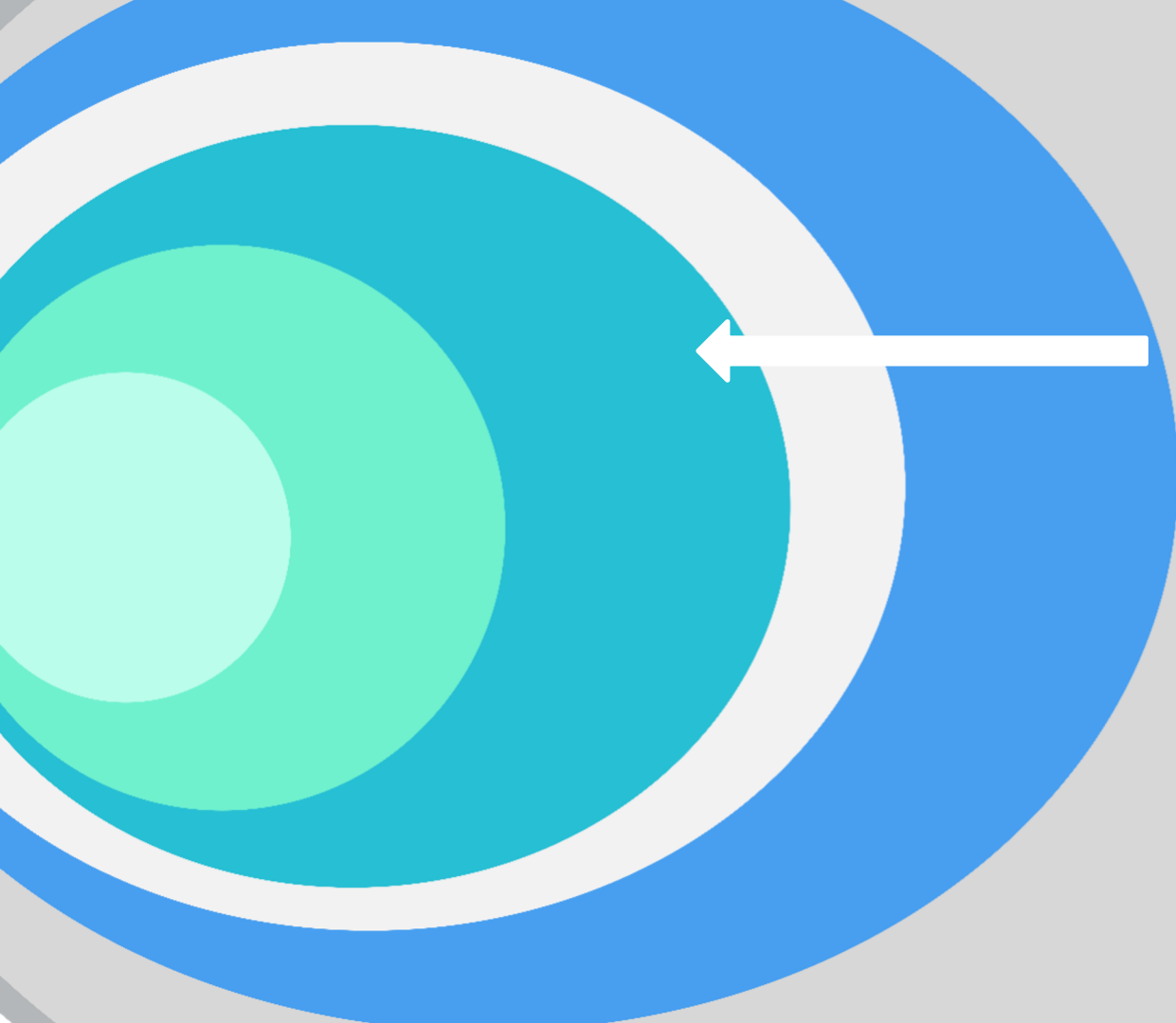




**Most  
manifesting  
training only  
focuses here**

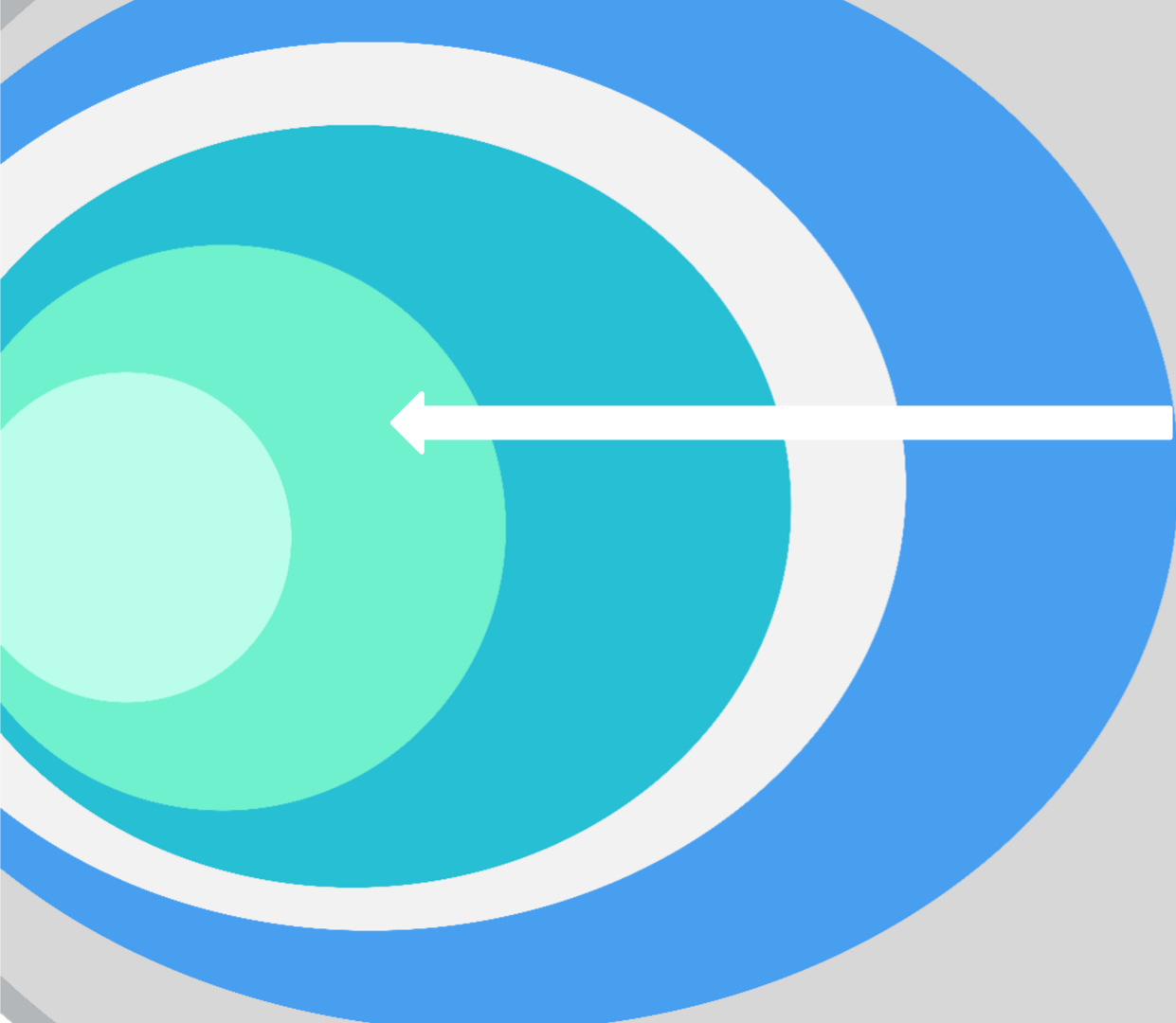
## **Awareness level**

- **What we think about**
- **What we're consciously doing with our thought**
- **Our intention**
- **Physical embodiment of abundance in thought, word, and action**
- **Feeling abundant**
- **Mindset of abundance**



## Relational level

- How your experience of abundance relates to others
- Do you get to keep what's yours
- Struggling for others
- Sense of belonging
- Being judged by others
- Family experiences
- Contracted to give too much away
- Themes related to status



## Personal level

- **What is our personal truth**
- **Our beliefs**
- **Whether it is ok to experience abundance**
- **Truly feeling abundant**
- **Naturally takes aligned action**
- **In a state of expansion**
- **Knowing yourself as abundant**

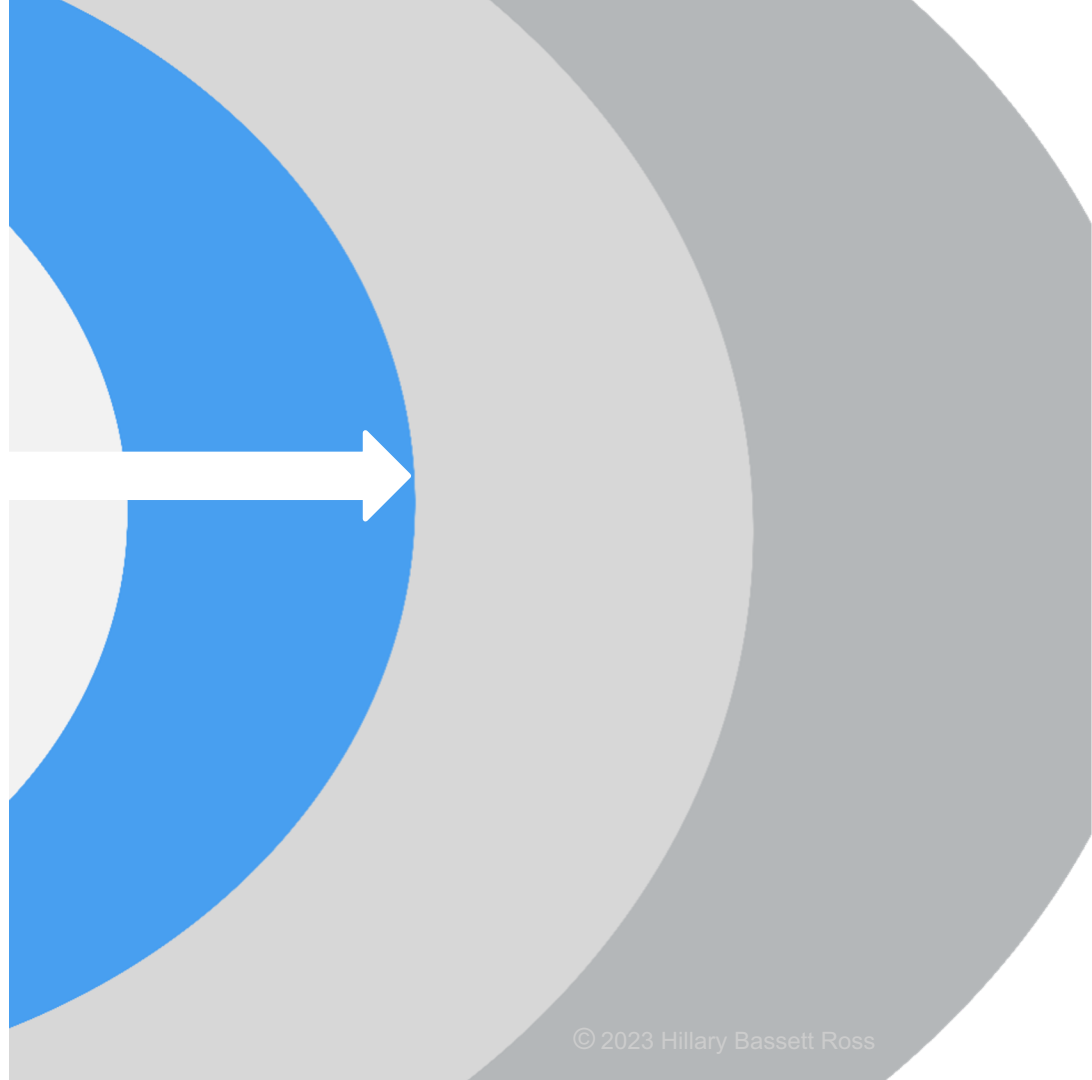


# Fundamental level

- **Nervous system regulation**
- **Having needs met**
- **Nourishment**
- **Feeling safe**
- **Confident expectation of needs being met**
- **Ability to receive**
- **Feeling worthy and deserving**
- **Self love; knowing you deserve**
- **Free of fear, guilt, shame**
- **Your root chakra serves your needs only**

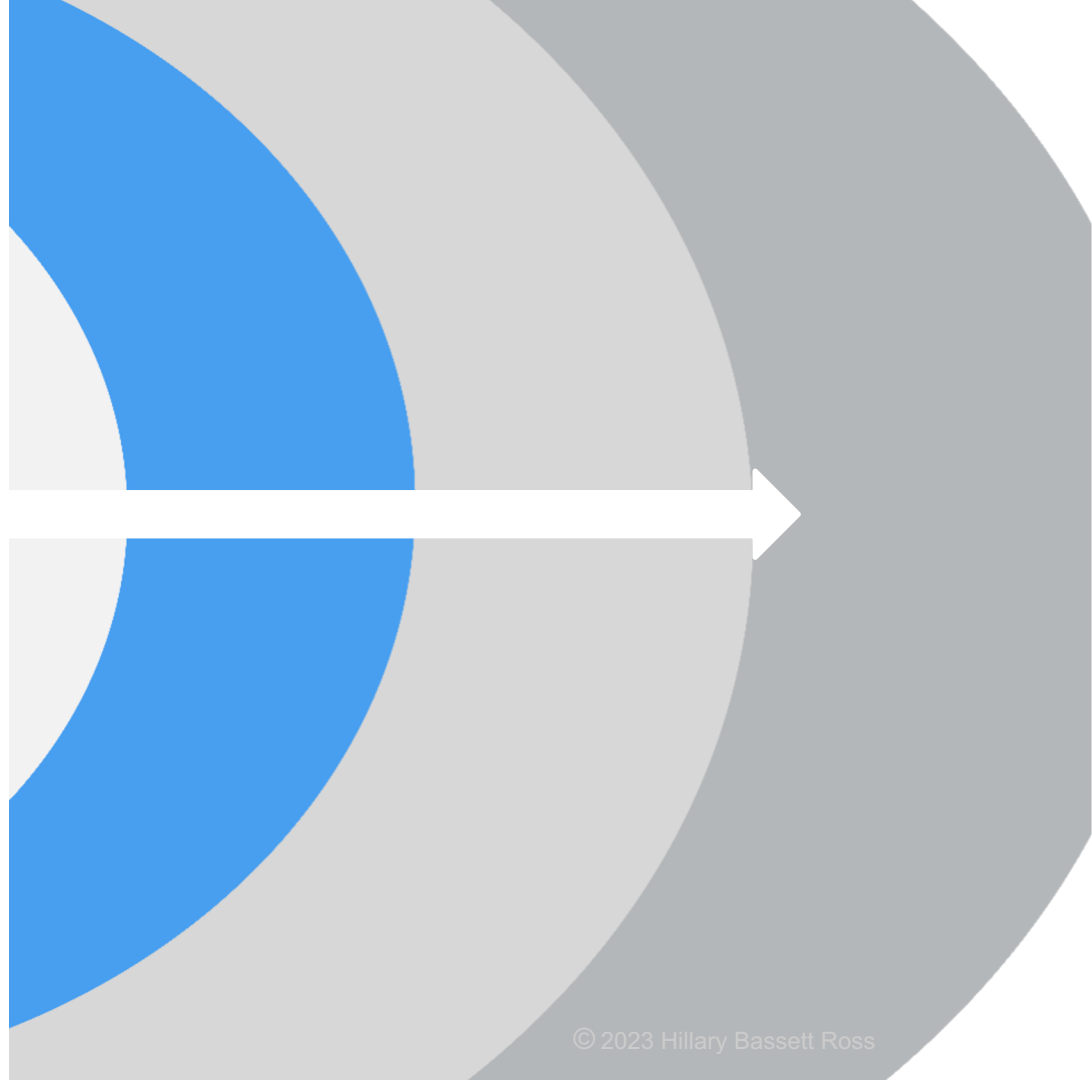
# Abundance blocks

- Disempowering mindsets
- Doubting self worth
- Fear of Rejection
- Fear of Success
- Fear of Change
- Feeling “Wrong” for Having
- Familiarity with Struggle
- Underlying Interference



# Abundance saboteurs

- **Contracts, cords, agreements**
- **Enmeshment**
- **Strongholds of beliefs**
- **Trauma**
- **Upper limits**
- **Self sabotage**



# The inner blueprint for abundance

## Fundamental level

- Nervous system regulation
- Having needs met
- Nourishment
- Feeling safe
- Confident expectation of needs being met
- Ability to receive
- Self love; knowing you deserve
- Feeling worthy and deserving
- Free of fear, guilt, shame
- Your root chakra serves your needs only

## Personal level

- Permission
- Embodiment
- Aligned action
- State of expansion
- Knowing yourself as abundant

## Relational level

- You get to keep what's yours
- Struggling in solidarity
- Sense of belonging
- Being judged by others
- Impact from parents' experiences
- Contracted to give too much away
- Themes related to status

## Awareness level

- Physical embodiment of abundance in thought, word, and action
- Feeling abundant
- Mindset of abundance

## Abundance blocks

- Disempowering mindsets
- Doubting self worth
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## Abundance saboteurs

- Contracts, cords, agreements
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- Strongholds of beliefs
- Trauma
- Upper limits
- Self sabotage

# In order to heal...

- **Release the energetic charge**
- **Release ourselves from feeling trapped by the situation; shift into a perspective where we see and embrace the learning**
- **Proactively take steps to embody the version of self that is FREE of the issue**
- **Protect ourselves from any negativity trying to pull us back into the old pattern or way of thinking**
- **Take responsibility for maintaining this new frequency moving forward**



# And watch out!

Staying committed to the old identity will keep you trapped. Remind yourself you're entering a **\*new\*** life experience, and can be free of the past.



# How to Heal Any Money Wound in 4 Simple Steps

There's never enough of it.

Pain and strain are required to get money.

I'm trapped in debt.

People steal from me.

Money created problems in my relationship(s).

Working through each money wound individually,

1. Identify the examples of when and how this started happening
2. List out all the feelings, emotions, frustrations, worries, and hurts as a result of this.
3. Allow yourself to FEEL the emotion and let that sensation run to get your body to release it. Tapping is a great practice for this phase.
4. Follow the resolution pathway to work through each area of challenge.



## Resolution Pathway | How to let go of an old memory or belief

**1. What is the belief?** “The real world is tough.”

**2. What scenarios, people, or influences contributed to this idea or belief? How did this shape your experience? When was the first time this happened?** Both parents emphasized this again and again. I became terrified for my survival, driving me into overwork and adrenal burnout. I remember hearing this at the dinner table, probably as young as age 3. Scarcity was reiterated in my family growing up; there was always panic about money, and I was used to going without.

**3. What instances in your life have demonstrated that perhaps this belief isn't 100% accurate?** I got a great job even before I graduated college, and my pay exponentially increased. It wasn't until my late 20's that I realized I could chill out a little bit, because I was doing just fine in the “real world.”

**4. What is a new, more empowered belief—that you can consciously choose to practice as your truth?** I've done the work, I've achieved many incredible things, I have the ability to take care of myself, and I can create my own results AND create my own reality. With this knowledge and experience, the real world is a safe place brimming with opportunity. I see an acknowledge what I was doing before, and I consciously choose to let it go.

What story are you telling yourself? When you discover you've been living out a story that isn't rooted in truth, you can choose a more empowered belief.

Remember...If it feels uncomfortable, stay with it: the discomfort is a great sign you've found something that is holding you back.

# What to do if you feel trapped in struggle

- Focus on nervous system regulation
- Practice deep breathing
- Bring your awareness to all that you CAN receive: oxygen, warmth, connection, love, laughter
- Bring your awareness to all you can enjoy: time with others, a beautiful sunset, hugs
- Cultivate happy endorphins as much as possible. Get exercise!
- Use the guided meditations to help your body soften into connecting with the ability to receive



**WEEK 1** Kickstart the flow of abundance  
Jan 22 **7-Day Abundance Activation**

**WEEK 2** Fundamental level  
Jan 29 **Heal your root chakra**

**WEEK 3** Fundamental level  
Feb 5 **Regulate your nervous system**

**WEEK 4** Integration week  
Feb 12

**WEEK 5** Personal level  
Feb 19 **Build a new foundation**

**WEEK 6** Relational level  
Feb 26 **Set yourself free**

**WEEK 7** Awareness level  
Mar 4 **Decode your money story**

**WEEK 8** Integration week  
Mar 11

**WEEK 9** Resolve abundance blocks  
Mar 18 **Blast any blocks**

**WEEK 10** Release abundance saboteurs  
Mar 25 **Heal any interference**

**WEEK 11** Integration week  
Apr 1

**WEEK 12** Energy alignment & activation  
Apr 8 **Become a magnet**



A 12-week deep dive to  
reconstruct your  
foundation for  
abundance.

**Jan 22 - Apr 8, 2024**

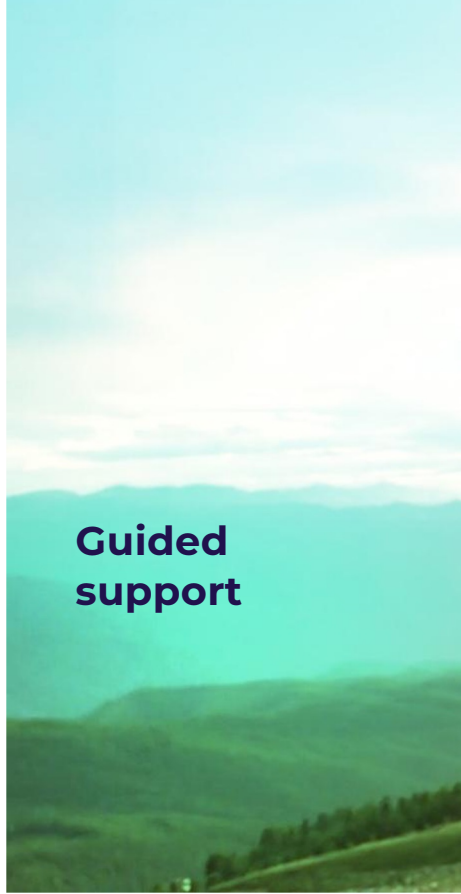
## Aligning and resolving each layer, in a step-by-step, guided journey toward Unstoppable Abundance

- Healing the ***foundation*** needed to experience abundance.
- Deep healing to allow your body to release the past and begin to easily and freely receive
- Resolving what's in the way, so that you become a magnet for abundance
- Taking you step-by-step through each area of block or resistance
- Identifying any area of wobble for resolution
- Tools and resources to easily make this your new reality

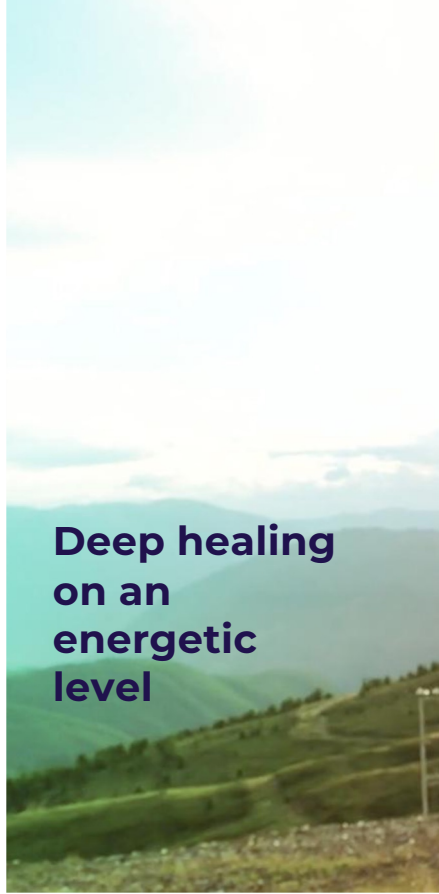


**A 12-week deep dive to  
reconstruct your foundation  
for abundance.**

**Jan 22 - Apr 8, 2024**



**Guided  
support**



**Deep healing  
on an  
energetic  
level**



**Practical  
integration  
guidance**



**Trauma-  
Informed  
approach**

**Helping you reclaim the foundation for abundance**

# Each week includes...

\*Dates and times shift throughout the program to accommodate global time zones

## 75-minute live training

A 75-minute live teaching covering the main elements of what needs to be resolved and how to do it.

Step-by-step action plans to integrate this into your life.

## 60-minute live clearing

Live, 1-hr energy clearings through a guided meditation, focused on the elements in the week's theme.

This is recorded to revisit this again and again.

## 30-minute solo exploration

Action steps, journal prompts, guided meditations, and audio guides are all sprinkled throughout the experience to give you hands-on time to get clear on what's in your way.

## Support resources

Submit your questions, work through additional tools provided (that are now yours to keep) and get help as you work through each layer.



# What's included...

**9 live trainings**

**9 live healing sessions**

**Each taking you layer  
by layer, re-building the  
foundation to receiving  
abundance**



# What's included...

## **2-hr private session**

Intake / assessment  
Blocks testing  
Clearing plan

## **Private chakra assessment session**



# What's included...

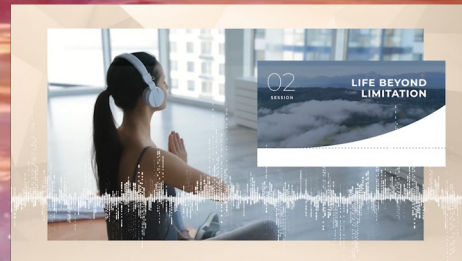


Suite of course materials to support all angles of abundance

**7-Day Abundance Activation**  
**Energy Alignment Sessions**  
**Abundance Mindset Audio program**  
**Abundance Blocks Resolution Kit**



ENERGY HEALING SESSIONS



## What's included...

**Opportunity to receive  
the 4-hour abundance  
blocks energy clearing  
hotseat**





## **What's included...**

**Supportive  
community OR the  
privacy you desire.**

**Choose your level of  
participation.**

**The paradigm shift you've been waiting for to FINALLY receive the abundance you deserve.**

## **What's included...**

**9 live trainings**

**9 energy clearings**

**Each re-building the foundation to receive abundance**

**2-hr private session with me**

**Private chakra assessment session**

**Hotseat opportunity to receive a 4-hr abundance blocks clearing session**

**Suite of course materials to support all angles of abundance**

**Supportive community OR the privacy you desire. Choose your level of participation.**



# What would it be worth to you to move beyond the struggle?

Together, this program delivers the map  
and the tools to move you from the  
obstacle course to the smooth road.



# Join Unstoppable Abundance

Personal access to me to get questions answered - 12 wks	\$3333
9 deep dive workshops at \$111 each = \$999	\$999
9 clearings at \$111 each = \$999	\$999
2-hr private session INCLUDED - \$333 value	\$333
Private session - Chakra Assessment & Alignment	\$333
Hotseat opportunity - a \$555 personalized session as part of the program	\$555
Library of abundance-cultivating resources are YOURS - \$999	\$999
Having abundance blocks resolved for a lifetime of ease and flow	PRICELESS
Working through this with trusted, guided support of a specialist	INVALUABLE
<b>Program Value</b>	<b>\$7551</b>

# ~~\$7551~~



**ONE-TIME**

Full program access + updates

~~\$1888~~ **\$1555 USD**  
**22,222 ZAR**

**4 PAYMENTS**

**\$500/MO**  
**8333R /MO**

Full program access + updates

~~\$2333~~ **\$2000 USD**  
**33,333 ZAR**

**8 PAYMENTS**

**\$325/MO**  
**5555R /MO**

Full program access + updates

~~\$2999~~ **\$2600 USD**  
**44,444 ZAR**

This is the EARLY BIRD special; **Offer ends Dec 17**

**\$1888**

**\$2333**

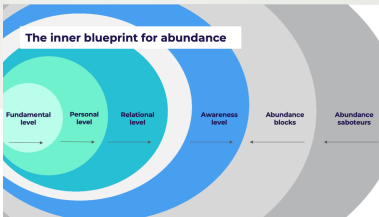
**\$2999**

# Try it for yourself

Join me for a live training and healing session

Thursday, December 14, 2023 9am Pacific

Invite sent with the replay link



## What to do if you feel trapped in struggle

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## In order to heal...

- Release the energetic charge
- Release ourselves from feeling trapped by the situation: shift into a perspective where you see and embrace the learning
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- Protect ourselves from any negativity trying to pull us back into the old pattern or way of thinking
- Take responsibility for maintaining this new frequency moving forward



## Resolution Pathway | How to let go of an old memory or belief

1. What is the belief? ... the more honest you get...
2. What scenarios, people, or influences contributed to this idea or belief? How did this shape your experience? When was the first time this happened? ... each scenario ... emphasized this again and again. This came back for me because, during my first overseas travel journal, I remember being that at the family gathering call. There was always panic about money, and I was called to going abroad.
3. What instances in your life have demonstrated that perhaps this belief isn't 100% accurate? ... I got a great job each time, or I got a promotion, and my job consistently increased. I wasn't doing just fine in the "real world" ... that and a little bit, because I was consistently choosing to practice as your truth! ... I started the work. I've achieved many incredible things. I have the ability to take care of myself, and I can create my own reality. Also, I really love myself, which has completely transformed the way I think to just being something with opportunity. I see an acknowledgment what I was doing before, and I intentionally choose to let it go.
4. What is a new, more empowered belief that you can consciously choose to practice as your truth?

What story are you telling yourself? Have you discovered you're doing things just a story that isn't rooted in truth? You don't choose a more empowered belief.

Remember, if it feels uncomfortable, stay with it. Discomfort is a great sign you've found something that is restoring you back.

## How to Heal Any Money Wound in 4 Simple Steps

- |                             |                           |                      |                       |   |
|-----------------------------|---------------------------|----------------------|-----------------------|---|
| There's never enough of it. | But you didn't get money. | I'm trapped in debt. | People steal from me. | Money created problems in my relationships. |
|-----------------------------|---------------------------|----------------------|-----------------------|---|
1. Working through each money wound individually.
  1. Identify the examples of when and how this started happening
  2. List out all the feelings, emotions, frustrations, worries, and hurts as a result of this.
  3. Allow yourself to FEEL the emotion and let that sensation run to your body to release it. Tapping is a great practice for this phase.
  4. Follow the resolution pathway to work through each area of challenge.

\*A PDF of these resources will be sent to you with the replay

# Thank you for being here today!

Follow along for more great training and  
resources on how you can activate  
abundance and manifest your dreams:

**[hillarybassetross.com](https://hillarybassetross.com)**



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