

Welcome. I'm glad you're here.

If this is your first time spending time with me, my name is Lynn Louise. And I want you to know something right away—I don't waste time.

I'm not here to ramble. Or hype you up and send you back to your life with a few good quotes but no real shift.

We have a limited 30 minutes together, and it matters.

Before we dive in, I want you to understand *why* I do this work.

I've spent over 15 years supporting women around the world—women who are capable, responsible, intelligent, and successful by any external measure. But quietly struggling with money worries.

Women just like you.

Because for a long time, I was one of them.

Not struggling because I was careless with money.

Or didn't know how to manage it.

But because there was a persistent tension underneath it all—a subtle that lived in my mind and body.

It was a sense that what I had built could somehow suddenly slip away... even after decades of doing everything "right."

For many women, the lack of feeling an internal safety shows up as constant mental noise.

A snarky inner commentary.

Second-guessing.

Overthinking.

Questioning every decision.

If that sounds familiar—you're not alone.

Like I said —

That was me too.

And today, we're going to change that.

This workshop might be short, but it's certainly not surface-level mindset fluff.

You're going to learn:

- Where your internal tension around money is coming from... even when you're doing well
- How your snarky inner critic blocks you from ascending your wealth in flow
- and how to create financial safety so receiving more stops feeling heavy or stressful

This ISN'T about
budgeting
Working harder.
Or even 'thinking positive.'

We are diving deep into your internal capacity for manifestation.”
Now, you can take notes or you can just sit back and listen.
Whatever work is for you.

So, let's get started...

The most important thing for you to understand is that.

Your brain does not prioritize abundance.
It never has and never will.

➔ It prioritizes **safety**.

And for many women — especially high-functioning women like you — money has quietly become associated with things like:

- pressure
- responsibility
- being needed
- not being able to rest
- or holding everything together

So even when more money is available...

Your body can tighten.
Your stomach can ache.
Your emotions can scatter.
And that snarky inner critic gets louder!

That voice? She doesn't randomly come up with stories to prattle on about. She has developed specific stories she knows will keep you playing out the same old self sabotaging patterns. Her intention is good— to keep you safe. She is trying to control outcomes, anticipating risk, and preventing loss.

But the results of those stories?
They're keeping you stuck.

So then:

- when income plateaus happen
- when you make more money but it never feels like enough...

It's because your brain is doing exactly what she was trained to do. Keep you in a familiar pattern. Right on the edge of something big, but never in the full-blown transformation.

The truth is...

It looks exactly like  self-sabotage.

But in really it's an  overprotective strategy.

Let's be honest, most women were never taught how to feel *safe* with money. I know I wasn't. And neither were my clients.

We were taught how to:

- be responsible with it.
- be careful with it.
- and to be prepared.

And most people of us interpreted responsibility is safety .

But let this land...

➔ **Responsibility is not the same thing as safety.**

You can be extremely responsible...
and still internally braced for the worse.

Think of it this way, from the outside, a woman can appear capable, organized, reliable, and in control— but internally can be an entirely different story...
Your body and mind can be operating from constant readiness for threat, fear, or money scarcity response.

The *internally braced* woman is not relaxed inside her own competence.

She is holding herself together through vigilance.

So again, responsibility isn't the issue here.

The issue is **the internal posturing behind the responsibility.**

And the patterns that emerge?

- trying to manage every outcome instead of allowing them to unfold by over-planning and over-preparing
- always anticipating what could go wrong — thinking to yourself, if you stop managing, something will fall apart
- trying to stay one step ahead “just in case” — making it difficult to rest even when things are handled
- relying on unachievable control to feel safe— only feeling calm only after everything is done—never during... but less be honest, things never seem to end.

So, while you are “responsible” in behavior,

Your **brain is still oriented toward prevention, ... moving further and further away from creation.**

This is the distinction.

⚡ Responsibility from alignment feels grounded and spacious.

While, responsibility from bracing feels tight, stressful, and tense.
This is why all this matters—especially with money:

Money responds poorly to bracing.
It interprets your vigilance as instability.

Here's the part most people don't understand.

→ Your *personal frequency for receiving* wealth isn't created by your thoughts. Meaning, the thoughts you THINK you are thinking.

It's created by your subconscious thoughts, also known as **internal posture**.

Specifically—whether your subconscious is **bracing for the worst** or **available for opportunities**.

So, that snarky inner voice?

The second-guessing, the vigilance one, the constant mental commentary?

She is the one sending the signal to the Universe, or as I call it — the 5D.

And when she is saying things like:

- “I need to stay on top of this or something could go wrong”
- “We have to be prepared for everything”
- “I can't relax until this is all over”
- “I should be further along by now”

Your frequency is communicating **lack of safety**, not lack of skill.

And here's where the 5D comes in—

The quantum field doesn't respond to words.

Since everything is energy, it responds to **to frequency** .

So, if you want more, but your subconscious is bracing.

It doesn't hear:

“I want more.”

It reads your panic.

And interprets it as:

“There isn't enough.

There is never enough.

And there will never be enough.”

And it sends more of that.

So, the snarkier that inner voice becomes, the more the 5D mirrors back your hesitation.

Transforming your frequency from because *protection*, not a frequency of reception.

So, you're going to have to shift from:

- making decisions that are driving by the fear of loss
- blocky opportunities because change feels too risky
- setting conditions on your own receiving.

Because, when your subconscious is programmed around *holding things together* rather than **letting things flow...** you can do everything “right” and still feel like you're pushing uphill.

When money doesn't feel safe, the brain creates subtle resistance:

Does any of this sound familiar?

- Do you overthink things to the point of confusion?
- Try to control the outcome every step of the way?
- Are you focused on what others might think, so your energy shifts to people pleasing
- Or even, unconsciously capping how much you allow yourself to receive— by worrying what your success will look like?

It's important to understand that self-sabotaging behaviors are actually created from self-protecting.

Meaning, all that bracing... is the actual thing keeping you stuck.

Here's the distinction that changes everything:

⚡ Control is not safety.

And for you to allow in more wealth in flow you are going to have to let go of your need to control and begin to trust yourself again.

Because the truth is, you can feel safe even in the face of chaos.

This might sound...

Most professional women live in control...

and call it being ‘good with money.’”

But wealth — real wealth — requires capacity.

And capacity is internal.

What I mean is:

Wealth isn't just something you *earn*.
It's something you have to be able to **hold**.

Think of it this way,
Money is not neutral energy.
It carries responsibility, choice, expansion, visibility, and change.

And if your internal dialogue doesn't have the capacity for those things—
not intellectually, but *somatically* and subconsciously—
your brain will regulate wealth back down to a level that feels familiar and safe.

Capacity is your internal bandwidth.

It's your ability to:

- receive without fear
- expand without panicking
- have more without immediately feeling pressure to manage, fix, or protect
- experience abundance without bracing for loss

Let's be honest...

Most women are trained to **achieve** wealth without ever building the capacity to *hold* it.

So, we can make more money...
but we can't relax with it.

We can increase our income...
but not our safety.

We can grow externally...
while staying internally on edge.

That's why your wealth plateaus aren't happening out of lack of effort or strategy.

They are happening out of lack of internal tolerance.

Your brain is always questioning whether or not you can
"handle more money"
"maintain more money?"
... And if you're like I used to be...
"At what cost will wealth come?"

And those internal questions are being asked by an inner critic that is already telling you “no.”

That you can't make or hold onto wealth at any cost. She is cash blocking your ability to allow in financial flow.

So, it doesn't matter how capable you are or how smart your plan is...
If your capacity for allowing in wealth is blocked.

Capacity allows wealth to stay.

🔥 And is built by shifting out of internal bracing and into internal safety.

**That's the difference between money that comes and goes...
and wealth that becomes stable, sustainable, and expansive over time.**

I want you to think about your accounts.
Right now, think about:

- ➔ Your checking and savings accounts.
- ➔ Your retirement funds or investments account
- ➔ Your outstanding loans:

Your home

Car

credit card accounts.

What were your first thoughts?

😬 Was it around a bill that needs to be paid or a large purchase you haven't figured out?

😬 Was it around how you're going to delegate your next paycheck or influx of income?

😬 Was it worrying about the economy and the effect it could have on your lifestyle?

😬 Or maybe even worrying about your capability in maintaining the momentum you've built? That was always mine! And sometimes still is!

Now, notice what happened in your body.

Did you feel a pressure or tension anywhere?

Did you notice it brick in your stomach?

Did worry or stress speed up your heart rate?

And then did you immediately go to a place of trying to “fix” these experiences?

Because you can't FIX your way out of this one through emotional bypassing or improving your strategy.

This change isn't going to come from changing what you are doing. You will have to first change what your subconscious is telling you.

So ask yourself,

Where do i want to be 3 months from now? Really think about this.

Things are probably great in your life. You're doing the things you love with the people you love.

But are you still telling yourself you want more?

YES! Because that's part of the human experience and the reason you're here today.

You want more and better.

Is it more money for travels?

For a better car or home?

Maybe it's as simple as a membership to a new gym or herbalist.

Or what about more to next level your ability 🎮 to give to your children or spoil your grandchildren?

It could be anything, but the reason you're here right now is because you secretly want more.

So, what would it feel like have more without working harder for it?

Not what what would you have to do..

Or how much effort it would take.

Simply, what it would feel like to already have what you want?

Soften into this energy.

Even if it only registers at a 2% softening.

Notice the change.

That change is your capacity for allowing in more.

This is the very beginning of establishing next level financial safety.

Here is what I want you to understand.
What you just experienced may feel subtle.
But subtle is how real change begins.

It's not created by shocking yourself to believe something new. Or even forcing.
It's created by embracing and embody new beliefs comfortably.
But as you increase your ability to process the change, the transformation speed up exponentially! And becomes almost simultaneous.

And all this allows yourself to prove that what you are doing is working!
As your sense of safety increases, receiving becomes a natural flow.
Not forced, exhausting, and overwhelming.

Just... plain easier.

Now, here's the important part.
What you felt today is a doorway — but not the destination.
Without reinforcement and expansion of this knowledge, the brain will just default back to old patterns.
It's just what the brain does. That's simple biology.

So, this is why I have an incredible no-brainer offer for you!
Not something that will add stress to you journey or wallet, but enhance your financial independence and personal confidence.

It's a 4 week LIVE version of **Aligned Wealth Codex**: The Roadmap to creating the external freedom you crave from the inside out.

It's a live container where we:

- retrain financial safety at the source—the power of your mind.
- dissolve the internal pressure around money and shift your paradigm.
- and expand your capacity to receive without force or hustle

This isn't about making wealth your focus.
And removing the internal friction that makes success feel heavy and overwhelming.

Because when money feels safe...
your decisions change.

your energy changes.
and opportunities present themselves.

If you're still watching this something is resonating with you. You recognize the importance of this work — so trust that.
Today and for the next 24 hours YOU'RE GETTING an **EARLY BIRD INVITATION** to join Aligned Wealth Codex.

That's right!

This is my way of honoring the women who act from alignment and recognize the importance of opportunities presenting themselves.

But here is the catch,
You're at a crossroads.

You see wealth loves action driven by speed, not contemplation. Because contemplation leads to questioning and self-doubt.

So, this is a decision that needs to be made rapidly. And to help you make that I've created a no brained offer for the next 24 hours and then it is gone.

So you have one of two choices.

Either keep doing what you're doing and making the same decision to work harder and harder for each dollar you make.

Or, shift matters to you... and say YES to Aligned Wealth Codex and make take another step into creating the wealth you desire in flow.

So let's talk about what you get:

Starting Feb 5th we kick off the live calls. They happen at 10am EST.

But immediately upon enrolling You get:

- ➔ lifetime access to the lessons.
- ➔ A private telegram community where I'm in several times a day answering questions and offering additional support.
- ➔ Four live weekly calls with replay access if you miss one.
- ➔ And a next level transformation when you do the work!

It's up to you.

But again,

Ask yourself:

Am I lit up by doing and create the same results I had the past 12 months? Or do I want more and better.

Because you do, you're going to have to do something different.

Now this program is normally \$247 retail.

But because you're ready now, you can use the code EARLYBIRD and get \$136 savings

For long term lasting transformation!

Don't wait another year to make the change you want today. Choose something different and create a different relationship with money now.

Thanks for showing up for yourself and see you inside Aligned Wealth Codex!