

I MAKE THE MONEY...

So Why Do I Still Feel Broke?

Understand the hidden Money Trauma that keeps you working harder than you need to.

Why You Need to Read This

You have made money. You have worked hard.

Maybe you have a stable income, a thriving business, even abundance.

But **your body does not feel safe.**

You flinch when money comes in or goes out.

You hesitate before spending, *even on things you can afford.*

You live with a quiet fear

- *Fear that if you slow down, it will all disappear.*
- *Fear that money will bring more stress, more expectations.*
- *Fear that you will outgrow your roots... and end up alone at the top.*

This is not a mindset issue.

You are not lazy. You are not bad with money.

Your nervous system is holding onto an old story – one that did not start with you.

Until you feel safe receiving, holding, and being seen in your wealth... You will keep sabotaging your next level.

This freebie is not about making more. It is about why you cannot feel safe with what you already have.

Let me tell you why I care so deeply about this...

Who I Am and Why This Freebie Exists



I'm **Vidya**, a Money & Generational Trauma Coach.
But before I found this work,
I was stuck at ₹5 lakhs a year... for years.

No matter what I tried, *new strategies, mindset shifts, working harder*,
I just couldn't break through that income ceiling.

Even after starting my business, the pattern stayed. *I felt like I was doing everything "right" but something invisible kept pulling me back down.*

It wasn't until I began unpacking my **inherited money trauma** that things started to shift — *not just in my income, but in my body.*

That's when I went from ₹5 lakhs a year... to ₹5 lakhs a client.

And I finally understood, the work wasn't just tactical.

It was **nervous system work. Ancestral work.**

The kind of work most people don't even know they are missing.

That's why I created this freebie.

To help you name the pattern, meet the root... and change your story.

Money Is Not Just About Numbers

On the surface, money looks **logical**.

You earn. You spend. You save. You calculate.

But what most people do not talk about is **how emotional money really is**.

Money holds

- The memory of being told, "We cannot afford that."
- The *guilt* of wanting more.
- The *shame* of spending on yourself.
- The *fear* of becoming too visible, too greedy, too much.

Money is not separate from how you feel.

It is not separate from your breath, your body, your sense of safety.

Even when everything looks fine on the outside,
your body might still be carrying unease, tension, or panic.

That is because **money is never just about the amount,**
It is about what you make it mean for you.

So the question becomes

Where did these feelings even come from?

Your Money Story Did Not Begin With You

Most of what you feel around money comes from somewhere else, **your family, your childhood, your ancestors.**

In ancestral money work, we often see **four common patterns** that get passed down through generations

- **Survival messages and scarcity fears**
- **Roles and expectations around money in the family**
- **Guilt and shame linked to earning or spending**
- **Stories about who deserves money and who does not**

Maybe you behave exactly like your father did,
worrying, holding tight, never feeling safe.

Maybe the women in your family never worked,
and now you are breaking that pattern
but *carrying the hidden stress* of it.

Maybe you grew up around someone
who always said *money causes fights*, and that stuck with you.

The important thing is to recognize

This is not your story alone.

It is an **inherited pattern that your body learned to carry.**

When you see this clearly, it is the first step to freeing yourself from it.

But how do you even begin to trace
what your body has absorbed?

Let's start here...

A Few Questions To Ask Yourself

Before you go deeper, try to notice what you feel about money right now.

Was there a time you received something, a gift, praise, or money and someone made you feel you did not deserve it? *Who was it?*

Did someone in your family often say, “We don’t take help from others” or “We will manage on our own,” even when things were hard? *Remember this person?*

When money enters your account now, do you feel the urge to hide it, downplay it, or prove you earned it? *Who might have taught you that it is safer not to be seen?*

Did you grow up watching someone check their wallet, bills, or balance over and over even when there was enough? *Who was it?*

When you try to relax, do you hear a voice in your head saying “don’t get too comfortable”? *Whose voice is it?*

Were you ever told or shown that resting is laziness, and money only comes when you are constantly doing? *Who said it?*

Do you hesitate to spend on yourself because someone in your family never could.. and you feel like you owe it to them to stay small? *Who is this family member?*

Connect the dots now.

Let these answers come slowly.

They will show you how you learned to feel what you feel.

Now look at your family

- **Who did you learn this from?**
- **Whose pain are you still holding in your relationship with money?**

You might realise... **this was never yours to begin with.**

This is how you begin to meet your money story.

Now gently, let those answers land. And then... let's take this into your body.

Let's Do A Simple Body Check-In

Close your eyes.

Imagine spending ₹50,000 on something just for you —
a Michael Kors bag, Dyson hair dryer, or Jimmy Choo sneakers.

Observe what is happening in your body. Is there any tension or uneasiness?
Where does it show up — your chest? your jaw? your breath?

This reaction is your **nervous system** speaking. It is sending you signals
loud and clear.

Place one hand on your heart, one on your belly.
Take a slow, deep breath in... And let it out.

Ask gently

What am I carrying when it comes to money?

You do not need to solve it. Just stay. Just notice.
This is how we begin.

If this stays buried, it doesn't just stay
emotional. It becomes physical too...

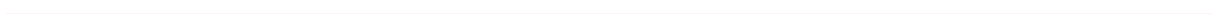
What Happens If You Don't Work On This?

This inherited fear will

- *Keep you working harder than necessary.*
- *Keep your nervous system stuck in survival, even at 7 figures.*
- *Affect your hormonal health, digestion, sleep, and fertility.*
- *Create friction with your partner (especially when you are the breadwinner).*
- *Show up in your children's relationship with money and self-worth.*

You can interrupt this pattern now...

or watch it quietly shape the next 20 years.



If You Are Feeling This In Your Body, Don't Wait

These patterns you have uncovered—they are not just emotional. If left unresolved, they can manifest as

- **Chronic body aches, fatigue, PCOD/PCOS, or even autoimmune issues**
- **Emotional burnout** from always being “the strong one”
- **Resentment in your relationship** with your partner
- **Passing down money fear and patterns to your children** without meaning to
- **Unexplained anxiety** while receiving or spending—even when you are financially secure
- **A deep freeze response** that makes it hard to rest or feel joy, no matter how much you earn

You don't need more affirmations or mindset tools. You need to meet your trauma where it lives, in the nervous system, in the body.

Your Next Step: Money DNA Reading

You don't need more affirmations or budgeting tools.
You need to meet your money story in your body.

That's what we do inside Money DNA Reading.

In this 1:1 diagnostic session, we will:

- ✓ Identify your core inherited money wound
- ✓ Understand how your body is wired for survival, not wealth
- ✓ Map how it's showing up in your income, health, or marriage
- ✓ Build a path forward that feels safe, expansive, and sustainable

It's not just healing — it's a nervous-system reset for your next income level.

👉 [Click here to say yes to a new money story — Only ₹5000](#)

Your body is ready.
Let's meet it there.

Final Words to Carry With You

What you feel about money is often what you have inherited.

Your nervous system needs safety, not more strategy.

You get to rewrite the story, for you and for those who come after you.

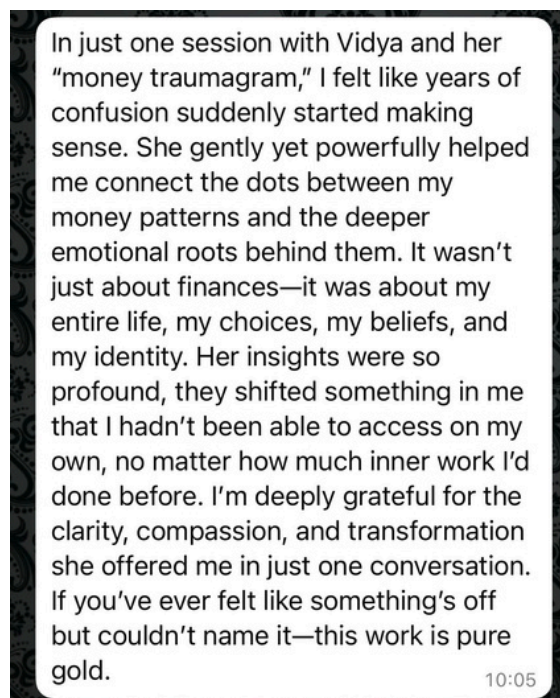
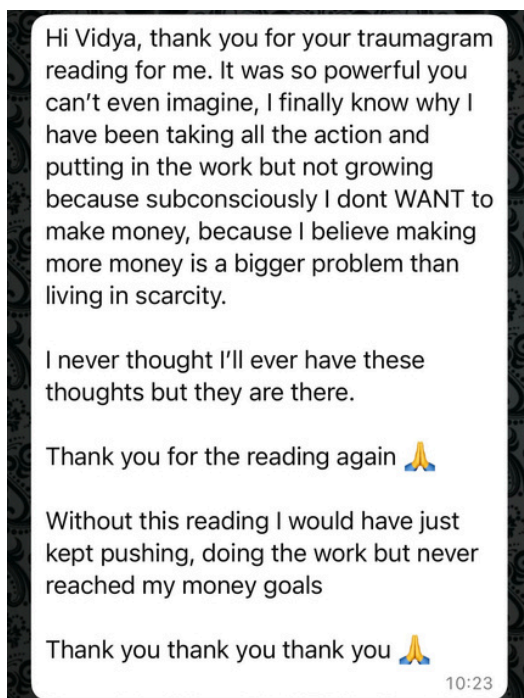
The awareness is here. Now it is time to move.

Say yes to the session that starts your new money story.

Because survival is no longer enough, it is time for wealth that feels safe.

👉 [[Click here to say yes to a new money story.](#)]

What normally costs ₹12,000 is available to you for just ₹5,000 today.



See you inside Money DNA Reading!
