

A Book Proposal for

Permission to Prosper

Where Sacred Sexuality Meets Money Magnetism

Submitted by

Jillian Anderson

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Too many spiritual women struggle to live their most fulfilled lives because of a *lack of money*, and that lack of money can often be traced back to a *lack of self-worth*.

My approach is unconventional. I guide women to access the power of their sacred sexual energy, so they can step more fully into work that *turns them on* and makes them meaningful money.

Confidence, charisma, and cash-flow: It all comes from cultivating your worth, claiming your desires as Sacred, and being unapologetically yourself as you go *all in* on the life that you *know* is for you.

Let's break down hundreds of years of programming that has kept heart-led women stuck in lives that are *far* less than they crave.

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Where Sacred Sexuality Meets Money Magnetism

By: Jillian Anderson

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Proposal Overview

There are a ton of books out there about money, but few that traverse the high-yield terrain of sex, power, *and* money for the spiritual woman. My audience is hungry for *Permission to Prosper*, as proven by the 80k+ in revenue I've created in just twelve months time, through both the *Permission to Prosper* group coaching program, and through my one-on-one *Embodiment for Abundance* coaching package.

My approach to helping the spiritual woman create a life of abundance — financial and otherwise — is one that goes straight to the root, and the underlying dynamics that keep her stuck in patterns that don't serve her.

Creating financial sovereignty as a spiritual woman is *not* just a mindset game. A woman's body plays an integral role, and leaving it out of the equation could very well mean a lifetime trapped in stress, dependence, and survival mode. Nobody wants *that*.

I've seen it again and again, in my own life, and the lives of my clients: when women are stressed out, high strung, and spinning their wheels, from a place of *not enough*, they're consistently repelling money, and ultimately the creative lives they long for.

As a writer, and a coach for Healers, I am excited by the vision of women, all over the globe, being better able to create wealth for themselves, their families, and their communities. These are the emotionally intelligent people that I would like to see with more deciding power, and in this world, deciding power starts with financial power.

My son was the catalyst. In 2014 after he was born, I felt an overwhelming urge to take my stories and discoveries online. Since I published that first vulnerable blog post, I've been building a readership, a community, and an engaged email list, with the intention to cultivate a writing career.

My own money story? I separated money from spirituality at a young age, and that separation led me deeper and deeper into financial distress. Bills piled up, tickets went unpaid, I couldn't buy myself a one way ticket, or even a bottle of kombucha on certain days of the week. I look back at myself, and see that I thought I was *above* money, and the day-to-day realities of life on Earth.

I've gone from scraping by on 2k a month to making five-figure months my reality, doing work that I love, work that excites me, and I'm *just* getting started. I've realized that my relationship with money is a window into the deep healing work I need to do, to be my best self, and I want to open that window for others.

It's difficult for me to witness women struggling to step into their best lives, and financial well-being, because of damaging patterns in relationship to *money*. Because it *is* a relationship. Because I *was* that woman.

What's my unique solution to the suffering spiritual women experience with money? I'll tell my stories with heart, to produce immediate results and realizations for the reader — realizations that prompt her to take quick action on her own vision.

I'm on a mission to help women create the lives and money they need to fund those lives, unapologetically, by guiding them through the processes and perspective shifts that have helped me the most.

The core ideas presented in *Permission to Prosper* are uniquely suited to create an empowering movement, that begins deep within the reader. When a woman purchases *Permission to Prosper*, she will:

- Expand her perception of what's financially possible for her.
- Identify her biggest blocks to a healthy and empowering money relationship (*it is* a relationship).
- Discover that working through money blocks is NOT just a mindset game.
- Learn to see her desires as holy clues and guiding lights on the path.
- Shift from old patterns that keep her stuck in the struggle, to new ways of being that help her thrive, prosper, and live her most fulfilling life.

The book will:

- Deliver actionable prompts and exercises at the end of each chapter to guide the reader through the deepest possible understanding and transformation.
- Guide a woman into knowing, not just intellectually, but more importantly in her body, what it feels like to have what she wants, and have more than enough of it.
- Help her see herself as unique, one of a kind, and irreplaceable.
- Give her permission to go for what she wants, unapologetically.
- Inspired + motivate her into *massive* action.

Meet Jillian



- Writer + Coach for Healers at www.jillian-anderson.com
- Creatrix of ***Permission to Prosper***, a signature 6 week group coaching program for female healers, coaches, and creatives who're ready to step into the new paradigm of work + money.
- Author of ***Permission to Prosper: The Priestess Guide to Next-Level Purpose, Pleasure, and Prosperity*** (digital e-book) + of ***How to Start a Jade Egg Practice*** (digital e-book).
- Co-creatrix of the online workshop + LIVE event: ***Increase Your Impact + Income through the Power of Soulful Storytelling*** (a 2017 collaboration with [REDACTED]).
- As a Coach, she works with women who're committed to living their most fulfilled lives and doing work that turns them on.
- Creatrix of the 12 week 1:1 ***Embodiment for Abundance*** transformational coaching package.
- Creatrix of #NewParadigmProsperity, the audio transmission + guidebook.
- Foundress of the flourishing #PermissiontoProsper online community.

Online Presence

Email List:

I have an email list of **2,500 +** active and engaged women, and am in the process of launching a more sophisticated list building strategy using leadpages and my new opt-in, *The Three Unconscious Vows that Limit Your Earning Potential*.

To demonstrate my community's engagement, the initial launches of the group program, *Permission to Prosper*, generated over \$22,000 in revenue. It gets even better: the program was *only* promoted to a subsection of the list that held 700 women. Of those 700 women, 50 + signed up for the program, and now, new and eager students are enrolling each week.

The next big launch of *Permission to Prosper* (the program) is scheduled for the third quarter of 2018, and will be the first joint venture launch where we are partnering with excited affiliates to get the program into the hands of as many women as possible. The *Permission to Prosper* program affiliates, will also be contacted and encouraged to participate in the *Permission to Prosper* book launch, when the time comes.

List Building Strategies:

My number one list building strategy between now and publication, is to submit guest posts to bigger media outlets (that link back to my free opt-in) including mindbodygreen, Positively Positive, the Huffington Post, Tiny Buddha, Thrive, Yoganonymous, and more. I have a list pinned to my office wall, and I'm ready to start checking them off.

So far, I've been featured in Elephant Journal, the Rising Women Leaders Podcast, Over the Moon Magazine, the Sovereign Goddess Podcast, the Bridging Realities Podcast, a number of joint webinars including the Womb Illumination Webinar Series, and more. I'm ready to be more active about pitching myself to bigger outlets, and have been studying with a new mentor of mine, Selena Soo, who helps entrepreneurs with make meaningful connections and generate publicity.

Website Stats + Readership:

My website, www.jillian-anderson.com, is a place where spiritual women come to connect with their vision, find their power, and increase their earning potential. We share valuable free content on the blog bi-weekly (although my newsletter goes out weekly on Thursdays), in addition to selling a variety of ongoing products + services.

At the time of writing this, we've had:

- 15,300 + Unique Visitors (2017).
- 23,000 + Visits (2017).
- 40,800 + Unique Page Views (2017).

We're averaging 2,500 visits a month and my team and I just started implementing a paid Facebook Ad campaign strategy (using leadpages) to take it to the next level.

Social Media:

Instagram Community: 6.5k and growing. Find me here:

www.instagram.com/jillianaanderson

Facebook Professional Page Likes: 800 and growing. Find me on Facebook here:

www.facebook.com/jillianannanderson

I've been focused on my favorite platform, Instagram, and am currently implementing a strategy to revamp my Facebook presence by redirecting women from my personal Facebook page to my public Fan Page, in addition to scheduling more Facebook Livestreams to increase engagement and activity.

Online Products:

- *Permission to Prosper*, the six week group coaching program for Healers, Coaches, and Creatives.
- *New Paradigm Prosperity*, the Audio Transmission + Guidebook.
- Genuine Nephrite Jade Egg
- Black Obsidian Yoni Egg
- *Permission to Prosper*, the Priestess Guide to Next-Level Purpose, Pleasure, and Prosperity (free e-book)
- *How to Start a Jade Egg Practice* e-Book (free e-book).

- *Embodiment for Abundance*: 12 week 1:1 Coaching Program (service provided).

Most Popular Blog Articles (to date):

- How to Cultivate Your Sexual Energy to Manifest Like a Queen
- 21 Reasons to Start a Jade Egg Practice
- I Had my First 12k Month and then THIS Happened (Soul-Guided Entrepreneurs, this is for you).
- What to Do When Your Partner's Money Blocks Are Holding You Back
6 Manifesting Mistakes You Don't Realize You're Making
- Get Good at Receiving: How to Tap into Your Feminine Essence for more Ease, Abundance, and Pleasure
- 9 Lessons I Learned From my First 10k Launch
- One Sure-Fire Way to Move Through ANY Creative Block + A Behind the Scenes Peek into My Book Writing Process

Popular Free Trainings:

- The Proven Feminine Secrets to Mastering Your Money Blocks
- The Three Unconscious Vows That Limit Your Earning Potential
- How to Go From Unseen to Seen to Attract Your Soulmate Clients

The Market

She's a seeker with an entrepreneurial spirit. Actualizing her big dreams is on the top of the list but she doesn't understand why she keeps bumping up against *severe limitations with money*. She has a message or healing gift to share, loves a good green juice, is well traveled, and super creative, but can find herself in embarrassing financial situations. Raised middle to upper class, she's been around the sun between 23 and 39 times.

Her Motivations:

She needs to heal her relationship with money, now. She wants work that is deeply fulfilling, work that provides her with a sense of freedom and joy. She's tired of playing small, she's ready to go all in, and she's ready to do the work. She knows she has big gifts to share, and big potential to actualize. She must be what she can be.

She's Read:

Danielle LaPorte's *The Desire Map*
Jen Sincero's *You Are a Badass at Making Money*
Playing Big, by Tara Mohr
Gabrielle Bernstein's *The Universe Has Your Back*

She Listens to:

The Ladies Who Lead Podcast with Luna Love
The Jen Marvos Show, with Jen Marvos
The Priestess Presence Podcast with Julie Parker
Rising Women Leaders Podcast with Meredith Rom
The Marie Forleo Podcast

Promotion Strategy

The Pre-Launch Strategy:

- Start a sub-list of women who're interested in being the FIRST to know when the book is released. There will be a juicy incentive to join.
- Run consistent weekly Facebook Ad campaign to grow my list from now, through the launch. Focus on other list building activities.
- Talk the book up within my community, by sharing behind the scenes of the writing + publishing process. Get my subscribers involved. Take them along for the creative ride.
- Pre-orders. When you pre-order Permission to Prosper, you'll get access to a FREE LIVE (or pre-recorded) workshop with me on all things #PermissiontoProsper
- Create a #PermissiontoProsper book club kit. I will design a downloadable 'book club kit' to make it super easy for other teachers and facilitators to walk their clients through the material to get the best results.

The Launch Strategy:

- Secure 15 + podcast interviews with thought leaders in my field throughout the pre-launch and the launch.
- Secure Speaking Gigs at popular gatherings/events for Heart-guided women and Female Entrepreneurs to bring the Permission to Prosper message to life within the spiritual community.
- Plan a Book Release Event and signing. I'll promote the event to my list.
- When you pre-order the book you'll get access to a FREE 90 min LIVE Workshop with me, on all things #PermissiontoProsper The goal here to to get as many pre-orders as possible.

- Ask my subscribers for amazon reviews on the book, in addition to sending out personal invitations to my colleagues. Like it? Review it for me! Personally invite those colleagues who have been mailed advanced reader copies to review the book within 24 hours of its release.
- Reach out to the following influencers (with beautifully written custom emails), and invite them to share Permission to Prosper with their audiences by either a) sharing a blog post about their own money healing journey and a link to where you can pre-order (or order) my book or b) interviewing me on their podcast or other media channels to jam on all things Permission to Prosper.

Current Email Partner List:

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

Other:

To get a sense of the online feel of Permission to Prosper, and it's unique selling proposition, head on over to: www.jillian-anderson.com/p2p

The Book's Table of Contents Overview

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Chapter Summaries

Preface

Introduction

Chapter 1 / Own Your Desires and Big Money Goals

I unconsciously depended on the men in my life to support me financially, and it all came to a screeching halt when I married my partner Aaron. Not long after we said Yes, he was filing bankruptcy, and I was getting intimate with my own naivety.

In this chapter, I initiate the reader into what I like to call the *money work*, and the ways that she might be avoiding that work, to her own detriment. By the end of this chapter, the reader will have declared that she's ready for change.

I also introduce the Money Dilemma that most heart-led women struggle with — that being focused on money in any way will make her 'worldly' i.e. less spiritual. We deeply anchor into the book's why: she can serve no one unless she's taking excellent care of herself, and her deepest needs.

Chapter 2 / Where Are You Waiting to Be Saved?

In early 2012 I moved to the deep south to be with my partner. Like the live oak trees that now surrounded me, I had to crawl over the ground of my old life, to discover why I was so deeply unsatisfied.

The truth: When I realized my new husband's money wasn't going to 'hold' me, I started waiting for a windfall to save me from my financial reality. I didn't trust in my ability to make money, because deep down I thought making money was bad, and meant I was shallow and 'materialistic'.

This chapter's central purpose is to help the reader identify where she's projecting her financial desires, so she can call that power back to herself. She can't step into the money work, until she becomes aware of where she's waiting for things to change, without her transformation.

I also draw a direct parallel between waiting for someone to take care of her financial needs, and waiting for someone to fulfill her sexual needs, and deepest desires.

I want women to wake up from whatever ‘waiting’ spell they’re under, so they can align with work and a life that’s truly fulfilling, instead of waiting to be rescued by something or someone outside of themselves.

Chapter 3 / When Big Fears Unlock Big Doors

I remember standing in front of the kitchen stove, as the spring water rumbled up from the depths of the tea pot, when I saw my biggest fear for what it was: that it would all be taken from me. *All of it. Everything.*

Where did this debilitating fear rise from?

In this chapter, I tell a revealing story about that fear: that real-world financial success would mean the dissolution of my marriage. That I can’t have good without bad, and that gain always equals loss.

That deep fear was irrational, but real, and it’s not hard to see how it prevented me from ‘going for it’ for too long. I tell this story to provide an example of an unconscious fear that can prevent the reader from experiencing what she most wants in her life. Until she can see her worst case scenario intimately, she’ll hold herself back.

At the end of this chapter, we explore the following journal prompts:

1. What’s the worst thing that could happen if you were making more than enough money, consistently, every month?
2. What if your career suddenly took off powerfully in the direction you most want?
3. If you were a really wealthy and deeply fulfilled woman, what problems would you have? How would your relationship dynamics change?

Chapter 4 / Shift Ancestral Patterns that Keep You Stuck

I watched both of my parents work long hours to afford the middle class lifestyle we had. Day after day they traded their time for money, and I learned, by osmosis, that that's how money is made.

In this chapter, we explore the readers' operating system when it comes to work and money, in addition to exploring the correlation between receiving pleasure, and receiving money.

I explain what cultural core wounds are, because our operating patterns come not just from the nuclear family, but from the culture we were raised in. Was her natural expression stifled by something or someone during her childhood? Was her culture supportive of her creative expression and impulse desires?

One of the exercises at the end of this chapter, will reveal to her the words and phrases that she uses about money and wealth. The objective here is to help her see where she is repeating ancestral or cultural patterns that limit her ability to have an empowered relationship with money.

At the end of this chapter, we also explore the following Journal Prompts:

1. How hard does she believe she has to work for 10k, 50k, or 100k?
2. What are the three primary emotions she feels on a day to day basis in her interactions with money?
3. What were her parents' money patterns and how are they operating in her life today?
4. How easy (or difficult) is it for her to receive compliments, pleasure, and money from others?

Chapter 5 / The Three Unconscious Vows That Limit Your Earning Potential

How the reader feels about herself as a woman, is central to everything she creates (or doesn't create) in her life. In this chapter, I break down the relationship between her sense of self-worth, her sexuality, and her earning power.

To uncover some of the deep childhood wounds that may be keeping her stuck at her current levels of joy, abundance, and satisfaction, I walk through the three

unconscious vows, one or more of which she may have made as a small child:

1. The Vow to Never Need or Ask for Support
2. The Vow to Be Perfect
3. The Vow to Be Invisible

For each vow I share a story either from my own life, or from the life of one of my clients, to demonstrate how these childhood agreements can keep her stuck. The journal prompts at the end of this chapter, will help her reflect one which one of the vows is most active for her.

Chapter 6 / Activate Your Body for More Confidence, Charisma, and Cash-Flow

It's there, bright and shiny, waiting for her between her hips, beneath all of the wounds and abuse she's ever experienced. Beneath every hurtful thing her mother, father, sister, or brother said (or never said). Beneath the bad things that happened at school. Beneath it all is a unique and innocent essence that is hers, and hers alone.

Confidence is not an experience of the mind, it's a rising from the body. The number one thing a woman can do to live her best life, and find herself happily engaged in work she loves, work that excites her and turns her on — is to actively uncover her innate confidence.

The self-help industry has this one backwards. While it's helpful to 'change your thoughts to change your life' it is much more effective to start with the physical body, and work from there. We can access incredible shifts in perception and experience, by taking a body-first approach.

In this chapter I give the reader an actionable step-by-step process for unleashing her own confidence. It involves doing things that might scare her, like using a mirror to look at her vulva, writing herself a love letter, and cultivating a regular self-pleasure practice.

The journal prompts for the end of this chapter are as follows:

1. What did you learn about your female body as a child that caused you to shut down? Who did you learn this from and when?

2. What would you do with your life and your time, if no one was watching you?

Chapter 7 / Orgasmic Healing: Work Your Receptivity for More Ease + Pleasure

Once upon a time I couldn't orgasm, at all. It took me years of deep healing work to allow pleasure to ripple through my own body, with another person present. What did I have to work through, in order to let myself feel that good, and feel that satisfied?

Oh, only a mountain of unworthiness, and a *desert* of trust issues.

In this chapter, I help the reader get in touch with the nature of her deepest desires. What are the things that she longs for? Can she remember the last time she was in Love, infatuated, and overcome by feelings of: *I must have it, I want it now.*

I want the reader to know that she can channel the energy of desire into her money goals, creative passions, and career ambitions. If the reader is disconnected from her own sense of desire, I help her get in touch with those feelings again (or at the very least get her excited to get in touch again).

In this chapter I break down the difference between an ego desire, and a Soul desire. I share a vulnerable story about how seeking external validation and approval through my writing was stifling my growth. This distinction is important to make. I provide examples of women who have stopped trying to prove themselves, and have gone from feeling stuck and dissatisfied, to feeling ecstatic and turned on.

Drawing from their experiences helps me not only paint a picture for the reader, but to create a sense of possibility for her, that she too can make these shifts, and have what she wants.

In a subsection of this chapter, I dive into the science of orgasm, and how it's a powerful tool to increase brain function, our ability to rewire our minds, and most importantly, to induce natural states of receptivity that open our hearts.

Another subsection of this chapter focuses on Trust, and helps the reader learn to feel more comfortable in releasing control, and loosening her grip.

Chapter 8 / What Your Big Money Breakthrough Will Actually Feel Like

“Wherever you go, [and whatever you have obtained], there you are.” — Confucius

Oftentimes, the receiving part of the creative cycle, feels downright awful. I don't want the reader to think that getting her goal will make her feel any different. It's highly likely that she'll have her big breakthrough, and face similar emotional challenges and feelings that she deals with today.

One time, on a trip to the desert, I rented the most expensive car I could find and felt so icky behind the wheel. The truth was, I couldn't enjoy the magnificence of the car because I was afraid of what others would think about me.

In this chapter, we navigate what self-sabotage might look like for the reader, and how to stay awake and aware to it so she can prevent the epic highs and lows that can happen when a woman breaks through her income ceiling.

Chapter 9 / Shifting Money-Shame to Self-Respect

Just because her past was a certain flavor, doesn't mean her future has to taste the same.

This chapter helps the reader make peace with her financial past, so she can shift powerfully into feeling self-respect. Pride, is the opposite of shame. To facilitate this, I share a powerful step-by-step exercise that will allow her to create and 'try on' a new financial identity, as if she is changing her clothes, for a new day.

I wrote a popular blog post on this subject, that helped many women, and I draw from that material, and the exercises I taught, to help women let go, and create a new money-identity for themselves.

I close this chapter with an outlined ceremony for the reader that helps her let go of her previous financial blunders. For women who are tactile learners, walking through this ceremony is going to be tremendously helpful.

Chapter 10 / Closing + Conclusion

I want more than anything for the reader to close this book, and place it down on her nightstand, with a deep sense of wellbeing and peace, because she has been reassured that she is designed and destined to experience fulfillment and financial wellbeing.

I want her to know that no one can take her destiny from her — that opening her body will open her up to miracles, that she has a built in road map to follow that is always accessible to her.

In this chapter, I thank the reader for showing up for herself, and for doing the deep inner work, to align with her creative fulfillment in this world. I encourage her to keep going, to take one step at a time, and to meet herself with kindness and self-compassion as she traverses the big changes ahead.

There are no exercises or journal prompts for this chapter, but I do recommend that if she hasn't already, to go back and answer all of the journal prompts provided, so she can get the most from the book. She can potentially download an accompanying PDF journal on my website, that's exclusive for readers of the book.

Acknowledgements

Delivery of the Book, Manuscript

At the time of submitting this proposal, the first draft of the manuscript is three chapters deep, although the content has been fleshed out multiple times, including the creation of the six week Permission to Prosper group program, in which I had direct feedback from my students.

My plan is to deliver the completed manuscript 7-9 months from the date of signing the deal. Permission to Prosper, the book, is anticipated to be of similar word count and size to the books: *Creating Money* by Sanaya and Duane Packer, *Money a Love Story* by Kate Northrup, and *Playing Big* by Tara Mohr, all of which I have had trouble accessing the exact word counts for.

Comparable Titles

Money a Love Story, Kate Northrup

The spiritual community is hungry for money healing! My book *Permission to Prosper* builds upon the foundational lessons that Kate Northrup shares in her book *Money a Love Story*, and goes deeper into the importance of accessing our most essential selves to create our turned on lives, and empowered money relationships.

When She Makes More, Farnoosh Torabi

While *Permission to Prosper* is more spiritually oriented than Farnoosh's bestseller, I do traverse some similar ground in relationship to sex, money, and relationships.

Creating Money, Sanaya Roman & Duane Packer

Creating Money is on the esoteric side, and yet it has a similar intention: to help spiritual people relate to money in a new and empowering way. At the time of writing this, over half a million copies have been sold.

Increase Your Self-Worth to Grow Your Net Worth, Nancy Levin

Increase Your Self-Worth to Grow Your Net Worth touches the same core as *Permission to Prosper: Worthiness*. I feel *Permission to Prosper* adds another layer to the important self-worth work, and that is the layer of addressing how we feel about being sexual women who have big and burning desires, in a culture that hasn't been supportive of that.

Testimonials + Praise



"I FEEL MORE CONFIDENT! Before working with Jillian, I was having issues around self worth, which resulted in not being able to ask for a suitable price for my offers.

I had a breakthrough around the way my family acted with money. I realized that I had exactly the same patterns working in me. I sort of knew this already, but this time it became as clear as never before.

After working with Jillian, I feel more confident. I'm writing my newsletter in a different and more personal way. I'm sharing my fears and vulnerability. And I got such lovely feedback from my clients — they can relate to me a lot more easily now.

The same applies to my yoga teaching style, I'm a lot more brave to talk about personal experiences. And I sent an offer out for a yogic spring cleanse for a price I feel happy with, but would have never dared to ask for before.

I have more yoga students in my regular classes, now. And I booked 12 participants for my yoga retreat in Portugal this autumn!"

— BARBARA DOPFER |

www.yogarten.de



"I AM WORTHY OF MY DESIRES! Before working with Jillian, I felt stuck in many aspects of life. I felt that I couldn't trust myself to make the important decisions. The decisions such as investing in myself, standing up for myself, cutting out what didn't serve me, and investing money in myself!

I felt lost in a life of working for others and HATING it. A life that felt untapped; having so much potential and

motivational energy but uncertainty in how to execute it.

After working with Jillian, I feel I am worthy of my desires, as they are God's desires, interwoven with other pieces of the story. I am capable of beginning NOW even when I am feeling resistance. I am capable of trusting myself to go into the "scary" places of my psyche; to have discussions that frighten me and to state my Truth.

I don't feel money is EVIL anymore. I see money as a Divine portal to birthing my God-given desires into the world. I see money in my hands as a source of GOOD. I have decreased the amount of anxiety surrounding money in my life and feel less paralyzed by numbers."

— TRISH | bodylanguagemt.com



"THE FOUNDATION OF MY MONEY
RELATIONSHIP IS NOW SOLID!

Before working with Jillian, I didn't even know that I had a relationship with money or know what I wanted it to look like.

So many shifts happened and a'ha moments! I now know that I have powerful sexual energy and I need not be ashamed of it. I can channel my sexual energy in healthy ways that make me feel deeply fulfilled.

After working with Jillian, money is flowing to me and I am now consciously welcoming money into my life! The foundation of my money relationship is now solid and from a place of love and confidence in myself."

— KELLY COLE |
www.vintagefabricstudio.com

Sample Chapter

Chapter 1: Own Your Desires and Big Money Goals

I remember sitting in our rental car in Dunsmuir, California, outside of our motel, as Aaron opened his checkbook and wrote a check for our room for the week. It was our first day together, and the thrill and relief of being in a car, next to him, was unbearable.

It was what I was used to, a man paying for things. Me, being cared for by someone else's money. It was just the beginning of the convergence of our childhood programming — the programming that provided *the work*, for our evolution — for our Soul expansion.

But in the middle of our ecstatic bubble of immeasurable bliss neither of us knew the depth or the scope of *the work*, just yet. Neither of us knew that we'd be perfectly aligned to facilitate each other's growth at an accelerated and challenging rate.

He was raised in a shoe box of a house in Louisiana by his single mother. Shopping at the dollar store was their norm and she's still known to use duct tape to fix things. Single mom's do what single mom's do.

Me? I came from an upper middle class childhood where we bought new shoes and matching outfits before every vacation. Our house had lights on dimmers and real tile floors. When the time came, I was extremely fortunate to have two college funds to propel me into the education I wanted.

When Aaron and I came together, I realized that his money wasn't going to be big enough to hold me. I had to get really real about my standards, my needs, and my desires, and so began the process of what I like to call: *the money work*.

It's not that I wanted money for money's sake. It's that I wanted a life filled with ease of travel, adventure, play, and creative possibility. It's that I wanted the best for my son, and I wanted to take excellent care of our health and wellbeing. I also had a rebellious streak and an aversion to authority.

After my college fund was tapped, at around the same time Aaron and I were married, I thought for some reason, that the money would *just keep coming*, and when it

didn't, I was faced with my own naivety: that I knew nothing about making money or managing money, aside from showing up to my job for a regular paycheck.

I became obsessed with any headline I read that said: Financial freedom, location freedom, or time freedom. I was starving for change and devoured every book I could get my hands on, so I could figure out how to break free.

First came the hard work of admitting to myself that I was a complete financial trainwreck— a walking liability. A dependent. A grown person who had to call her Dad for help buying a plane ticket, because she booked a trip that she really didn't have the money for in the first place, *again*.

Then came the harder work of discovering exactly why I was that way in the first place. What in my life had led me to this place? Why couldn't I afford my own monthly cell phone bill? Why was I plagued with anxiety and fear when it came to my day to day interactions with money? And how could I change it all?

My real rock bottom happened on the side of the highway at a rinky gas station in Mississippi. Aaron, my three month old son and I, were stranded, with no money to buy the gas we needed, to cross the border into Louisiana.

No money. Empty tank. Credit cards maxed out. As per usual, we were waiting on a deposit to clear my account. We were both tired and hungry after an almost twenty four hour drive. What the hell was there to do?

My first move was to tear the car apart to search for money, that deep down, I already knew wasn't there. My next move was to walk the perimeter of the parking lot to look for money on the ground. Maybe someone had dropped a few dollars somewhere. Head down, with an infant wrapped across my chest, I scoured the entire lot three times over.

Wasn't I supposed to have it together by now? A tiny human was depending on *me*. There was no way I could call home for help, I was too ashamed of myself. Inside I was kicking and screaming: I will not call. I will not call. I can't call.

After picking up a few broken bottles, with the hope that maybe some miracle money or a message directly from God would be inside, I went back to the car to talk to Aaron, who was about to call his Dad.

After convincing him *not* to call, we mustered up the courage to ask random people who were stopping at the gas station for money. I had *never* asked a stranger for money in my life. Oh how my every cell revolted!

An old ambulance pulled up and a man and woman got out, and headed into the convenience store. Aaron approached them and explained our predicament, only to be met with avoidant eye contact and quiet rejection. It happened, again and again. One guy gave us three dollars, and I started to lose it.

Finally, I got back in the car with a plan. We had this nice GPS and I decided to try and sell it. I walked straight into the store, and approached a truck driver at the coffee pot. “Hi, would you be interested in buying this GPS for just forty dollars? We ran out of money, and don’t have enough to make it to our destination in Louisiana.”

The man took it from me and began to inspect it carefully. While he was thinking hard, another hand reached out from the left to hand me a twenty dollar bill, and then another man who overheard, reached out to hand me a few folded bills. I burst into tears, knowing it was enough to get us to Louisiana. Outside the store, another man asked us if we had enough money to get dinner. Despite saying we were okay, he handed me forty dollars.

Thank You, God, for the good people of Mississippi who took care of us that day. I sobbed uncontrollably for the next forty minutes as we drove toward New Orleans.

Never again, I resolved. That was my moment of promising myself, my family, and my future, that I would get my act together, and learn how to have an empowering relationship with money, no matter what it took.

I’d like to ask you a question:

Where are you still trying to deny what you *really* want?

All those years leading up to my rock bottom, I wanted more money (and a better relationship with money) but I didn’t know it was *okay* to want that. I thought that the pursuit of money was bad, and made me worldly. Read as: less spiritual, and more materialistic.

What is it that you *really* want in your life, that you've been pushing out of the picture, because deep down you feel it's not *okay* to want it? How would you like your own relationship with money to look and feel?

Are you content with your monthly income? Are you fulfilled by your work? Are you excited by your life, or is there something calling you? Do you want to upgrade your home, the way you travel, or the way you take care of your health? Do you want to create enough money so you can take a few months off at a time? There's no shame in that kind of creativity (and we'll talk about this in depth later).

Before we go any further, it's time to decide. Are you ready to take 100% responsibility for your financial reality and your life as it is in this moment? If you are, put your hand on your heart and say it outloud: I Am Ready.

It's tough, but it's oh so liberating. Because here's the truth: *nobody* is coming to save you. Not now, not ever. Nobody can save you from the consciousness that you are, nobody can save you from the lessons you signed up for. You're here to learn them.

If someone *were* coming to save you, they'd be keeping you small — keeping you from handling it yourself. You're the lock *and* key, you're the answer to your own prayer.

Within the following pages, you're going to discover the processes and perspective shifts that have helped me, and my clients, powerfully shift their own money relationships, from fear, anxiety, avoidance, and not enough, to empowerment, awareness, and feel-good interactions.

My recommendation is to go deep with this material, as deep as you can. Be sure to complete the journal prompts at the end of each chapter, and be sure to walk through the exercises provided. They're designed with one thing in mind: your new money reality.