

# Healing your relationship with money



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What do you feel when you think about money?

Do you experience relief or excitement—or shame, guilt, and dread?

Money is much more than currency—it’s a mirror of our deepest beliefs and emotions. It lives not just in our wallets, but in our nervous systems, carrying the weight of old stories. If you’ve ever been uncomfortable splitting a dinner bill, panicked at a bank statement, or worried about a mortgage payment, you know the emotional grip money can have. Our relationship with money profoundly impacts our well-being, yet many of us struggle to make peace with it. Powerful tools like Family Constellations, Neuro-Linguistic Programming (NLP), and hypnotherapy help us explore this relationship through psychological and emotional lenses—transforming how money flows in our lives.

Our experience with money is shaped by unconscious patterns and beliefs—often formed in childhood or inherited from our ancestors. Many people struggle financially not because of a lack of opportunity or effort, but because of old emotional patterns and deeply rooted beliefs. These “limiting beliefs” about money are negative, subconscious assumptions that hinder our ability to attract or manage wealth. These might include beliefs such as “money is the root of all evil,” “rich people are greedy,” or “it’s hard to earn money.”

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Beliefs about ourselves, our worth, and what we must do to be loved or valued, that stem from family patterns and societal conditioning, can limit our financial potential. For instance, many equate their self-worth with their wealth, asking “How much are you worth?” instead of “How much money do you have?” This conflation creates a trap: we won’t allow

ourselves more money than we believe we deserve. A surprising number of people chase money to compensate for low self-worth, but it never fills the void. Money can’t make you feel more worthy, nor can its absence diminish your intrinsic value. Yet, a lack of money often highlights where we feel undeserving, amplifying feelings of inadequacy or fear.

The perception of worthiness is a significant barrier to financial prosperity. Many of us subconsciously cap our abundance, believing we don’t deserve more. This self-imposed limit can show up as under-earning, overspending, or avoiding financial planning altogether. Recognizing and overcoming this internal obstacle is key to unlocking greater wealth. When we value ourselves, we spend in alignment with our priorities, ask for fair compensation, give without depletion, and receive without guilt—fostering healthier connections with others and with ourselves.



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Family Constellations uncover ancestral wounds around money, revealing inherited beliefs or traumas that shape our financial behaviors. For example, a family history of scarcity—perhaps a grandparent’s experience of poverty or famine—might manifest in chronic under-earning or a fear of financial risk. By acknowledging and resolving these ancestral patterns, we release their hold on us and create space for new possibilities.

NLP (Neuro-Linguistic Programming) offers a transformative approach to personal development, helping individuals reprogram their minds and update old beliefs using the subconscious language of the brain. When applied to financial difficulties, NLP helps revise both conscious and subconscious patterns so that you can naturally begin to attract and manage more of what you want.

Hypnotherapy supports this transformation by accessing the subconscious, where hidden blocks reside. Through guided relaxation, visualization, and personalized suggestions, it helps uncover and shift these blocks. For instance, beliefs like “Making money is selfish” or “I’m just not good with money” can be replaced with empowering affirmations such as “I am worthy of financial success” and “I trust myself to make wise financial decisions.”

Healing our money story enhances our health and well-being by fostering a less stressful, more empowered relationship with finances. Family Constellations, NLP, and hypnotherapy support lasting progress by reinforcing behaviors that build confidence and clarity. As financial anxiety fades, you may notice reduced mental strain, better sleep, and more energy for personal growth. Instead of fear-driven choices, you’ll invest in your well-being—through healthier habits, self-care, or pursuing meaningful goals—and experience joy in your financial journey.

Over time, what once felt like a struggle becomes a source of empowerment, dissolving old blocks and welcoming prosperity with an open heart. This journey of self-discovery not only transforms how we handle money but also strengthens our sense of self-worth, creating a ripple effect that reduces stress and enhances vitality in every area of life.

To find out more about how Family Constellations, NLP, and Coaching can change your life,  
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I host a **Healing Clinic** with my fellow Healing Collective Practitioners every Monday evening at 6:00pm.  
**Inner Path Yoga Center** on Commercial Street in Nevada City, CA.  
*Donation \$20 ☯ All are welcome!*