



THE  
DUALITY  
OF  
BEING

**PERSPECTIVES FROM  
MULTIDIMENSIONAL TRAVEL**

SUSAN NICHOLAS, MD

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*For Michelle and Ninfa*



## CHAPTER 12

# Money

During my childhood, there never seemed to be enough money, and happy feelings surrounding money were largely absent. Money was commonly lacking, and no one that I knew had much of it. I used to earn \$2 a week in allowance during the late 1970s. I always thought this cash was very precious despite my habit of spending it on my favorite little red Swedish fish candy. I had to do numerous chores to earn that money, and it had long held negative connotations for me. Both of my parents worked full-time jobs and yet they still did not bring in enough income to raise a family of five children comfortably. As I look back on my life, riches never flowed freely to me. I acquired capital through tireless efforts spanning most days and nights. Growing up poor is a common reason why many people hold onto limiting beliefs surrounding money for their entire lifetime.

Limiting beliefs can include ideas like *Money does not grow on trees* or *There is never enough money*. In circumstances of scarcity, we embody feelings of fear, worry or even shame around the idea of money. If we want more money but have underlying beliefs related to lack, these beliefs can prevent us from acquiring wealth. Money, like all things on Earth, is a form of energy. It is a construct we have created to signify wealth, and it often

carries the energy signature of abundance. When we have negative emotions or feelings about money, we express the energy of lack and do not attract the higher frequency possibilities that provide abundant resources. Releasing limiting beliefs about money is like releasing any other heavy, negative emotion. That energy of lack must be transmuted into the higher-frequency feelings of worthiness and self-confidence if we are to attract greater means or higher incomes. You must have the same confidence in yourself that you have in the Universe's capacity to provide if you are to transcend the money construct entirely. The universal energy is an infinite and intelligent one that feels your true emotional resonance. You must have implicit confidence in yourself to break through the lifelong limiting beliefs and patterns of past thinking with their related emotions. Having faith in yourself begins with accepting that you are enough, just as you are, and that abundance is your divine right.

Have you ever looked at your bank account balance only to feel fear or a sense of panic? This fear comes from the mind's belief that you will not be able to pay a bill or make ends meet at the end of the month. As human beings, we give our power to money and ignore entirely that the power of creation is within us. Telling you that money is yet another illusion of the third dimension doesn't remove the fear of embarrassment or failure associated with not having enough. Our financial system creates annoying consequences and headaches when there is not enough money. Many people feel frustrated with money because it does not seem to flow consistently or at the right times. There may be more month at the end of your money. Someone who owes you money could fail to come through with it on time, or unplanned expenses can cause grief. The sudden need to repair a computer

or a car may disturb the balance of your fragile finances. These circumstances feel very real when you are going through them making the situations appear out of your control.

When the money doesn't add up, there is an imbalance. Money problems are a result of internal energetic imbalances where we say we need more but harbor the dense energy of lack at the same time. Everything must balance. Any gross asymmetry in life will need to move toward correction. Restoring financial equilibrium requires changing your energy signal when it comes to money. When dense, negative feelings emerge from your heart center or solar plexus in response to thoughts about finances, you must ask your higher self why you feel this way. Your heart center may be radiating feelings of frustration or hate in response to a critical capital situation. The solar plexus, which sits in the center of your body just below the rib cage, may generate the feeling of doom that pains you in the pit of your stomach, perhaps causing you to lose your appetite in the face of financial stress. Your mind will give you a hundred justifications and tell you that it is foolish even to ask, but you need to clarify with your higher self what precisely is going on inside of you. Why is the pain so deep and why are the patterns repeating themselves?

Throughout my life, I would experience feast or famine patterns surrounding money. I would have gainful employment only to be laid off or have an employer who couldn't pay me regularly. I often found myself in precarious financial situations and never believed I was well compensated. I felt insecure financially and couldn't figure out why repeatedly, I was experiencing unstable work scenarios. I would become angry and frustrated, and at times wished that money didn't exist at all. When I looked

back on these situations, my initial thoughts were that I was unlucky or cursed in some way. I always felt terrible about myself during difficult financial times too. I perceived the situations as happening to me and believed that I did not have any control over my predicament. I didn't realize that my feelings were dictating the financial scenarios I experienced in life and that I was giving my power away to money.

To get to the root of your feelings about money, you must be honest with yourself. Many money imbalances are rooted in childhood experiences where you believe you are not enough or are undeserving. The emotions surrounding money issues that you grew up with are still within you unless you have actively cleared them. Limiting beliefs like *I don't deserve more money* may be surviving in the deepest recesses of the soul. You must fully release those limiting beliefs to reclaim your energy.

The next time you feel stressed about money, hold the stressed feeling in awareness and ask yourself from where it is coming. Reveal the origin of the dense feelings using your higher voice. Feel the pounding of your heart. If it is pounding with anxiety, breathe through the discomfort, holding your attention on your breath. Narrow your thoughts to just two words: in and out. The purpose of focusing on the breath is to consciously move past the heavy feelings and replace them with a sense of calm.

Once you are calm, tell yourself that you are remembering and now releasing the memories and beliefs surrounding money that is holding you back. At this moment, ask the higher self what you can do to alleviate the situation. In a relaxed manner, you can also begin to create affirmations to assist you should these feeling arise again. For example, you might say to yourself

“I am more powerful than any situation presented to me” or “I am in control of how I react in all financial situations.” Make a habit of writing down your affirmations and rehearse them until they are automatic. Remind yourself as many times as necessary that *I am ok* and that *The money construct does not dictate my survival*. If your bank balance is creating discomfort, look at your bank account balance with gratitude, no matter what the number is. Tell yourself that the current amount is only temporary on your journey toward abundance. Each step you take to change your feeling and reactions surrounding money moves you forward along the path of conscious awareness.

Stay aware of how your feelings are changing during the introspective process. As you reconcile a belief and release it, replace it with a new, higher frequency understanding about money, such as knowing *Money is a form of energy*, and *There is more than enough money in the world to go around*. Reaffirm that all your needs are met with speed and grace. Ask the Universe to surprise you with its infinite possibilities to serve you. Always remember who you are. You are a child of God, eternally connected to the Source of all that *is*. You have an inalienable right to happiness and abundance.

Without a doubt, money can be a difficult construct to overcome. Living in a world where everything cost, we have created a need for cash to secure our physical survival. I needed an Ah-ha moment to conquer the money construct. When I thought back on the other human constructs, they were relatively more natural to let go of than the money construct. Race, for example, was easy to release because I knew I was a child of the Source, just as we all are, regardless of my skin color or gender. I knew I wasn't less capable or less intelligent because of my physical

body. Race never really made sense to me so letting it go during my awakening was effortless.

Religion wasn't too difficult for me to release either because I never found the answer to what ailed my soul from any religious teaching or institution. My questions never answered, my soul purpose never revealed. Once I found I could trust and rely on my higher self, I no longer needed religion to comfort or explain things to me. Conscious awareness wholly dissolved the religious construct for me.

Regarding linear time, the idea of a time construct was a mere abstraction to me until I began traveling out-of-body. It wasn't until writing this manuscript that I truly conceptualized all of perceived time converging on a single moment we call *now*. After that, releasing the time construct was not difficult.

The money construct, however, had been elaborately intertwined in my physical being, yielding control over my emotions and well-being. At times I have been powerless in its wake, feeling high or low depending on its abundance or lack in my presence. Knowing money is a construct was not enough. Understanding that a lack of funds was related to my childhood beliefs of unworthiness was still not enough to release the hold the money construct had on me. You see, overcoming limiting beliefs is not intellectual. It is not just about knowing, it is about feeling.

I searched my soul for the roots I would someday pull to release this illusionary, thorny entanglement. Then it occurred to me, how I could remain vibrationally high when my funds were low. How to not panic in the face of uncertainty. I finally understood how to release the money construct forever.

In several worldly economies, we are taught to value net

worth. We are versed in saving money, investing, and responsible spending. The social commentary that boasts celebrity net worth and anecdotal tales of bankrupt millionaires inundates our news cycle. We are often confused when someone who is financially prosperous loses all his money, becomes depressed, or intoxicated with drugs. The confusion persists because we attach financial net worth to happiness and our self-worth, despite these things being unrelated. As a society, we emotionally connect our net worth to our self-esteem. Thereby, when we don't have money, we feel small and unimportant. On the contrary, in the presence of sufficient wealth, we tend to feel energized and empowered. In this paradigm, we can never indeed be financially free.

A person is not financially free if when destitute, he feels insignificant, no more so than when rich, he feels superior. Understandably, we will have different feelings in situations of plenty and lack. However, no amount of money can ever define the self-worth of a perfect human-being connected to the Source of all that *is*. You may feel upset in a given situation, but to feel down on yourself due to finances keeps you from realizing your prize. If your emotions about yourself fluctuate depending on money, you are not yet financially free. In a situation of financial lack, we must remember that the way we feel inside is the frequency we resonate out to the Universe. The language of the Universe is the frequency of our feelings. When we feel bad about ourselves, we cannot overcome financial lack because we resonate a low frequency related to the belief that we are not enough. When the Universe picks up on your frequency of lack, it returns earthly circumstances that appear equally inadequate.

We must resonate the highest confidence in ourselves,

irrespective of a bank account balance or financial situation, to achieve economic freedom. Real financial freedom is being emotionally free of the trappings of the money construct. Having self-confidence comes from knowing without a shadow of a doubt that you are enough and the power to create your abundance lies within you, and always has.

I overcame the illusion of the money construct when I realized that I could feel great inside regardless of my financial statements. I practiced being calm and confident in every funding situation knowing within me that the Universe fully supports me and that I am resourceful enough to support myself. Before my conscious awakening, I believed an employer had to pay me my worth and that I could not create it myself. In that mindset, I never felt that I received my fair value. When I finally woke up, I realized those financial patterns I had experienced were due to my belief that I was not capable or deserving enough to have what I wanted. I needed to embrace the fact that the power to earn and to live a life that I loved was always inside of me.

Every person born onto the Earth has a gift. We all have something miraculous within us that is designed to sustain us in life. We have also collectively created a money construct. In this paradigm, each of our innate gifts can be monetized to create financial wealth and overall abundance in life. Life challenges each of us to uncover our unique gift through the process of introspection. Once we find our true purpose, we realize that we never have to do long or hard work to create wealth and abundance. In the vibrational place of intention and awareness, the opportunity to entirely disconnect self-worth from financial net worth arises.

On my conscious journey, I learned to awaken myself during

those times that I would reflexively feel worthless by acknowledging my internal resistance to energy flow. It was those heavy feelings that was holding me back from my abundance. You see, thoughts are powerful, but emotions are even more so because it is your feelings that project into the universal substrate creating earthly scenarios and physical manifestations. The Universe hears the frequency of your feelings and provides for you accordingly. My Ah-ha moment was when I realized I could transform the low-frequency emotions of lack and worthlessness into the higher-frequency feelings of self-confidence and gratitude. I had to reprogram my thinking to learn to feel grateful for all that life was showing me. I finally realized that my physical reality was only a mirror of my internal feelings and beliefs. If I perceived something wrong with the unfolding of my reality, then I had to correct my emotional, vibrational state to see any meaningful changes in my physical existence. By saying to myself that I am infinitely more significant than any circumstance Earth-school can show me, that I decide how I react and feel around money, and that I am enough, was my energetic release. I now know that no person or thing can make me feel any way I do not want to feel. I am now confident in the higher order universal law of manifestation.

As you awaken to the myth of the money construct, repeat affirmations as many times as necessary to reprogram your thinking and feelings. You will begin to notice that feelings will continue to arise within you until they no longer need to be felt. Feelings no longer need to be felt once they transform through understanding and conscious awareness. Interrupt every dense feeling and behavior that no longer serves you or the Universe with conscious awareness. Notice how you begin to feel. Old,

troublesome scenarios now have little to no effect on you. Know that the universal law is infinite and perfect. It is up to each of us to trust and then harness it to reveal our highest potential.

## **The Illusion**

Money in our society today consists of pieces of paper, pressed metals, and electronic currencies. Money is not real. It is a form of exchange humans created to assign a value to the things we want to trade. It is an elaborate delusion that, in abundance, symbolizes wealth and prosperity.

When it comes to money, know that you never have to worry about it. Worrying is always a choice. Whatever the situation, you can decide to worry about it or not. The circumstance remains as it is either way. It is how you feel about the situation that ultimately transforms it. Ask yourself how or where you can get the money you need. Ask from your heart what you should do. Listen to your inner voice. The true self will communicate with you through your heart center, and it is all-knowing.

It sounds simplistic to say, “Don’t worry” or “Let go of limiting thoughts.” Does the mere act letting go of limiting thoughts pay the bills? No, of course not. Collectively we have created a lifestyle that costs. Nothing that the Earth willingly provides us is free anymore in our modern civilization. It is not that releasing dense energy pays the bills. It is the openings that are created by releasing heavy feelings that will bring in new possibilities that pay the bills. When we harbor limiting beliefs, we cut ourselves off from receiving higher frequency possibilities. Do not give pieces of paper or electronic figures on a screen power over you.

## Mind The Gap

When we need money, we need it now. In the process of transforming emotions to align with the energy signature of abundance, we can feel doubt because of the seemingly slow pace of forming a new reality. This scenario is a typical example of the gap between the old patterns and the life we were living and the new frequency and patterns we are expanding toward. When the money needed does not materialize when the rent is due, for example, it is not surprising that the mind will want to panic as it relives past experiences. In a situation like this, it is helpful to exercise your power to decide how you are going to react. Instead of the tired feelings of panic that might involve avoidance, anger or fear, in its place decide to hold off on the emotional reaction, even if for just forty-eight hours. Decide that you are not going to go there emotionally this time around and suspend your usual actions for two days. In that time, imagine another outcome, something that you would love to happen instead. Tell yourself a different story, remembering the power of your thoughts and language. What could occur that would be in your highest good and the highest good of all others involved? When the rent is coming due, and the money isn't yet available, change your thinking to a best-case scenario like *I now have all the cash I need to pay my rent in- full and on-time*, remembering at every turn to remind yourself that you are enough. Elevated awareness about money will also impact your language and conversations around finances.

An exercise I like to do when I am facing an awkward conversation about money is to imagine that I am having a telepathic conversation with my landlord or boss, for example, ahead of time. It may be useful to imagine that you are speaking to the

intended person over the phone or through a live video interaction. Ask for what you need in your imagined meeting and request that it be in the highest good of both parties. Resonate the highest frequency of confidence in yourself in that moment and *believe* in yourself. Know that you are enough. When the actual conversation occurs, remember to be calm and notice how the interaction transforms before your eyes.

As you are elevating your vibrational frequency, remind yourself as often as necessary that you are more powerful than any situation and that worrying is a choice. Imagine how you will feel when you deliver the rent or mortgage payment ahead of the next due date. What would that feel like? How would you act in that reality? Whatever you can imagine, feel and do it now. Hold that feeling and begin to live in harmony with that elevated state of being. Practice this repeatedly until you feel good inside despite any limiting circumstance surrounding you. If in this process, you begin to feel fear, allow that too. Fear in the presence of expansion is a sign that you are testing the boundaries of a prior mindset that you will ultimately leave behind. Learn to use the fear as a gauge of your forward progression. If you do not feel fear, you are not living life big enough. Let the Universe pleasantly surprise you with possibilities. Use these steps to begin walking in the life that you want and love.

Admittedly, given my upbringing and negative beliefs surrounding money, this lesson was one of the most difficult to master. Changing old patterns takes persistence. It is challenging to balance the physical needs of everyday life with energetic internal balance. However, stick to the principles. Releasing the mindset of poverty is far and away the most sustainable way to attract wealth and abundance into your life. The Universe

wants to give you what you need and desire, but the universal language of abundance is the feeling of love and confidence, not the feeling of frustration or the chatter of an immature mind. The Universe hears what your heart resonates.

If you have any fear or anger in your heart associated with money, then frightening and anger-provoking situation will show up for you when it comes to financial resources. On the other hand, if your heart resonates with the vibrations of confidence and thankfulness, the Universe has no choice but to give you what you *feel* accordingly.

To effectively resonate high-frequency vibrations and feel genuinely good around money, you must align your thoughts, language, and actions. When money is in your presence, see it, acknowledge it, and offer your gratitude. Be open to cash flow in whichever way it comes that aligns with your purpose. Receiving money should feel as good as giving money. Allow money to flow to and away from you without resistance.

During my journey to overcome the money construct, I became stuck on more than one occasion. Despite doing my conscious, energetic work, I continued to feel contraction surrounding money. I would hear myself thinking that I should be careful not to spend too much money in fear that I would run out of cash. I would find myself in a constricted state holding onto my greenbacks instead of giving freely. I noticed that I would feel moved to donate to a cause only to stop myself because I believed I could not afford it. It was during these moments that I listened to a video seminar on money blocks. The message about tithing resonated deeply within me. Initially, I noticed that I felt negativity when I heard the word tithing. I examined that feeling and recognized that I held dense energy related to a church

experience I had in college decades earlier where I was forced to tithe twenty percent of my income. It felt horrible, and anytime I heard the word tithing, I would emotionally contract.

However, I realized through awareness and with the guidance of many who have traveled this path before me, that tithing could look and feel good. I remember I was at a coffee shop when I heard a message about the universal flow of money. At that moment, I looked in my wallet and found \$10 in cash. I took ten percent or \$1 and tithed to the barista in the form of a tip. I felt great and committed to tithing ten percent of my wealth in any manner I saw fit. In a single moment and with a single act, I felt a lightness within me that opened a fresh, new relationship between me and the flow of money. I realized that I needed to honor the universal law of flow that involves both freely giving and receiving to definitively elevate my vibrational frequency toward plenty.

Take a moment to create a detailed diary of your financial needs and desires. Be as specific as possible in this exercise. Do not worry about how everything will come together. That is the job of the Universe. Instead, focus your attention on the why and what of that which you are creating. Honor yourself as the master creator that you are. Finally, begin to take the forward steps toward your higher frequency goals. As you move forward toward expansion, observe the changes in your feelings toward that of lightness and acceptance. If at any time you feel stuck or sense old patterns returning, acknowledge them using your inner voice. Return to your focused breathing exercises to release the blocks that have been holding you back. Then continue forward again using your affirmations. Repeat this exercise as many times as needed to feel fully in your power regarding money. In

this exercise, remember to honor the universal flow of money too in a manner that feels most comfortable for you.

The frequency of abundance is not a belief system. It is an essential truth you must know, learn, and embrace on the ascension path. It helps to align your thinking mind with the high-vibrational resonance of the heart.

Instead of thinking that bills are a burden, see them for what they are. Invoices represent a service you need and the value and money you have agreed to in exchange for that service. Be thankful for receiving the utility, and you will happily pay the bill. Feel great when a bill is paid off. If there is a bill that is still unpaid, imagine how elated you will feel when the debt clears. Attach a high-frequency energy signature to the payment of every obligation for the valued products or services you've received.

If the dwindling balance in your bank account scares you, hold that feeling and ask your higher self the question "Why does this scare me?" What is likely to show up is something much more profound than the idea of bouncing a check. Your fear may be rooted in feelings of inadequacy or shame. Perhaps you have a lingering sense of not being good enough or residual thoughts of being irresponsible with money held within your energetic matrix. No matter what the painful or stifling money belief is for you, allow yourself to feel it. You must first acknowledge any stagnant feelings you are still holding onto regarding money before they can be released.

Reclaim the power you give to money. Verifiable power resides only within you. Forgive yourself and let go. Breathe through your feelings and observe the changes in the energy surrounding your heart. Allow the fear to dissipate entirely. Any

time a similar feeling arises again, repeat the process of letting go. You may be clearing dense energy related to money and worth from many lifetimes ago.

Do not be ashamed of carrying emotional baggage related to money and don't hide from it. Facing what is holding you back allows you to move forward. American society doesn't openly speak about personal finances. It is a taboo subject in our culture. Many people do not know the financial status of their spouses, for example. Parents will not always share their financial journeys with their children, and vice versa.

The secrecy around money makes it even more imposing to release limiting emotions because it is socially acceptable to hold everything in, pretending to have it all together. I had to clear numerous money issues before I felt a measurable shift in my forty-sixth year of life. I didn't realize how much negative energy I had to release when it came to money until I traveled out of my body and experienced a money exchange.

During a soul flight, I happened to be in a busy marketplace in what appeared to be a foreign landscape. It felt like I was in a place like Marrakesh, bustling, dusty, and dry. I went to buy something with U.S. dollars from a street vendor who gave me change in a strange currency that reminded me of Monopoly money. Instead of the symbols of the dollar bill, the "fake money" had symbols on it that looked like logos from foreign cigarette companies. As I looked down at the money to count my change, I instantly felt enraged.

I stormed back to the vendor with fighting words at the ready. That merchant duped me, I thought. As I approached, the shopkeeper looked curiously calm, and I would go as far to say amused. I moved to strike her, surprising even myself. I

had never behaved this way before. I felt anger boiling inside of me. However, just as suddenly as I went to strike her, I abruptly stopped myself. I had realized this was another test of my energetic frequency. Ethereal wolves weren't chasing me as I had experienced in other dimensions, but I was openly challenged with my concept of money, its power, and my value. I knew I had to release the dense energy attached to me.

Our monetary system is a confusing and highly sophisticated barter system. We exchange goods and services for fancy pieces of paper or metals—or even more abstractly, mere numbers on an electronic interface. The value of money is not more than an agreed-upon consensus. In many of the higher dimensions, there is no use for money as more evolved beings have transcended the money construct entirely. In some less-developed cultures still existing on Earth today, money is not a fluid concept.

The value of a dollar is no more than its consensus value. To a person earning a dollar a day, the dollar is valuable. To another person making a thousand dollars a day, the worth of that same dollar is negligible. The world has collectively designed a monetary system in which we all participate. It is not in our essence to exist in a state of lack. To operate harmoniously within the confines of the system we created, we must work toward energetic balancing.

The money construct is nothing to be feared. It is not unlike the value of any resource the Earth readily provides. We are entitled to it but trust that you are fully supported in this life with or without money. If things do not work out the way you expect, this too is okay. Don't give up on claiming your birthright. The Universe is showing you something about your inner self that you must transmute when money does not show up on time or flow

freely to you. You see, financial lack is never about the actual money, it is about an energetic frequency resonating within you.

Most people want more than enough money. Having more than enough satisfies the mind so that it does not worry. Desiring more than enough money is perfectly fine. However, understand that abundance requires a dynamic internal balance. Feeling greedy for wanting more money than you need, for example, is a limiting belief. You must release the underlying feelings associated with greed to have fluid resources. If there are religious beliefs involving feelings of selfishness or guilt, you must transform those beliefs too. Elevating your frequency requires you to reclaim all of your energy.

You cannot vibrate at the energetic frequency of gratitude and abundance if you are still holding on to stifling religious beliefs or restrictive beliefs about yourself. Limiting beliefs cannot hang on for the ride. They must be released. Many of us still live in survival mode, working to pay our bills and survive. We are barely getting by. Throughout life, we look for financial support from others seeking to receive all the money we need with ease. If all the money we needed were merely given to us time after time, we would not be inspired to do the emotional work required to elevate our vibrational frequency. Thereby, we would always need a bailout, and that would not be sustainable. You must expand yourself beyond survival by doing the work of introspection to hold the frequency of abundance.

Expansion of your consciousness and the raising of your frequency regarding money can look like buying quality foods if you have been in the habit of buying the cheapest instead of what is healthiest for you and your family. Tell yourself that you are worth it and that you deserve what is best for you.

Expansion can look like trusting in yourself when you previously have doubted yourself. Trust that your guides, guardians, your higher self, and Source fully support you. If you are living in substandard conditions, there is room for growth to bring up your standard of living. To do so, you must first know that it is possible for you. You must look inside yourself to find the imbalance that has put you in a challenging living situation and do the work of correcting that energetic imbalance. The outer world will transform following the fundamental inner shift because you'll be open to receive more possibilities.

Many people choose their careers based on the pay they expect to earn. In your case, have you placed greater emphasis on collecting a paycheck than doing work aligned with your soul purpose? Expansion can also look like doing a job that contributes to your happiness and fulfillment. You expand when you understand a paycheck is not the primary reason for doing something. When you do purposeful work, wealth and abundance show up because you are performing an undertaking brimming with passion. You will be energized, radiating love and light. It bears pointing out that abundance is not limited to cash alone. If you think lots of money is the definition of wealth, you are in for a pleasant surprise.

Wherever there is room for expansion in your life, bravely leap forward. An emotional breakthrough, like equilibrium, does not happen overnight. Balancing is a process. However, as you move toward equilibrium and expansion, momentum will set in, accelerating the pace of your forward movement in ways you previously would not have thought possible. There is no order of difficulty for the Universe to provide anything at all. Everything is possible as you acclimate to the frequency of love.

As you journey into consciousness, you will understand that financial security is an illusion. Feeling secure in the presence of a growing bank account is false security. Feeling insecure in the face of an empty bank account is a response to false danger and fear. In either situation, you have more faith in the illusion than you have in yourself. Genuine security comes from trusting in yourself in times of greatest uncertainty. It is only the mind that is satisfied with a large bank balance. Large amounts of money give it a break from worrying about the immediate future.

We can be sure of this principle because we know that money cannot buy happiness; it cannot satisfy the soul. Money in the absence of joy becomes worthless and corrupt. What is most important about incarnated life is to have experiences that allow you to feel unconditional love and happiness. Money can facilitate fun experiences and ease the mind's chatter, but life isn't about the accumulation of capital. It is about love.

Like time, the money construct is an illusion of the third dimension. The very survival of the world's financial institutions relies on our continued belief in the construct. Money is not an inherent need for existence. Therefore, it should not possess absolute power. Money is merely a means of exchange. The Earth provides everything needed to survive in great abundance and always has. The monetary system does not exist where human beings do not. Notice that all other life forms on the planet have lived in bountiful numbers over many ages without using any currency. Humans are no different from animals in our ability to stay alive and have fulfilling life experiences in the absence of money.

The truth is that money only solves financial problems which are self-created. It does not heal the soul. The accumula-

tion of capital is not the same as the accumulation of abundance. Money is just one resource on the wealth continuum, whereas abundance encompasses all resources, including happiness, contentment, relationships, and experiences. When you raise your frequency to love prosperously, an ample flow of money will be just one of the many things you attract into your life.

The vibration of abundance resonates from the heart center to bring you excellent health, love, relationships, fulfillment, and joy in all aspects of your life.

# About the Author

**Susan Nicholas, M.D., M.B.A.,** is the founder of the Human Consciousness Consortium. She is the author of *The Duality of Being* and a series of illustrated, conscious children's books. She is a Reiki energy healer, conscious life coach, and public speaker on topics of consciousness for



SusanNicholas.org. Dr. Nicholas is a former clinical fellow in Cardiothoracic Surgery at Stanford University and General Surgery resident and research fellow at UCSF Medical Center. Susan is a graduate of the University of Iowa College of Medicine (2001) and earned an Executive MBA from Emory University Goizueta Business School (2009). After graduating from business school, Dr. Nicholas founded a healthcare company and worked as a healthcare equity investment analyst. Susan began her career as a pharmacokinetics chemist at Mylan Pharmaceuticals. She is a French language and culture enthusiast, enjoys organic baking, running, swimming, and playing the violin.

Susan lives in Atlanta, Georgia, with her son.

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*In love and light,*

**Susan Nicholas, MD**