



Dear AOM Community,

You're probably hip to this by now, but it bears emphasizing: Shifting our relationship with money isn't a one-and-done event. It's a process. An ongoing dance. *A practice.*

Baby step by baby step, tiny tweak and small adjustment and conscious micro-shift at a time, we create a new, more aware and embodied and empowered relationship with money.

This is how to create sustainable change -- instead of the flash in the pan, illusory kind of change that doesn't really stick.

Unfortunately, it's tragically easy to overlook these tiny (but oh-so-important!) steps. That's why I'm such a big fan of regularly pausing to look back on all you've accomplished. This keeps you motivated and in touch with the ever-shifting, ever-deepening reality of your relationship with money.

Recently, Forest and I had a 24-hour Money Date where we celebrated our progress *and* identified more tiny tweaks to make in our money life.

It's all outlined in [this brand-new article](#), along with a fuller explanation of what I mean by ongoing fine-tuning, how to do Money Dates, and examples of

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baby steps worth honoring. I hope this inspires you to do some celebrating of your own!

Aaaaand here's a powerful example of the honoring, fine-tuning, and monumental baby-stepping I'm talking about, straight from one of our dear AOM members:



The Art of Money course has been a steady and deep journey of financial transformation over three years for me.

The first year, I ended up staying in Money Healing and did months and months of somatic therapy just so I could feel my feelings sufficiently to do the body check-ins. Lots of childhood trauma finally got shifted too...

Over my second year, I was able to do the full course each month by taking baby steps. That year, I finally got a full range of data from my money practices and both my emergency fund and safety net fund back in place. This was a great relief following financial devastation due to divorce, then

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redundancy, underemployment and falling off the housing ladder between 2010-2014.

In this, my third, Art of Money year I have:

- Dealt with both my elderly parents' financial affairs, having been asked by them to take on their financial Powers of Attorney. I've sorted out their financial problems, some of which have roots going back 52 years ago. My mother is now financially stable, thanks to mine and my sister's efforts, and my father is safely in a good nursing home having care we can afford. We finally found the proof of what we had always suspected, that my father had spent and gambled all his income, while we had grown up living on my mum's school teacher income. I found managing their affairs so much more straightforward thanks to the AoM course. Having to deal with my parents' finances brought up Everything... and I body-checked and consciously money-dated my way through every stage of sorting out their matters.*
- Sorted out my income levels and saved sufficiently to have a range of very basic options to consider for my next steps, including a possible longer term savings/investment commitment and possibly taking on a mortgage again. I found exactly the right expertise, advice and understanding of my situation amongst the Transformation Assistants on the course and have taken every opportunity to get advice from and do some additional work separately with them.*
- Appointed an accountant so that my limited company accounts are filed*

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and the tax office has been given my position Yes, in my third AoM year, I have also interviewed and appointed an accountant, brought my small teaching business out of dormancy, as well as working in full-time, demanding employment. There was a small, planned-for loss in my business due to start-up overheads and no tax to pay. And I have also just paid my accountant's fees having already saved the funds for this.

– Saved up to go on a holiday with my honey and to buy a small special gift for his 60th birthday next month. I am finally with a good life partner, with whom I can have conversations about money without there being any power issues or drama, who pays his half of the household overheads and who also saves his own money for his own future.

I would not have been able to go so far financially and personally over the past 3 years had it not been for the learning on this course, including all the contributions from the AoM community, which I've leant on, not just learnt in, these past few years.

It has truly been a healing journey, which will continue. There are still a couple of hurdles and challenges to overcome, but I am looking forward to exploring the next phase with curiosity and openness, and an emerging sense of optimism about what future might bring.

~ Sarah Jane Williamson

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I'm so touched by the depth of Sarah Jane's share, which beautifully illustrates the kind of incremental progress I'm talking about.

We're not after quick fixes, here — but deep, sustainable change. This is all part of the dance. Keep dancing, my friends. With all the awareness and honesty and love and courage you can muster. Keep going.

This is the real work.

Got baby steps to celebrate? Share them in our Facebook group!

Being witnessed and celebrated by others can be so powerful and healing -- for you *and* for those witnessing you!

Yours in the dance,

XO
Bari