



**Neil Urquhart: Shift Your Body, Shift Your Finances: Rewiring Your Relationship to Money**



Neil Urquhart is an international coach and trainer with a third degree black belt in Aikido. This talk is an invitation to explore how to develop a healthy relationship with money in times of uncertainty. Neil's aim is to awaken awareness of past conditioning around money and how it affects one's present relationship to money through numerous embodiment practices.

**TOP EMBODIMENT TIP:** "We are what we repeatedly do, as Aristotle said, so start building a healthy expression in each of those quadrants using the elemental model: fire, earth, air and water."

Connection Between Embodiment and Money

- "Money can be quite a triggering topic. It can bring up issues around security and can bring up fears and worries"
- Through simply taking a breath, we can calm us when coming into money issues or challenges.

Reaction to Destruction of Money

- We may think we are blasé about money but we are not - the effects of money are felt in our body
- Relaxing into our centre, softening our jaw and relaxing results in a different feeling in the body about money

Money in your Past, Present and Future

- Exploring these through various embodiment practices:
- **The Past:** Remembering how money was treated as you grew up, what the expressions around money were
- **The Present:** Exploring different amounts of what you could now earn and how this affects you bodily
- **The Future:** "Einstein's definition of insanity is to keep doing the same things and expecting different results. So what is it that you need to change in your relationship to your money and your finances?"

The Four Elements & Four Types of People in Relationship to Money

- 1. People who are status spenders = **Money as Power = Fire Element**
- 2. People who are secure savers = **Money as Security = Earth Element**
- 3. People who see money as freedom = **Money as Freedom = Air Element**
- 4. People who are generous in giving to themselves and others = **Money as Generosity = Water Element**

Neil offered some embodiment practices for under emphasis or over emphasis of these elements to practice.

Resources

- ❖ **Website:** [neilurquhart.com](http://neilurquhart.com)
- ❖ **Courses:** [Embodied Facilitator Course](#)



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