

10 Ways of the Sex and Money Connection

By Amy Jo Goddard

Sex and money are undeniably two of the most potent forces in our lives.

They are the two things many people struggle with most in life, and the two things that when people break through, can change our lives more magically and more completely than nearly anything else.

There are 10 Key Ways Sex and Money are Connected:

1. **Taboo:** both are taboo and secret for a lot of people, two of the biggest taboos there are. They are hard to talk about for many people, which is a good way to stay stuck!
2. **Desire:** Both sex and money are naturally rooted in desire and attraction-- "Sexual Chakra." Desire is what moves us towards more of our life
3. **Giving and Receiving:** How much sex and money we have and our fulfillment in both is directly related to the way we give and receive
4. **Energy Exchange:** They are the two biggest ways we exchange energy every day – think "life force energy"
5. **Expansion:** Sex and money are the energy of expansion. Both allow us to expand & to expand the world: be bigger, experience more energy in our life, more abundance, more pleasure, more joy & more fulfillment
6. **Relationships:** Sex is about relationship to self and to others. Money is about relationship: it comes *through* people (not *from* them) Relationship strongly connects us both sexually and financially
7. **Self-Esteem:** When either sex or money is shut down it can result in low-energy, depression, desperation, low self-esteem, fear, worry or frustration. Conversely, when we feel good about them both, it invigorates us with confidence, fulfillment and happiness
8. **Core Wounds:** We have many core wounds about self-worth that are firmly rooted in both sex and money. Most people have felt shame about both.
9. **Dreams & Risk-Taking:** To experience the most potential in sex and money, you must set strong boundaries, dream, think outside of the box, explore and take risks. They help us realize our dreams!
10. **Interconnection:** Both affect and are rooted not in one part of our being, but in multiple parts: Physical, Emotional, Social & Spiritual

AND BONUS! There's one more:

11. Spiritual Transformation: The journeys to fulfillment & empowerment in Sex and Money are Spiritual journeys, that lead to the BIGGEST transformations in your life

Sex impacts our bottom line.

It affects our financial life...not like tit for tat, like you have more sex, you get more money...yet it shows up in ways we often do not realize or expect.

Here is how sex impacts your money life and how it shows up for Business Owners in particular:

-Not taking care of yourself sexually will bleed into not taking care of yourself financially. Yet, most people have never been told you should take care of yourself sexually.

-It's false to think you can neglect either sex or money in favor of the other. This is a false choice and eventually, the energy will leak somewhere, usually when you least expect it. If you are ignoring your sexuality, or pushing it down, the energy you use to do that and emotions around it will eventually impact the flow of money in your life, since both money and sexual energy are meant to flow. Same with money.

-When you are not getting your needs met sexually and are not experiencing pleasure and connectedness in your life, resentments come up and your work/business/relationships feel it. Do you want to be expressing an energy of resentment and disconnection with your clients, family and friends? Do you think that helps you in sales or to get the raise you want? In signing the new client? Nope.

-Oftentimes, there is a quiet desire to be taken care of. You want to be saved. You don't want to have to deal with sales or the money part. You want to shine your light, but you don't want to fully take responsibility for your business, career and your financial well-being. I call this the "Business Damsel". It's that part of yourself that wants to be saved and doesn't really believe you can do it yourself. It probably shows up in sex too. You don't take responsibility for your own orgasms and pleasure. You think it's your partner's job and you want to be saved there too.

-The reality of building a business is very stressful for most people. If you are building a business and are in a relationship and you don't feel supported by your partner or your sex life suffers because you are neglecting your partner, they will resent your business and not support you in the way you need to be supported in order to be a success.

--If you are not in a relationship and you are building a business, you need to nurture your own sexual power in order to have the energy, desire and drive to keep going. You will have to take responsibility for yourself in a totally different way.

Remember, sexual energy is creative energy. It's the same energy you use to create your business, your programs, your art, your music, your family, your community, and to bring your ideas into form. It's another expression of the womb, the creative center. When you work on one it will impact the other.

Trust the process of your own self-development and growth to guide you to the abundance and beauty you want. It's critical to bring the things that most challenge us out of shadow and into the light. The returns for addressing your relationship with both sex and money are endless—they cut to the core of who you are and why you are here. This is not superficial stuff. It's potent, rich, expansive and life-changing. It's about deeper connection with yourself and in your life. You are here to live an abundant life full of creativity and value. That starts here.

Want to learn more about sex and money? Dive deeper in my popular course that has helped so many people break through: [Going All The Way with Sex and Money](#)

I hope this was helpful to you!

With love,

A handwritten signature in cursive script, appearing to read "Amy Jo".