



Money blessings

Keen to overcome a financial blockage in her life, **Emily Anderson** enlists the skills of goddess coach **Laura Berridge** and her multifaceted workshop

Why choose an abundance workshop?

I've read *The Secret*, been to a cosmic ordering workshop by the late author Bärbel Mohr, and practised daily gratitude, affirmations and meditations for abundance. But I still never seem to have any money. It does feel like I have a block when it comes to abundance, so I'm keen to do anything that helps straighten out my finances.

What's the philosophy behind it?

The four-hour, one-to-one workshop is run by 'goddess coach' Laura Berridge at her home in West Hampstead, London. She reveals that we'll be calling on a little divine help.

'The goddess Lakshmi is the kindest and most benevolent of all the Hindu goddesses and brings beauty and abundance,' Laura explains. 'She's the goddess to call upon to heal the separation we've been experiencing between the spiritual and material world, and she helps us manifest our talents.'

Lakshmi is always shown with four arms, each representing a different area of a fulfilling life. If you get all these aspects of your



Four-armed Hindu goddess Lakshmi

life sorted, universal abundance will come your way. The Dharma arm represents our unique life purpose; Artha is for the support we need to fulfil this; Kama is experiencing the joy of being alive and connected to our feelings, our bodies and nature; and Moksha is about gaining enlightenment and liberation from our suffering, and experiencing love.

During a workshop, Laura examines these areas to uncover what might be blocking your path to abundance. Then she uses her knowledge of astrology, life coaching, Aura-Soma colour therapy and goddess energy to guide you towards possible paths to financial security.



Do you have to do any preparation?

Three weeks before the workshop, Laura emails me an in-depth questionnaire. She asks me what

I think of rich people, which habits I have that might stop me achieving sustainable abundance, and how it would make me feel to live a more prosperous life.

Even thinking these things over seems to lead to shifts in

my life. Within days, I get an email inviting me to a meeting that could boost my career and my finances.

What does the workshop involve?

Relaxing on a chaise longue in Laura's high-ceilinged front room, we talk about what I hope to get out of the session. I tell her that I want to find a way to bring about a decent, sustainable income.

Having given Laura my date and time of birth, she explains that my

astrological chart reveals my life purpose – to share the truth of life as a spiritual woman. We go through ways I can do this, including getting a blog going, which I've been meaning to do properly for more than a year.

'If you give generously of your dharma through your blog, sharing your wisdom and experience, then money will come back to you in other ways,' Laura explains. This is just the encouragement I need right now.

For more insight into my current

money issues and to see what other areas need addressing, Laura asks me to choose three cards from her goddess oracle. The ones I select tell me I need to break away from my fear of authority, stay creative and be attuned to a new opportunity that will come my way.

How does the colour therapy work?

Laura has 105 Aura-Soma equilibrium bottles lined up on her shelves. Created by herbalist and pharmacist Vicky Wall in 1984, Aura-Soma is a system that helps you gain a better understanding of yourself through the energies of colour. Each equilibrium bottle contains two differently coloured fractions. The top is essential oils, natural colouring and crystal energies, and the bottom is water, herbal extracts and crystal energies. The colour combination you're most drawn to reveals more about you and your life.

Instantly I pick out a bright purple and red one, which turns out to be called 'head in heaven, feet on earth'.

Laura tells me that it represents transformation: seeing the bigger vision of your life, living from the heart, and communicating change from the feminine

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perspective. 'You need to fine-tune your perception of your skill set, so you know how to gain mastery of the material world,' she says. It makes me realise that if I appreciate what I can do, I'll be aware of my own worth and will project that to other people.

Laura asks me to pick another bottle. This time I choose a red one, with a dusky pink on the bottom. This is called 'Artemis', which Laura tells me is all about awakening to the power of love and taking an empowered female message into the world.

'Artemis is the goddess who stands up for women,' she says. 'She's about independence and energy. The pink is the softer



The coloured Aura-Soma bottles can suggest which lessons you need to learn

feminine side, bringing balance to the world.' The universe really is trying to tell me something – speak out truthfully to achieve abundance.

What did you learn from your session?

One moment of real enlightenment comes while we're exploring Lakshmi's Kama arm, which is all about enjoying being alive. Laura asks me to work out what I'd spend on myself if I had another £800 a month, after all my bills and family expenses were paid. It feels amazing to think of all the things I could do with that extra money – have a regular massage, do weekly yoga classes and swimming sessions and buy new clothes. By the end, I can see myself skipping out the door to yoga, feeling light and free and happy.

'Let's sit and breathe in that feeling,' says Laura. As we sit in happy silence, the room lights up with a warm glow as the clouds part and sunshine beams in through the window. Even the noise of workmen hammering

away outside soon subsides, and a calmness seems to fill the room.

'Wow,' Laura says after a few minutes. 'Did you feel that stillness and grace enter the room then?'

A shift in perception really has occurred, and all through the power of the mind and belief in things changing. I just need to keep that positive energy and intention going.

So what happens next?

My homework is to work on doing at least three things to look after myself – setting up regular massage



The session also includes a head massage

sessions, taking afternoon naps and doing a weekly yoga class. I also have to follow up some of Laura's ideas for earning a sustainable income by writing about spirituality. In a few weeks, we'll have a 30-minute chat on the phone or Skype to discuss some of my goals. It's reassuring to know I get to talk to Laura again and that her support will continue.

How would you rate the experience?

Before I went, I couldn't imagine how we'd fill four hours, but it went so fast. The whole session was challenging and fascinating, and it felt wonderful to focus on what I really want to happen in my life – and to have the chance to experience Laura's insight, inspiration and guidance.

Soon afterwards, a writer got in touch out of the blue to ask me to edit her spiritual novel. I've also had a great follow-up chat with Laura, and her suggestions of more career leads for me to follow have filled me with energy and positivity. All I can say is, watch this piggy bank! ■



Laura works with goddess oracle cards

Emily's choice of cards clarifies her direction