

In the pain lies the gold
Carl Jung (1959)

Financial Resonance (FR) vs Personal Resonance (RF)

Steward summary:

RF = your **personal** baseline. **FR** = how **money moves** around you (ease, timing, coherence). They're two dials. Aim for **alignment**; act differently when they diverge.

Quick definitions (plain)

- **RF (personal resonance):** Your steady state—capacity, clarity, ethics.
- **FR (financial resonance):** The feel of money flows—**ease** (no drama), **timing** (on time), **coherence** (values-aligned), **stability** (few surprises).

Read it in 60 seconds

- **High FR feels like:** payments arrive on time, gifts/inflows feel natural, purchases are drama-free, money talk is calm.
- **Low FR feels like:** delays, surprise expenses, pressure, pushy deals, “need” energy.

The 3 checks (today/this week)

1. **RF band check:** Is your BR in the right band for the planned move?
2. **FR ease test (last 7 days):** 0–1 frictions (late payment, surprise bill, stressed ask) = **Easy**; 2–3 = **Mixed**; 4+ = **Noisy**.

3. **Integrity test:** Would you do this at the **same price** even if no one saw? (Yes = aligned.)

Traffic light (money moves)

- **GREEN:** RF in band + FR easy + integrity yes → proceed.
- **AMBER:** Any 1 off → smaller move, clearer terms, add buffer.
- **RED:** 2–3 off → wait; stabilize RF; clean leaks; revisit terms.

The 2×2 (what to do when they diverge)

	FR High (money is easy)	FR Low (money is noisy)
RF High (you're steady)	Plant & scale gently. Open small windows, fund service, set dignified pricing, build reserves.	Patient build. Keep offers small/clean, clear leaks (subscriptions, unclear favors), align pricing, invite 1–2 right-fit patrons.
RF Low (you're wobbly)	Do not over-commit. Park windfalls in buffers, say no to big deals, focus on care & congruence.	Cocoon. Basics only, pause launches, repair trust & systems, rest.

Leak check (5 common places)

Auto-charges you don't use • rescuing with money • vague "exchanges" • under-pricing from fear • saying yes when your gut says no.

Micro-ritual (15s)

*"I align money with truth.
I receive with clarity and give without leakage."*

Life. Understood.

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What to jot down (1 line)

Week • FR ease: easy/mixed/noisy • RF band • Integrity: yes/maybe/no • Action: go/smaller/wait

Analyst Notes (optional)

- Simple **FR Index (0–100)** idea: start at 100, subtract 10 per friction event (late payment, pressured ask, surprise expense), 5 per terms-change, add 5 per effortless gift. Keep it directional, not “exact.”