



From Pieces to Peace

## "Object" Balance - My Bank

Why I haven't thought about doing this before today is beyond me, but I guess it's one of those "better late than never" or "you weren't ready until today" sort of things.

Regardless, here's what transpired: when emailing a client this morning about the "Cash" Balance, I mentioned that we could do the balance outside of her bank so she could deposit the cash right back into her account, saving her a return trip. At that moment I thought why not do an "Object" Balance while she is parked in her car looking at her bank. Perhaps her lack of money flow is connected to her feelings/association with her bank. I finished the email and got ready to leave to go to my bank to do this balance for myself. *I've been having issues with my bank - what I would consider poor/frustrating customer service, long lines, infrequent deposits (God bless PayPal), etc. Perhaps I'm out of balance with my bank - ya' think!*

Something told me I didn't have to go to the bank, I could visualize, feel, and experience the bank well enough without having to actually be there. So, I just sat back in my chair and muscle tested.

I was weak for every one of these: imagining driving up to the bank, looking at the bank from across the street, walking up to the bank, standing in line, and talking with the teller. I was weak when I said Wells Fargo (my bank). I decided to muscle test other banks; perhaps it's just Wells Fargo (I heard several of you say, "Yes".) I was weak to all of the banks I could think of except two banks I used as a young adult; one doesn't even exist anymore and the other goes by a different name.

During the balance I imagined walking into every Wells Fargo that I've ever been in and depositing money at each teller line. I also imagined driving up to each drive-thru. Then I had the thought that I would have so much cash and checks that I would need to use a money bag and have to go through the commercial teller lines; but of course...so I imagined doing that as well.

Near the end of the balance I could feel myself smiling, nodding my head, and I was actually talking out-loud, having a pleasant conversation with each of the tellers. (Since I've been complaining about Wells Fargo lately I know this is different!)

I now muscle test strong when I say Wells Fargo, and all of the other banks' names. I also muscle test strong while imagining every bank situation and location. This feels so fantastic!

Call or email if you'd like to do this balance too - Jessica