



THE FINANCIAL REVERSAL PROTOCOL™

Identify the 5 energetic patterns behind a repeating money ceiling and use The Helix Method® to begin recalibrating the one that's active for you.

A practical energetic reset for entrepreneurs, founders and visionaries who know strategy isn't the whole story.

Welcome

I'm so glad you're here.

If you've downloaded this guide, there's a good chance you've noticed a financial pattern that doesn't seem to make complete logical sense.

Perhaps your revenue keeps returning to the same level.

Perhaps money comes in beautifully and then seems to flow straight back out.

Perhaps you know what the next business move is, but something in you keeps hesitating.

Or maybe you've already created considerable success, yet the next level feels strangely harder to access than it “should.”



That's what we're going to explore here.

Because sometimes the question isn't:

“What strategy am I missing?”

It's:

“What part of me isn't yet aligned with where I say I want to go?”

Inside this guide, I'll introduce you to the **Five Financial Energy Reversals** I work with through The Helix Method®:

Safety. Identity. Deservedness. Possibility. Willingness.

You'll identify which may be active around your current financial pattern, use energy testing to explore it, and work through a simple recalibration process.

Allow around 10–15 minutes to read the guide, then give yourself another 15–20 minutes to work through the protocol without rushing.

You don't need to “fix” your entire financial life today.

We're looking for one pattern.

One layer.

One shift.

Let's begin.

Why Success Can Have an Invisible Ceiling

Every new season of business asks something different of us.

More visibility.

More responsibility.

More capital.

More leadership.

More receiving.

More uncertainty.

More willingness to become someone we haven't fully been before.

And you don't enter that next season as a blank slate.

You bring your beliefs, identity, emotional history, nervous-system responses, expectations and energetic patterns with you.

I often describe this as your **human wifi**.

It's the internal magnetic signal you're continually operating from.

You can consciously want a bigger business, greater wealth or a completely different way of living while another part of your system is still organised around an old experience, identity or expectation.

This is where we can experience what I call an **energy reversal**. These can be created when we experience trauma, or something our system doesn't yet have a coping mechanism for.

Rather than every part of you moving towards the same outcome, something is pulling in the opposite direction.

And that can show up as:

- knowing what to do but repeatedly delaying it
- expanding and then contracting
- difficulty receiving or holding more money
- repeatedly returning to the same income level
- overworking when growth increases
- underpricing despite increased expertise

- feeling unusually uncomfortable around visibility or success
- seeing the opportunity but not taking the action
- telling yourself you want change while continuing to recreate the familiar

This doesn't mean there is something wrong with you.

Often these patterns made sense in an earlier context.

The question is whether they're still aligned with where you're going now.

The Five Financial Energy Reversals™

These reversals can affect the way we relate to making, receiving, holding, investing, protecting, spending and circulating money.

You may recognise yourself in more than one.

For today, we're looking for the one that feels most relevant to the financial pattern you want to change.

I. The Safety Reversal

“Part of me doesn't experience this next level as safe.”

Expansion involves uncertainty.

Even when you consciously want something, your system may associate it with pressure, overwork, loss, responsibility, visibility or a previous difficult experience.

You might notice:

“More money will mean more pressure.”

“If the business grows, I'll lose my freedom.”

“I don't want to go through what happened last time again.”

Or perhaps your body simply contracts when you think about the next level.

The Safety Reversal asks:

Does some part of me believe staying where I am is safer than expanding?

2. The Identity Reversal

“This conflicts with who I've learned to be.”

Sometimes the ceiling isn't about money itself.

It's about identity.

Inside The Helix Method®, I pay particular attention to four upper-limit fears:

Fear of being fundamentally flawed

This can show up as over-analysis, excessive preparation, underpricing or waiting until everything is perfect.

Fear of disloyalty

Expansion can feel as though you're leaving someone behind or becoming too different from the people you love.

Fear that success brings a bigger burden

You want growth, but associate growth with more work, more responsibility and less life.

Fear of outshining

You make yourself slightly smaller, quieter or less visible because being fully expressed feels socially uncomfortable.

The Identity Reversal asks:

Would creating this result require me to become someone part of me isn't yet comfortable being?

3. The Deservedness Reversal

“Am I fully available to receive and hold this?”

You may be excellent at generating money while finding it harder to hold it.

Or you may notice discomfort around receiving more than you're used to.

Deservedness isn't simply a conscious thought of “I'm worthy.”

It can show up in the standards you tolerate, the prices you're comfortable naming, the amount of money you allow yourself to retain, or what happens emotionally when you exceed your familiar financial set point.

The Deservedness Reversal asks:

What happens inside me when I imagine actually receiving and keeping more?

4. The Possibility Reversal

“Do I genuinely believe another outcome is available?”

This often appears after you've been looking at the same numbers or experiencing the same pattern for a long time.

The mind starts writing the future from the past.

“This is just what my business makes.”

“This market won't support that.”

“People like me don't create results like that.”

Possibility doesn't mean ignoring reality or abandoning sound financial judgement.

It means noticing when your previous experience has quietly become the limit of what you're willing to imagine.

The Possibility Reversal asks:

Have I mistaken what has happened before for what is possible next?

5. The Willingness Reversal

“Am I actually willing to change what creating this may require?”

This one is fascinating.

You may believe the result is possible.

You may feel deserving of it.

You may even feel safe having it.

But are you willing to change?

Your offer.

Your pricing.

Your leadership.

Your schedule.

Your team.

Your relationship with visibility.

Your business model.

Your habits.

Your identity.

Willingness is where a desired future meets real-world movement.

The Willingness Reversal asks:

What am I asking reality to change while internally insisting that I remain exactly the same?

Before You Begin: Choose One Pattern

Don't try to work on "money."

Make it specific.

Complete these two sentences:

My current repeating pattern is:

For example:

My business repeatedly returns to around the same annual revenue, even when I change strategy.

What I want instead is:

For example:

I want to feel confident growing beyond this level while retaining more money for investing, assets and the life I want to create.

Now we're going to explore what's underneath it.

The Helix Method® Financial Reversal Protocol

For this guide, we'll move through six stages:

Connect → Identify → Decode → Recalibrate → Ask → Act

Step 1: Connect With Your Higher Self

Before testing, we reduce some of the mental noise and create an intention of alignment of your Higher Self, Conscious mind and Subconscious mind.

Close your eyes.

Bring your attention to your breath.

Breathe in for **4**.

Hold for **4**.

Breathe out for **8**.

Repeat this three times.

Then bring your attention to your Soul Star Chakra, approximately 18 inches above your head, which within my work we use as the energetic gateway to the Akashic Records.

Say:

Speaking to all levels of my consciousness I am setting the intention that in the name of divine truth, love and light let all information come from my higher self and be in alignment with my divine truth for my highest good and the highest good of all. I am creating a clear channel of communication and manifestation between my subconscious, conscious and higher self so that they are 100% connected and in perfect alignment and all working towards my highest path and purpose.

Take another slow breath.

Step 2: Identify What's Active

We're now going to use the **Sway Technique**.

Stand comfortably with your feet around hip-width apart and your knees relaxed.

Close your eyes.

Say a simple statement aloud and notice the natural movement of your body.

Within this practice, a gentle movement forward is generally interpreted as **yes** and backwards as **no**.

If you remain completely rigid or experience unusual circular movement, this is usually an **energy reversal**.

You may also notice a somatic response as your consciousness communicates through your body and energy. Pay attention to what you feel: pressure changes, heat, yawning, memories, emotions, images or anything else that arises.

Start with:

“ I have an energy reversal connected with [your financial pattern].”

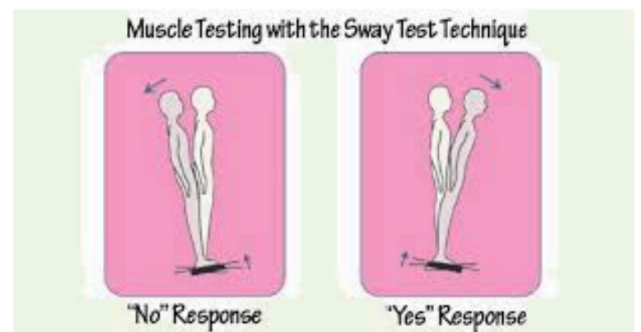
Then explore the five categories:

Safety

“I have a safety energy reversal connected with this pattern.”

Identity

“I have an identity energy reversal connected with this pattern.”



Deservedness

“I have a deservedness energy reversal connected with this pattern.”

Possibility

“I have a possibility energy reversal connected with this pattern.”

Willingness

“I have a willingness energy reversal connected with this pattern.”

Notice both the sway response **and what happens inside you.**

Does an emotion arise?

A memory?

An image?

A person?

A physical sensation?

A sentence you've heard yourself say a hundred times?

This is valuable information being revealed to you.

Which energy reversal did you get a YES to, or go round and round or stay rigid like a plank on?

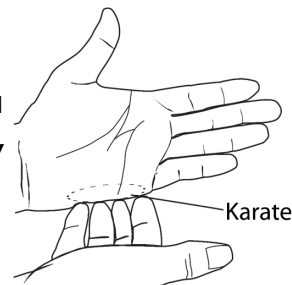
Step 3: Conscious Decoding

Now we're going to work with the reversal you've identified.

Bring your heart into coherence by breathing in grace and love and intend for the energy to release as you breathe out, take a few nice deep breaths in for 4 and out for 4 as you let this go.

I say the first one out loud, followed by the second two internally.
The script is as follows. Say...

As you say the phrase, tap on the karate-chop tapping point as you work through the statement. This helps to clear the energy reversal.



Breathe slowly.

Then say:

I am ready to release this [safety/ identity/ deservingness/ possibility/ willingness energy reversal], across all dimensions and levels of my consciousness.

Breathe.

I am ready to release this [safety/ identity/ deservingness/ possibility/ willingness energy reversal], across all dimensions and levels of my consciousness.

Notice.

I am ready to release this [safety/ identity/ deservingness/ possibility/ willingness energy reversal], across all dimensions and levels of my consciousness.

You're creating awareness and giving your system a different instruction.

Step 4: Create Aligned Coherence

Now we move from what you're releasing into what you're choosing.

Bring your attention to your heart.

Breathe slowly in for **4** and out for **4**.

Think of something or someone that brings up a genuine feeling of love, gratitude or appreciation.

When you feel settled, choose the statement that corresponds to the reversal you've just worked with. Say your statement once aloud and twice internally.

Safety

I am the kind of person who can feel safe, calm and resourced as my revenue grows, I allow this across all dimensions and levels of consciousness.

I am the kind of person who can feel safe, calm and resourced as my revenue grows, I allow this across all dimensions and levels of consciousness.

I am the kind of person who can feel safe, calm and resourced as my revenue grows, I allow this across all dimensions and levels of consciousness.

Identity

I give myself permission to become the version of me capable of creating and holding my next level, I allow this across all dimensions and levels of consciousness.

I give myself permission to become the version of me capable of creating and holding my next level, I allow this across all dimensions and levels of consciousness.

I give myself permission to become the version of me capable of creating and holding my next level, I allow this across all dimensions and levels of consciousness.

Deservedness

I allow myself to receive, hold and steward more money with integrity, I allow this across all dimensions and levels of consciousness.

I allow myself to receive, hold and steward more money with integrity, I allow this across all dimensions and levels of consciousness.

I allow myself to receive, hold and steward more money with integrity, I allow this across all dimensions and levels of consciousness.

Possibility

I am open to possibilities beyond what my previous experience has shown me, I allow this across all dimensions and levels of consciousness.

I am open to possibilities beyond what my previous experience has shown me, I allow this across all dimensions and levels of consciousness.

I am open to possibilities beyond what my previous experience has shown me, I allow this across all dimensions and levels of consciousness.

Willingness

I am willing to make the changes that are aligned with the wealth, impact and life I am creating, I allow this across all dimensions and levels of consciousness.

I am willing to make the changes that are aligned with the wealth, impact and life I am creating, I allow this across all dimensions and levels of consciousness.

I am willing to make the changes that are aligned with the wealth, impact and life I am creating, I allow this across all dimensions and levels of consciousness.

Then sit with it for a moment.

Step 5: Live in the Energy of the Question

We've created a higher frequency, and from this place we move into one of my favourite practices: **Living in the Energy of the Question.**

We create from the questions we ask ourselves, so let's ask the question as though it has already happened. Allow yourself to feel it. Ask from curiosity and awe.

“How am I now financially free?”

Don't rush to answer intellectually.

Ask.

Breathe.

Then go about your day.

Notice what arises.

An idea.

A conversation.

A piece of information.

A decision you've been avoiding.

An intuitive nudge.

An opportunity.

Write down anything that feels meaningful.

Step 6: Take One Aligned Action

Energetic work isn't a substitute for action.

It's there to change **the place you're taking action from**.

So ask yourself:

What is one practical action I can take today that matches the version of me I'm choosing to become?

What ideas came through, or came through during the day - make a note and take action on this!

It might be:

calling the person whose name just popped in.

sending the proposal.

raising the price.

looking properly at your numbers.

having the conversation.

making the investment decision.

ending something you've outgrown.

creating the new offer.

following up.

holding the money instead of immediately spending it.

asking for expert financial advice.

Doing one thing differently is how an internal shift starts becoming a lived one.

What Did You Discover?

Take two minutes and complete this:

The financial pattern I came in with was:

The reversal I identified was:

What I noticed underneath it was:

The new belief / frequency / identity I'm practising is:

My aligned action is:

That's your recalibration, in the here and now.

A Note on the Akashic Records

You don't need a complete understanding of the Akashic Records to use this guide.

Within my work, I understand the Akashic Field as a multidimensional field of information and consciousness that surrounds and permeates us. Your personal Akashic Record is the energetic architecture of your Soul, through which we can explore patterns, identity, possibility and Higher Self guidance.

The simplest way to think about it here is this:

When you are energy testing with the Sway Technique, you're identifying what is imprinted within a layer of your energy field, in your Akashic Record that is influencing your current reality.

Higher Self and Akashic work helps us orient towards who we're becoming next.

The Helix Method® brings those two directions together.

This Is the Beginning, Not Another Thing to Perfect

You may have identified one energy reversal immediately.

You may have discovered several.

Or the most useful thing may simply have been noticing the story your mind, body or identity has attached to your next financial level.

That's enough for today.

The goal isn't to spend your life searching for what's wrong with you.

It's to become increasingly skilled at noticing when different parts of you are pulling in different directions and bringing yourself back into alignment.

That's part of what I mean by creating **Life Above the Ceiling**.

Ready to Go Deeper?

If this work resonated, this is exactly the kind of energetic practice we explore inside **The Visionarium™ my Energetic Success Studio**.

The difference is that inside The Visionarium, you're not left wondering:

Am I testing this accurately?

What's underneath the first layer I found?

How do I work with this when it shows up differently next month?

How do I keep my energy aligned as the vision gets bigger?

You have somewhere to practise.

Inside you'll find:

2 Live Energetic Sessions each month, including Meridian Calibrations, Akashic Records + Assemblage Point Activations.

The Visionarium Vault, with masterclasses and activations you can return to on demand.

A high-calibre community for connection, collaboration and expansion.

And ongoing opportunities to strengthen your energetic alignment, intuition and ability to create beyond the success you've already built.

This isn't about needing to be “fixed.”

It's about having a place to keep becoming an energetic match for the life you're creating.

[**\[Join The Visionarium™ →\]**](#)

Come for the bigger vision. Stay for the recalibration.

What Members Are Experiencing

INCREASED REVENUE CONFIDENCE

“Within days of joining I experienced a tangible energetic shift. I set the intention to call in \$5K and received over \$4,300. The speed and ease with which it flowed in gave me the confidence that I absolutely could.”

Brigitte | Business Owner

LEADERSHIP IDENTITY UPGRADE

“I feel there's a shift in my identity and I no longer see things as hard. I just do what I have to do. I'm super grateful to see myself embodying the next level of me.”

Josette | Business Owner

SPIRITUAL + FINANCIAL GROWTH

“The Visionarium gives me the tools and support to grow and transform in ways I never expected. Have I made more money? Yes. Have I grown spiritually? Definitely yes.”

Sam | Author & Speaker

Individual experiences are personal and aren't a guarantee of financial results.

Meet Louisa Havers



Louisa Havers is the founder of The Helix Method® and works with entrepreneurs and leaders at the intersection of energy psychology, Higher Self consciousness, Akashic Records and identity.

With two decades of leadership, business and energy-psychology experience, her work helps people explore the unseen patterns affecting how they lead, create, receive and expand so their inner world can become increasingly aligned with the life and business they're creating.

Dream Bigger. Create That Reality.

Lead with love, together we rise.

[**\[Join The Visionarium™ →\]**](#)

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