A Note Before You Scroll

I want to say something about this page before you read it.

In our culture, money is one of the last great taboos. We'll talk about almost anything before we'll talk honestly about finances - what we have, what we don't, what we fear, what we owe, what we've inherited. That silence doesn't protect us. It isolates us. It lets financial anxiety do its work in the dark, which is exactly where it does its worst damage.

And financial anxiety is real, pervasive, and deeply underacknowledged as part of the chronic illness experience. When your body is already hard work, money stress doesn't just add weight - it shapes your nervous system, your inflammation, your access to care, your sense of what's possible for you. It is a social determinant of health in the most literal sense. We are going to face that together, directly, without collapsing it into something simpler than it is.

The scale itself becomes an orienting tool. When financial anxiety is running, our nervous systems will lie to us - catastrophizing scarcity that isn't there, or dissociating from abundance we haven't let ourselves acknowledge. Sitting with these tier descriptions and asking yourself honestly where you land is a moment to drop in beneath that noise and see your actual reality clearly. Not what fear says, not what shame says - what's actually true. That capacity to orient ourselves accurately, to know what is real even when our nervous system is telling a different story, is one of the foundational skills of healing.

This sliding scale isn't just a pricing structure. It's a therapeutic tool. It asks you to look honestly at your financial reality - not just your income, but your context, your safety nets, your history, your obligations. That kind of honest accounting is itself a healing practice in a culture that has taught us to either hide our abundance or be ashamed of our need.

I know both sides of this from the inside.

I came to this work as a poor stay-at-home mother with a neurodiverse child and a partner who teaches. I know what it is to calculate whether care is possible. I know the particular exhaustion of navigating a body that needs things in a system that makes those things expensive. I know financial anxiety not as an abstraction but as a texture of daily life.

Then my partner's family passed, and we found ourselves - suddenly, unexpectedly, without having sought it - on the other side of that equation. That shift didn't resolve the complexity. In some ways it deepened it. What do you do with resources you didn't earn in a world full of people who need them? What does integrity look like from this side?

My mentors Dave and Lena have been teaching me about gift economy for years - the idea that resources move most healthily when they flow toward need, that abundance held tightly becomes stagnant, that generosity isn't charity but participation in a living system. The plants teach this too. A forest doesn't hoard. Nutrients move through mycorrhizal networks toward where they're needed. The whole system is healthier for it.

We have made a commitment in our household to live on what we need and be strategic and intentional about passing along the rest. This model is one expression of that commitment.

Right relationship - and I mean this in the Indigenous sense of the concept, not as a purity framework or moral achievement - isn't a destination. It's an ongoing practice of reweaving ourselves into the web of things. Of recognizing that our financial lives don't happen in isolation any more than our bodies do. Of moving from transaction toward reciprocity.

That's what this page is an invitation into.

Read slowly. Be honest with yourself. And if something about this brings up complexity or discomfort - that's not a problem to solve before you proceed. That's the work beginning already.