



(\$) About My Rates and the Sliding Scale! (\$)



Sliding scale \$60 - \$150



As a Black, Malay, and Indigenous femme cis-woman of mixed economic class, it is important for me to make my sessions as accessible as possible for everyone, especially those in historically marginalized communities. I aim to serve in a way that feels compassionate, respectful, spacious, and values the work we do together. Dana (the Pali word for generosity) is an important concept in the Buddhist tradition. The concept of dana informs all aspects of my practice. Learn more about Dana here:

<https://www.lionsroar.com/generositys-perfection/>

I ask all potential clients to determine where they fall on my scale, keeping in mind its purpose to make healing affordable to you, and to a broader community of people. Be compassionate with yourself and honest!



Before determining an appropriate rate, it can be helpful to take some time to acknowledge the toxic and painful culture of capitalism that we exist under, and to investigate any feelings that arise when you think about or deal with money. It's normal to feel awkward about this as money is a hard topic for many of us! It can make us feel panic, shame, scarcity, fear, vulnerability, excitement, anxiety, fulfillment, pride etc. While many of these feelings are undoubtedly rooted in a reality of not having enough money, some can also be unprocessed trauma reactions to capitalism, white supremacy, and patriarchy.



While none of us will likely have a wholly healthy relationship with money in this culture, taking the time to acknowledge and be aware of the pain, fear, joy, and power of money can be an important and liberating practice.



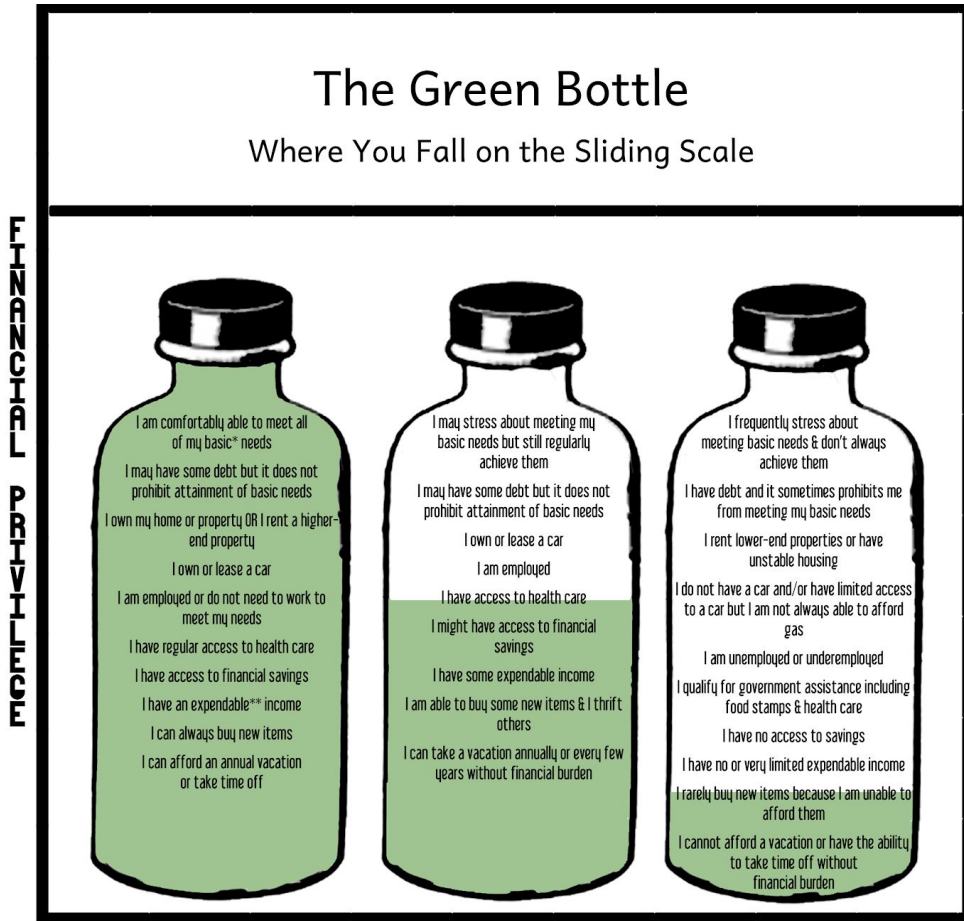
Some more concrete guidance that you can use to determine an appropriate rate is as follows:

- If you travel recreationally, own the home you live in, can afford to buy plane tickets or have a partner, parent(s), or other family members who can or do contribute to your financial or material support, or have access to family resources, have **consider paying on the higher end of the scale.**
- If you are a part of a historically oppressed group of people (Black, Indigenous, API, Latinx, gay, trans, differently abled, etc.) and cannot comfortably cover basic expenses, **consider paying on the lower end of the scale**
- If you have difficulty covering rent, food, and health insurance costs, consider paying on the lower end of the scale or contact me to discuss other payment or work trade options.

I offer several pay what you can slots per month on a priority basis. Please email me before booking if you are interested in this. If the slots are full your name will be added to a wait list.

If you are part of a historically dominant group of people (white, cis-male or -female, and heterosexual), I invite you to carefully consider the rate that you are able to pay, knowing that by offering what you are able, you are contributing to a community of healing for us all. If you have ideas on how I can improve this system please let me know! Here are two

images I like that can help you determine where you fall on the scale:



PERSONAL FINANCIAL EXPERIENCE

*BASIC NEEDS include food, housing, and transportation. **EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.

designed by Alexis J. Cunningham | www.wortsandcunning.com

How do I decide where I should land on the scale? Try this:

Scale:	Bottom	Low	Medium	High	Top
earned assets*	- Unemployed + no UI - employed marginally	- Unemployed with UI or employed marginally	- Employed, make \$25-45k	- Employed, make \$45-65k	- Employed, make over \$65k
unearned assets	- Family has no assets, or - No access to family	- Family has some assets	- Family has assets, like a house they are paying - I'm able bodied	- Family has many assets, like a paid-off house - someone else paid or pays my rent/mortgage	- Family has many assets, like investments - I have access and gave it away - someone else paid or pays my rent/mortgage
Privilege and \$\$	- Student loans and I was the first in my family to go to college - I help my family with \$	- survival credit card debt	- Student loans and most people in my family have higher education	- Student loans for professional or post-secondary education	- My college was paid for

From <https://www.ridefreefearlessmoney.com/blog/2016/05/sliding-scale-1/>

Please contact me with any questions or suggestions. I'm learning too!

