

Making Peace with Money

With Laurie LaMantia

Episode Synopsis

Date: July 14, 2009

Episode Title: **Accepting Scarcity: acknowledging what is to foster what can be.**

Episode Description:

You might be thinking...accept scarcity, are you crazy? But to be honest, don't most of us really feel poor and that there is a lack of money and financial assistance to get us through our days? We cannot change what we are not willing to accept and look at head on. So, instead of ignoring or resisting the feeling of scarcity, let's address it squarely and accept it, as it is, warts and all. Start to feel the relief that comes from accepting scarcity and feel the energy and power that is released when you stop spending tremendous energy resisting not-enough-money and redirect that energy towards empowered, abundant prosperity.

Guest Bio Information: Amy Wagner

Amy Wagner is our resident spiritual wisdom teacher. As a teacher of spiritual ideas and a facilitator of positive change, she has a deep understanding of the attracting power of consciousness, and of the ways we keep ourselves in holding patterns. She offers clear, insightful wisdom and practices that self-empower and encourage growth. Through ministry and art she explores the evolution of awareness and the emerging potentials of humankind. She teaches of the importance of being self-aware and integrated as basic keys for true success in every area of modern living.

Accepting Scarcity: Acknowledging what is to foster what can be.

Accepting scarcity – acknowledging the moose in the room

Interestingly enough, we seem to be able to discuss other people's scarcity and money issues, or the economy, but many times we are not able to look directly at what we are feeling and experiencing with respect to our money situation. And, you know it is there, because it keeps you up at night or prompts a serious fight between you and your love.

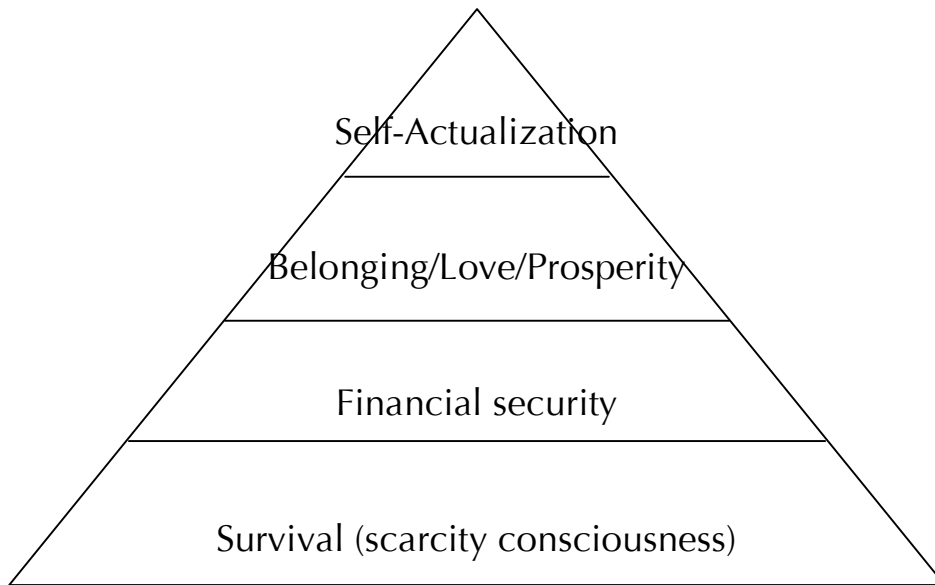
These feelings of lack and not-enoughness are the moose in the room that we all might be feeling but no one really wants to discuss or deal with. But as you know from other areas of your life, that which is denied and ignored can grow into quite a mess to deal with. Let's not let "feeling poor" grow so big it becomes a way of life.

You cannot change what you do not acknowledge is true or look at straight on.

When we accept scarcity, as it is right now, and how it is in our lives, we can take back the power it has had over us. The key is to look at it objectively, without judgment of you, blame of others or how you got here. Look at your situation with a detached eye, not with the inner critic berating and beating yourself up for the lack you might be living right now. Try not to go into feeling shame or guilt that you are experiencing what you are.

Our minds don't want to acknowledge something that makes us feel bad or we want to rush into fixing instead of acknowledging what is. But you cannot really skip steps, because the fear and lack consciousness that created this situation, the root issue, will still be there. What we are about here is pulling out the root so we can be free of it.

The Prosperity Hierarchy (as translated from Maslow's hierarchy of needs)



Cut yourself some slack; there is a strong pull of the collective consciousness of society toward scarcity.

Scarcity is a broad and vast issue in our collective society right now. And it can be infectious, seeping into our consciousness if we are not mindful. There is much going on in the larger world that can send the message of lack. Plus we have some collective beliefs that work to reinforce the feeling of lack. Darwinism (survival of the fittest), competition (there needs to be a winner and a loser – fostering fixed pie agreements) and I am sure you can name many more. But as Amy shared so wonderfully, this could be a part of a greater growth plan for humanity. We are all undergoing a bit change from the ways of the past to a new way. And chaos is usually a part of change as is change...ha-ha. But it is worth noting; in order for things to change things need to change. Normal goes, usual become unusual, what was, is no more. This can be discombobulating.

It is also an opportunity to be the prosperity leader of your life. Take back your ability to lead yourself and decide for yourself what will be true for you.

Accepting scarcity means to stop resisting what is (in the NOW moment)

Acceptance does not mean condonement or resignation. Acceptance means to stop saying no, no, no, I don't want this! And the more emotional you are, the more

resistance and energy you are pouring into exactly what you don't want. We want to drain the energy and stop pouring more in. Acceptance, *non-resistance*, is the way.

Acceptance is bringing *awareness* to what is really here and what you are experiencing. It is also a willingness to call it as it is **without judgment** because judgment creates more drama, more negative emotion and more bad feelings – all things we don't want to project into our future.

Begin by seeing your story around money.

What is your current money story? How do you feel about yourself with respect to this story? This is important because we become attached to our stories and thus keep creating more of the same. We get caught up in our story, and we love the drama of it. We tell it over and over to ourselves and to others, sometimes to any one who has an ear. And, if the story is poverty-based, we can feel fearful, overwhelmed, angry, rageful, hopeless, and helpless – all the things we discussed that are at the lower levels of the prosperity ladder.

Let the Drama Go

The story might very well create anxiety and discomfort...and what do we do? We unintentionally create more drama, which is like a giant magnet attracting more. You can tell when you have high emotion around the story or if you are telling it like you would tell of someone taking off their shoe: one story you are very emotional about – the other is just matter-of-fact. We want to get to the point where we have taken all the drama out of our less-than-ideal money story and tell it with reporter objectivity.

Remember everything is a story and therefore impermanent.

Remember the nature of a story is it is a fiction of sorts and temporary. All problems, all issues, everything in life is temporary and this too shall pass. So you can create a new story or even let the current story go or even let prosperity tell its unique story through you as you.

Tools and strategies for making peace with scarcity

❖ **TOOL: Just Breathe & Stay Present in the Now**

Take 3 deep breaths and focus on your hands or feet, rub your index finger and thumb together and observe the feeling. Focusing on something physical can bring you into the present moment. No thinking, but observing and breathing.

❖ **TOOL: Snap out of it!**

This tool is inspired by the scene in *Moonstruck* where Cher's character is pleading with Nick Cage's character to forget about them being lovers. Cher slaps Nick Cage across the face not once but twice and says, "Snap out of it". This is about seeing how we get caught in our stories, in our dramas, and sometimes we need a preverbal slap to snap us out of our mind-trip.

❖ **TOOL: Drama Drop – just say no to drama**

Yes, drama can be juicy. Who doesn't love a good story of intrigue? Save the drama for the big screen and let it go in your life, especially when it comes to replaying and reworking your stories of lack of money.

❖ **TOOL: Tom Jones**

Songs of prosperity are well worth memorizing and listening to when you are feeling lack-full. Download – *Help Yourself*. The lyrics tell you to just help yourself to the sweetest things in life that are there for you.

❖ **TOOL: Worst Case Scenario**

Ok, so what is your worst-case scenario? Get it out of your system! Come up with the worst you can imagine around poverty and write it down. Once you see it you might get some insights and new feelings around this "worst case".

❖ **TOOL: Is this *really* going to happen?**

Ask yourself the simple question around whatever aspects of your story you have been building: is this *really* going to happen?

❖ **TOOL: I know there is more than this**

Our poverty stories make us lose sight of the bigger picture and think that this is all there is for us. But this is a mistaken illusion that happens when we are telling this old story. Give yourself the feeling of relief by saying out loud and feeling in your heart: “I know there is more than this.”

❖ **TOOL: Coo chi, coo chi, coo – tickle scarcity**

This is an opportunity to change your perspective on how big scarcity is and how small you are feeling in relation to it and how much of a role you will give it. See scarcity and your money situation, as something cute and cuddly – that you, the big, powerful you, tickle under the chin and realize is just a little thang.

❖ **TOOL: Laugh at scarcity**

Laughter is the best medicine for feelings of overwhelm and despair. I heard one man healed himself of a life threatening illness by watching back-to-back comedies for several weeks and nothing else. If you can genuinely laugh at your scarcity story, it really takes the energy out of it.

❖ **TOOL: tell a new story**

Of course, one of the best things you can do is create a new money story and commit to tell it and read it whenever you feel the urge to jump into the drama of telling your old story. This not only changes your focus to what you really want it pave the way for a new future that is aligned to what you really want to experience.

❖ **TOOL: thank scarcity**

When we thank scarcity, we are being grateful that we are being shown where we are playing small and forgetting who we really are. Scarcity is an opportunity to remember, we are powerful creators connected to an unlimited source of prosperity. Yahoo, thanks scarcity for reminding me!

❖ **TOOL: No thank you!**

A simple, thanks but no thanks is very helpful to consciously disengage from the old story and feelings. “No thank you I am not going to go there again.”

❖ **TOOL - Notice scarcity quickly and move on.**

The worst thing we can do is dwell endlessly on the poverty situation we are feeling. The faster you can accept and move on the less creative energy you will be putting into creating more of the same. Notice quickly and by all means *move on* to the new story, and prosperity thoughts.

❖ **TOOL – Use the Prosperity Ladder**

The prosperity ladder tool (from another episode) is an excellent way to climb from scarcity to prosperity.

❖ **TOOL: Just the facts ma’am**

Be a reporter, reporting on your story. Be objective and state just the facts without drama, without emotion. Reporters are responsible to share the story, unbiased and without judgment. See what you learn.

❖ **TOOL: Affirmative Story**

Re-listen to the end of the radio show where Amy shares a new affirmative story and thought message for creating a new felt sense of prosperity and power.

Accepting Scarcity Summary

- ❖ Remember the collective consciousness is perpetuating scarcity: but you can unplug from it as you choose
- ❖ You cannot change what you do not accept and acknowledge
- ❖ Acceptance of scarcity is dropping the resistance to what is, right now. It is bringing *awareness* to what you are experiencing, now. It is also a willingness to call it as it is **without judgment**.
- ❖ Honest understanding of your current situation, will give rise to the ability to transform that feeling and experience from your internal wisdom.
- ❖ There are real tools you can use to make new/different choices and inspire different focus and approach.

“Live Long & Prosper” – Spock from StarTrek