

Episode 23 – Scarcity & Abundance



According to author Lynne Twist, acclaimed author, advocate, activist and visionary, there are:

Three myths of scarcity

1. "There's not enough": not enough to go around.
2. The belief that "more is better."
-And if more is always better than wherever i am must not be enough. Our culture promotes our feeling of deficiency.
3. "That's just the way it is."
-This leaves us feeling caught, trapped, hopeless and connected to the comparison. For example, "I'm not ok because I'm different. That "different" has become scarcity. If you see the other person as less than or more than, you're comparing vs. accepting.

Three Tips to Regain Reality

1. Scarcity, like Abundance, is a mindset and your reality becomes what you focus on.
 - a. Ask yourself, where am I focusing my attention?
2. You have a choice about how to relate to what is.
 - a. Ask yourself, how can I see this as an opportunity?
3. A mantra: For example: Thank you! A simple mantra of "Thank You" puts you in the present moment. The present moment is the only place your power resides. Right here and the right now. Thank you implies that something is working.
 - a. Ask yourself what is one thing that is working right now?

You can create your own mantra. A mantra that feels authentic. For example: if you're having trouble trusting a person on your team at work, you can say "Thank you for opportunity to learn to trust the people I work with".

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