

8

M O N E Y



WWW.LIVEINTHEPRESENT.CO.UK



STEP 8

MONEY

What resources do you need to do what you want to do?

Resources come in many different forms. The resources that you need will give you the power to complete. Without them you will fail.

POWER AND FUEL

To an engineer, power is simply 'the ability to do work'. All engines, cars, motors and so on are calibrated by their power, which is the amount of power they can deliver to do their task.

Without an engine, there is no power, yet without fuel, the engine will not work. All tasks at any level require power. If you want to change or succeed, you will need the power to do so. This may be emotional power, academic power, mental power, creative power, physical power, or the more material power of money. Whatever the power that you need, it is your resource.

Many of these resources you will already have, though you may not

realise it. Not only that, they may not be easily available to you right now. All of us have creative potential, intuitive insight, problem-solving capabilities, energy, enthusiasm and so on. Having the self-realisation to know that you have these abilities requires self-acceptance. The trick about self-acceptance is getting to the 'gemstone' that is the true and 'real you' buried deep within you.

Paul McKenna describes this as the 'inner person', the true gemstone that becomes buried in the 'shit' of life, or as I would say, 'your negative paradigm'. We paint the negative self with a glossy coat, like nail varnish, so that we will look clean and shiny to other people. This is gloss that we put on things to make them sound better to other people, or even to our self. We then spend the rest of our life fearing that someone will break through the nail varnish and see that we really are shitty inside.

All the time, we have forgotten about the true gemstone that is the real person, the real you.

The process of self-development, self-discovery and some forms of coaching and psychotherapy is the work to clear away the 'shit', removing the need for the nail varnish and allowing the gemstone, that is our true inner self, to shine out to the world and allow our success.

YOU ARE ALREADY A GEMSTONE YOU DO NOT NEED TO CREATE ONE

We look for the skills that we believe we need because we think that we do not have them. We try to find them in our outer self, in the nail varnish. We attend classes, read books and listen to recordings, and watch DVDs in the belief that they will give us things that we need, when all the time the reality is that we already have them. These are your qualities, talents and skills that are buried deep within you; they

are the gemstone, they are the true you.

YOU ALREADY HAVE WHAT YOU SEEK

Often, when I am running courses or therapy, the client or student will experience the ‘ah-ha’ moment. In the ‘ah-ha’ is a realisation or an understanding as an idea or concept falls into place or becomes clear. At that moment, the person has a clarity of understanding about things that they now realise they have always known. It was just that they didn’t know that they knew before that moment.

Allowing yourself to be what you truly are requires that you accept yourself. Acceptance is not only a vital key to success, it is a fundamental life skill.

WE CAN BECOME STUCK WHEN WE FAIL TO ACCEPT WHO WE ARE

SELF-LOVE

It may seem strange to see self-love (or self-appreciation) as a resource, but it is. What are you like when someone pays you a compliment? It might be for a job well done, for a skill or quality, it may be your dress sense, or the attractive part of your body, hairstyle and glasses, whatever. How do you respond?

When you are given a gift or present, are you comfortable opening it and showing your joy of acceptance to the giver? Or do you prefer to open your gifts in private and hide your responses? All compliments are gifts.

WE CAN BECOME STUCK WHEN WE REJECT GIFTS FROM OTHERS

THE LETTERBOX IN YOUR MIND

As you come to know yourself, you will realise that it is only possible to receive something if you are able to accept it. Your emotional self is like a letterbox that can only receive emotional mail when it is open. Once it closes, it does not matter what is sent to you, it will never arrive and will be 'return to sender'.

People can attempt to give you compliments, opportunities and resources of all kinds, but unless you are open to accept them, they will never arrive, they will never be yours.

When things do not turn out as we would wish, it is easy to see our inability to achieve what we desire as bad luck, though it may simply be that we are not allowing it to happen because we are either looking for the wrong thing or have become fixed in our expectations. When you keep yearning for an outcome, without allowing it to happen, it is probably because you are unable to accept the delivery that is being made to you.

MONEY AS A RESOURCE

When I ask clients and students, 'What do you really, really want?', the first response is usually financial. People have a figure in their mind, often with no idea of what they will ever do with it. This is usually a red herring because people rarely do want the money; what they want is what the money will enable them to do, get or become. The money is simply a vehicle to that end.

I have seen many occasions when people have achieved the money with no idea of what they will do with it and, despite the fact that they have become very rich, they are also very miserable. For the work that we are undertaking in this book, money is not really a good goal to consider, however money will often be a resource needed to enable

you to achieve whatever it is that you desire.

So, let us look at being able to receive money.

MONEY SHOULD BE THE PRODUCT OF SUCCESS, NOT THE OTHER WAY AROUND

Many books that deal with the ideas of self-development and fulfilment focus around the acquisition of money. The fact that money is a powerful resource cannot be disputed. However, when money becomes the singular goal in a person's life, it rarely leads to fulfilment.

Money without purpose is often meaningless. Just think of all of the lottery winners who have had a miserable time once they had their winnings and then proceeded to lose it all or give it all away, losing their relationships on the way.

USE MONEY AND SERVE PEOPLE ~~USE PEOPLE AND SERVE MONEY~~

Money may be viewed in many ways. In many situations, money equals, or is used as, power. In occupational medicine, we have a manual that attributes a monetary value to each part of your body. This is broken down into parts of a finger and works up through limbs and organs to include the entire body.

Of course, different bodies are given different values. A wage-earning male may have a greater value than a retired male, and so on. What is the value of money to you? What does it enable you to do or achieve?

MONEY

In 'Secrets of the Millionaire Mind', Harv Eker describes how we all develop a 'money blueprint' as children that we will continue to play out until we reprogramme our learning. Often, we have learned our attitude to money from watching our parents and we set the money blueprint in our paradigm to replicate what we see as normal.

The blueprint might tell us that we are allowed to earn £10-15k per annum, or it might be set to £20-25k, £30-40k, £50-100k.

How much do you think is reasonable for you to earn in a year? £500,000? £1,000,000? £10,000,000? At what point does the figure seem silly to you? At what point is it too much, is it ridiculous, or unachievable?

Ask yourself some questions here and record them in your journal. While you do this task think about the resource that money is, or could be, in your life and your aims and goals.

- » Is money a good thing or a bad thing?
- » Are people that have money good people or bad people?
- » Does money corrupt people?

What phrases did you learn as a child about money? In a negative paradigm, the phrases will be negative.

- » Do you think I'm made of money?
- » Money doesn't grow on trees
- » Money is the root of all evil
- » I haven't got a money tree
- » I'm strapped for cash
- » I'm boracic
- » I'm not Rockefeller!

Were there any positive phrases about money that you heard when you were a child?

The money blueprint that you use now was learned in your childhood. It is a part of your paradigm and will not change unless, or until, you reprogramme your attitude to acceptance. It could be that you have a positive attitude to money, and resources flow to you easily and frequently. If this is not the case, your ability to create wealth is being limited by your inner beliefs. Much of this money attitude was set in your early childhood, positive or negative. If your money blueprint is negative, you might want to do something to change it.

MONEY IS JUST ANOTHER RESOURCE

Power is often a dirty word in Britain. People in the US tend to feel easier about the accumulation of wealth. This is because the British often confuse power with domination and abuse. In most societies, in most countries, at most times, the one thing that enables anyone to do what they need to do is money. In most situations, without money we are a helpless victim to the forces around us, as is evidenced by all those on the planet who currently live in poverty and starvation.

Concepts of richness and abundance vary greatly from person to person and country to country as they simply reflect the money blueprint. Therefore, the amount of money that you need to fulfil your blueprint will vary from other people. If you look at someone's life, it is a direct readout of their blueprint, 'as above so below', as they say. Or, you can always 'tell the tree by the fruit'.

WHAT IS YOUR FINANCIAL BLUEPRINT?

Your current state of your money resource, and therefore your ability to do what you would wish to do in life, will be reflected in your financial blueprint. Just check this out and make some notes in your

journal. Harv Eker asks...

“Doing what you are doing now, how much money do you expect to earn, net, in the next twelve months?”

£ _____

Doing what you are doing now, how much money could you expect to be earning, net, in five years time?

£ _____

How does it feel when you look at your financial figures? When you started reading this book. I asked you to commit yourself to change and self-development. To change, you need to commit yourself to your success now. So, how much would you need to earn in the next twelve months and the next five years to achieve all that you would wish.

REMEMBER

When you are planning to change any aspect of your existing paradigm, the process is always the same. Thoughts lead to feelings, and feelings lead to action, action leads to results:

THOUGHTS BECOME THINGS

SO, WHAT IS RESOURCE MONEY?

It is now time to rework your paradigm blueprint in regard to money. So, what is a money blueprint? Money as both a resource and an enabler is simply another form of energy. It is no different to electricity, thermonuclear, gravity, magnetism; they all work the same

way: attraction, repulsion, generation and decay.

THE STRANGE THING ABOUT MONEY IS THAT IT DOESN'T REALLY EXIST

A TOKEN OF GOOD FAITH

The basis of money is some precious resource, usually gold. Bank notes are tokens that represent a proportion of the national wealth. The gold reserve, stored in the national bank, is the basis of money energy from the economic system. The value of the bank note in your pocket will depend on how many notes the government has printed. The more they print, the less of the gold reserve they represent. 'Quantitative easing' is when a government prints more notes, so that there is apparently more cash available in the system. However, the value of that cash is always less.

Whatever the value of a bank note, it is like a seed of energy. When we spend money, we release this energy and the energy flows around the economic system. When the energy ceases to flow or slows down, we have recession, deflation and depression. When the energy runs too fast and gets ahead of itself, we have inflation.

MONEY DOES NOT MAKE YOU HAPPY

Over the years, I have worked with many very rich people who have been as miserable as sin. There is a whole world of difference between being rich and being wealthy. Those that are wealthy are abundant in all things and that includes happiness, love, self-esteem and relationships, whatever material possessions they might have as well, and it may even include money. I have also worked with people who have material riches beyond most people's wildest dreams that live sad lives of emotional poverty and alone-ness.



**MONEY
NO
OBJECT,**

**WHERE
WOULD
YOU LIVE?**



WE LIVE IN A UNIVERSE OF LIMITLESS RESOURCE

There is, and always will be, enough of everything for everyone. Often the human problem is that we have not yet learned to share. There is enough food, there is enough water, and there is enough love, ideas, energy and so on.

HOW DO YOU EARN/ATTRACT MONEY?

We all have a relationship with money. Most people follow what they learned from their parents and then go on to do similar things to get their own money. It is like playing pass the parcel down the generations. The main ways that we obtain money are...

1: Handouts and Benefits

There will always be those in society that do not or cannot work. In a supportive society, these people will be supported under a welfare system that might include housing and food payments and sick or disability pay. These people are usually in the poverty trap and have little chance of their life ever changing unless they act to change their paradigm.

2: Inheritance

There will always be a few people who have money for nothing, passed on from a rich parent, relative or benefactor. Their ability to keep, maintain or grow this nest egg will be dependent on their paradigm. I guess this will also include those that do win the lottery.

3: The Wage Slave

It is estimated that up to 96% of the population sell their time for money. This is the common trap that most of us are in, as the ability to earn money will be limited by the amount of time an employer is prepared to employ you, and the rate that they are prepared to pay

you for your time. Wage slaves who want to increase their income tend to work extra hours, as in overtime, or take a second job in the evenings or at weekends.

4: The Investor

A few people will earn money from investing money, by using money to make money, but there are not many and of those that try, only a small percentage succeed. A lot of people will play the property game, buying and selling and doing houses up. Many people that attempt self-builds will fail and quite a few will go bankrupt.

5: The Business Leader

The people that run businesses get other people to work for them and become rich from the profits of the business, or the profits that they make from employing wage slaves. Unless this is a forward-thinking community-based company, the workers will be simply be subject to the rates of pay dictated by the job market and the company. Business people can become very rich and they can also be benevolent and charitable, as in Rowntrees, Cadburys, Levers, Quaker and so on, who built houses and developed support services for their workers and their families.

6: The Multiple Earners

There are a small percentage of people that earn a lot of money. These people have many sources of income that earn them money day and night, every day of the year. The potential to earn money in this way is only limited by the paradigm and the person's imagination. Common to this area is Internet business, offering products or services locally or worldwide. Prior to the web, this was an area catered for through catalogues and mail order.

Often a multiple earner will have a regular wage slave job that they enjoy. Perhaps they are a nurse or a doctor. Their other multiple streams of income happen alongside their regular job. These may

include creative products such as books or recordings, inventions, or reselling in affiliate programmes and so on. Once a system is set up, it will continue to earn money day and night.

THE VALUE OF WHAT YOU DO

The value of financial success is in what is paid in return for what is given or supplied. If what is given is a 'good deal' and value for money, then the business, or service will grow and you will prosper. If it is a rip off, so that what is supplied is not really worth what is being paid, then the business will diminish and eventually fail.

Whatever the idea that you had stated as your aim and goal at the outset of this book, if it included the creation of money then the principle to achieving it is always the same in every case. To create wealth and resources, you have to trade something that people want at a price they are prepared to pay; this is value. It may be that if you are a wage slave that what you trade, your time, is good value for money.

DO YOU GIVE A FAIR DAY'S WORK FOR A FAIR DAY'S PAY?

The growth industry of our time is in all areas of self-development and self-discovery and the 'feel-good factor', that includes music, leisure, food and the arts, in all its forms. In short, if you produce something that enables people to understand themselves and/or feel good, they will happily give you money for it. As this is value for money, it is always win, win. In a recession, popular wisdom is to make your investment in booze, food, funerals and entertainment as certain winners. Well, I want to add to the accepted list the 'feel good' industries.

YOUR PROJECT - WHAT IS IT?

If your project requires money, you may be several steps away from achieving your ultimate goal, as you will need to make some money first. The issue that arises in all projects is: how? Sometimes the answer to this question comes about through inspiration. Perhaps an image, or idea, presents itself to you in meditation, or in your sleep, or in the shower. Mine usually happens around 3am. This is often my most productive time and I get more done in the quiet of the night than I ever do during the business of the day.

USING A MIND BANK

A Mind Bank is a collection of like-minded people who share ideas and resources. Some are actual and some are virtual. One of the benefits of using a Mind Bank is that the many positive, creative minds connect exponentially to make breakthroughs. This can be in mind mapping, a process that continues after a formal session, in one-to-one focused work, or in collective directed meditation that seeks some answers.

OUR PROJECT

At Live in the Present, Rie, Ed and I are working at creating a global resource that connects people and ideas to increase the individual's potential to achieve their own fulfilment. We see ourselves as 'An Educational Company Built for the 21st Century'.

Our job is to remind people how wonderful life is. All of our projects, courses, books and recordings serve to enable people to 'wake up' to their own happiness and fulfilment.

There are many resources at your disposal that will help you on your journey to achieve your fulfilment. All that you need to do is to start looking. On the net you'll find amazing resources, information and

knowledge, and of course, we at Live in the Present are just one.

Whatever you need is available to you; there is the law of limitless resource that is the essence of an abundant universe of infinite potential.

Your task at this stage of your journey is to be able to receive the power and resources that you need to become what you really want to be. All the riches and resources are around you. You will first need to allow yourself to be receptive and accepting so that all that you need is able to come to you. In a world of limitless resource, you can receive all that you need once you can accept it.



www.liveinthepresent.co.uk



CHAPTER 8 TASKS

Thoughts

HOW DO YOU RESPOND TO COMPLIMENTS?


**HOW DO YOU RECEIVE
GIFTS FROM OTHERS?**

REVIEW YOUR 'MONEY QUESTIONS'
REVIEW YOUR DREAM

WHAT IS YOUR DREAM AND WHAT
RESOURCES DO YOU NEED TO REACH IT?

*If you had limitless resources
and could create absolutely anything,
what would it be*

?



*Don't forget to visit www.liveinthepresent.co.uk
for more downloads, resources and links*

