

Do Your Beliefs Block Abundance?

Sometimes I've believed as many as six impossible things before breakfast.

Lewis Carroll

Ask most people if they'd like to have more money and the answer is usually 'yes'. Yet if you ask a few more questions about what they really believe about money, you'll hear many conflicting answers. Everyone knows that money pays the bills and can buy all sorts of 'stuff'. Some people dream about winning the lottery so that they could go on a spending spree forever. But in fact, many people have so many negative beliefs about money, it is not surprising that they don't have enough. Have you ever really thought about your beliefs about money?

A young researcher said he really needed to get sorted about money. Having recently married, with hopes of starting a family, he knew the demand for money would be ever on the increase. But despite having grown up in a super abundant family, he had several conflicting beliefs about money. First he was convinced he never had enough. Then he said he never wanted to have lots of money because it's shallow. Even worse, when he looked around the world, he could see that the greed for money caused a lot of grief for his people. So he was in a push/pull situation: he both needed and wanted more money, but he didn't want to have so much that it added to the grief in the world. He would never think he had enough until he was as wealthy as his parents, but being rich would mean he was shallow.

People often attribute all kinds of qualities to money:

- *Money is the root of all evil*
- *Money inspires greed and indulgence*
- *I never have enough money*
- *You have to work really hard to make lots of money*
- *I don't have what it takes to make money*
- *Getting lots of money usually involves dishonesty*
- *Having lots of money creates jealousy and envy*
- *If you have money, you won't know who your friends are*
- *Not having money is more spiritual, innocent and pure*
- *Not having money means you can fit in with your friends*

There are many more – what would you add?

When we explored where his beliefs about money had originated, he immediately thought about his parents. His natural mother had been so poor and so scared that she had given him up for adoption. Then he was adopted by very rich parents who gave him a completely different view of the world. On top of that, when he was sent away to school, he got a new set of foster parents who had to be extremely careful with money.

I asked him if he could think of someone he genuinely admired who had created abundance without grief, and who was not shallow. He thought about a spiritual master he knew, but immediately began questioning whether or not this man was really true to his values. The fact that the master had made a lot of money must be evidence that he was dishonest, deceitful or somehow taking advantage of people. But in fact, there was no evidence to support this idea and it was clear that this

Practical Miracles e-mail: info@practicalmiracles.com website www.practicalmiracles.com
Sign up to receive **Free E-Mail Newsletter** plus regular articles applying NLP to real problems plus information about upcoming events. Send an e-mail to subscribe@practicalmiracles.com

master's work had helped a great deal of people. So finally he agreed that there were several qualities in the master he not only admired, but would like to emulate. We had him imagine he could step into this master's shoes and look out at the world through his eyes. Immediately there were many changes to how he thought about things.

He took his new learnings back into the past and imagined being able to give them to his mother. He realized that she did actually learn from her mistake, because she decided to keep the next baby she had. Then he imagined having had those learnings all the way through his life, noticing how things appeared different. As he re-oriented himself back into the present day, he began thinking about his future in a new way. He felt more confident about creating a new career for himself.

*Few people are capable of expressing with equanimity
opinions which differ from the prejudices of their social environment.
Most people are even incapable of forming such opinions.*

Albert Einstein

Are your beliefs about money holding you back?

1. First, what are all your beliefs about money? What negative judgements do you have about being really abundantly wealthy? What if money was just an innocent way of measuring value with no evil qualities? In the Bible it actually said that the 'LUST' for money was the root of all evil. Perhaps lust is the problem, not money.
2. Where did you get these ideas about money? Who taught you to think like that? If you look at these ideas objectively, are they necessarily true? Couldn't there be exceptions?
3. Who do you know as an abundant person with lots of money, who you admire enough to emulate? You don't have to take on everything about how they are, just their beliefs about money.
4. Check out how being like this person would affect your life, your family and your future. Test it by imagining what you would be doing differently, how you would be thinking and behaving. Would this be acceptable to you? If not, find someone else to model.
5. Test it thoroughly by imagining you could take this new way of thinking all the way back to childhood, and re-living your whole life as if you'd always had this way of thinking.
6. How does this change your beliefs about money? How differently do you think about your future possibilities?

© Arielle Essex

