



Many times we wait to attempt to change, clinging to the past rather than planning for the future that inevitably awaits us. High achievers, conversely, continuously look forward, changing before we must, knowing that the best way to transform is from a position of strength.

Changing Ahead of the Curve

Summer, 2009

Hi ladies ... Summer... Mid-July and it's finally here. It's amazing that half of this year is gone already. We had so much rain here on the East Coast in June; I believe there was only 4 dry days in the entire month. And even these last few days when we were supposed to hit 80 degrees, I found myself changing into warmer clothes as the day went on and the clouds moved in. A mood-killer for sure...

Ok, enough of the doom & gloom. I just finished reading *The Untethered Soul, The Journey Beyond Yourself*, by Michael Singer. A must read for anyone who has ever wondered about that constant chatter that is always with you. Here's an excerpt from the first chapter entitled, *The Voice Inside Your Head*:

In case you haven't noticed, you have a mental dialogue going on inside your head that never stops. It just keeps going and going. Have you ever wondered why it talks in there? How does it decide what to say and when to say it? How much of what it says turns out to be true? How much of what it says is even important? And if right now you are hearing, 'I don't know what you're talking about. I don't have any voice inside my head!' -- that's the voice we're talking about."

In my coaching model, we call this voice "monkey mind." Monkey mind is our constant companion and is never going away. Yikes! I know that is difficult to hear. We want to tame it. We want to conquer it. We want to believe that with enough training and effort, we can be rid of it. But it just doesn't work that way. Try it ... Try for one minute to stop the chatter; it's just not possible. Singer calls this voice, "your inner roommate" and invites you to "Imagine what it would be like if you didn't have to bring this thing with you everywhere you go. Real spiritual growth is about getting out of this predicament. But first you have to realize that you've been locked in there with a maniac." I love it - I always thought it was me who was the lunatic.....

Singer goes on to say, "There is nothing more important to true growth than realizing that you are not the voice of the mind -- you are the one who hears it. If you don't understand this, you will try to figure out which of the many things the voice says is really you. People go through so many changes in the name

of 'trying to find myself.' They want to discover which of these voices, which of these aspects of their personality, is who they really are. The answer is simple: none of them."

None of them...Are you kidding? If it's not me in there, then who the heck is it? I love what Singer has to say about that. "There are two distinct aspects of your inner being. The first is you, the awareness, the witness, the center of your willful intentions; and the other is that which you watch. The problem is, the part that you watch never shuts up. If you could get rid of that part, even for a moment, the peace and serenity would be the nicest vacation you've ever had." That leads me to wonder...Where is that voice when I AM actually feeling peaceful and serene? And, is that voice ALWAYS negative???

He ends the first chapter by saying, "If used properly, the same mental voice that has been a source of worry, distraction and general neurosis can become the launching ground for true spiritual awakening. Come to know the one who watches the voice, and you will come to know one of the great mysteries of creation."

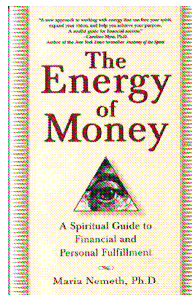
He ends the second chapter with a call to action: "If you want to free yourself, you must first become conscious enough to understand your predicament. Then you must commit yourself to the inner work of freedom. You do this as though your life depended on it, because it does. As it is right now, your life is not your own; it belongs to your inner roommate, the psyche. You have to take it back. Stand firm in the seat of the witness and release the hold that the habitual mind has on you. This is your life -- reclaim it."

Wow...Wow...Wow...I can't say enough about how much I enjoyed this book, and I encourage you to pick it up. But I have to say that what I love about it the most is how well it describes monkey mind. I have been trained to observe monkey mind and shift my attention toward something more meaningful, but this book encouraged me to really LOOK at it and get to know it. It took me a step closer to truly understanding that constant chatter inside my head. And for me, true understanding is what it takes to move forward with real change.

But then there is the skill of actually practicing what I have learned. Recently, two different people said to me, "money means nothing to me." I can't remember when I have heard that statement before or if I have ever heard it, and there it was twice in three days. The first time I heard it, it kind of shot right through me. My monkey mind started going crazy, comparing my own thoughts and beliefs about money to this person who apparently has no attachment to it whatsoever. I have known her to be a very generous spender, but for some reason the thought that it "meant nothing to her" was bigger and more powerful than just thinking that she let money flow easily through her life. It gave me an instant view into the way she felt and thought about money, and I knew in that moment that I wanted to be more like her.

My initial assessment was that unlike my friend, money meant "everything" to me. Now that a few days have passed and I've had some time to think about it, I realize that I'm not as far away from her as I first thought. If money was that high on my priority list, I would be working 60-80 hours a week generating as much money as I could; saving instead of spending, hoarding rather than enjoying. I can see now that it was just my monkey mind doing what it does best -> creating doubts, fears and worries and making comparisons that aren't helpful. I was letting it get the best of me. It took me a few days to calm it down, but I am grateful to have the awareness and be able to attribute it to a monkey mind conversation rather than it being the truth about how I really feel about money. On the other hand, I do have to say that the experience was an important lesson for me. I am so grateful to be reminded that money really is meaningless; or that it only has the meaning that we give to it.

What does money mean to you ?



Want to find out ?

I have just completed two Energy of Money book study classes where the participants had great success in looking at their own monkey mind conversations around money. By completing the exercises and sharing their own experiences with money, they've freed up all kinds of energy and have identified not only areas that need work, but also goals that they have begun to work towards. They looked into their past and forgave those whom they have been holding responsible for their money problems and found new opportunities for support as they moved toward a more peaceful and powerful relationship with their money. Many of them had never balanced their checkbook and learning that one skill brought them a new confidence with their money that they never experienced before. Please call or email me if you're interested in studying The Energy of Money either in a group or individually. I promise that if you do even 1/2 of the exercises in the book, you'll have a new awareness of money as energy and will gain new

insight into how much choice you have in the way you think about and behave with your money in the future.

On the other hand, perhaps you already have a great relationship with your money but are having difficulty moving forward in some other area of your life. Some of those same tools that are used to transform your money energy can be applied to other areas of your life. Learning about your own Standards of Integrity and Life's Intentions will serve as anchors for your dreams and will give you something to hold on to when monkey mind tells you that you're on the wrong track. Please consider taking advantage of a free coaching call where we'll talk about what's really important to you and will design that one small, sweet step to move you toward the life that only you can imagine. It would be my pleasure to support you.

I'd like to leave you with an exercise that I transcribed from the Money and the Law of Attraction CDs by Esther and Jerry Hicks called, *The Power of Vibrationally Spending Vibrational Money*. They begin by saying, "This is a process that can quickly help you shift the balance of your thoughts regarding money to a place where you can begin to let more money flow easily into your experience." Sign me up !

"Put one hundred dollars in your pocket and keep it with you at all times. As you move through your day, deliberately notice how many things you could exchange this money for. 'I could purchase that; I could do that.' Someone said to us that a hundred dollars doesn't really buy that much in today's economy, but we explained that if you mentally spend that one hundred dollars 1000 times today, you've vibrationally spent a hundred thousand dollars. That sort of positive focus will dramatically change your vibrational balance about money. This vibrational spending process will cause you to feel differently about money and when that happens, your point of attraction will shift and more money **MUST** flow into your experience. It is law. Someone said to us, 'I didn't have one hundred dollars, but I put an IOU in my pocket.' And we said, 'That's defeating the process because you're walking around with a feeling of debt in your pocket which is exactly the opposite of what you want to do. You want to feel your prosperity.' And so, even if it's only twenty or fifty or if it's a thousand or ten thousand that you have in your pocket, utilize it effectively to help you notice how good things are now. Because in your acknowledgement of your prosperous 'now', your prosperity must become 'more'."

Well...I'm not making any promises, but I can tell you that I've got a \$100 in my wallet. Best wishes for a fantastic summer, j



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My mission is to provide guidance, encouragement and support to women as they look beyond the idea that all of their problems would be solved if they just had more money.