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**Love Yourself RICH**

**Unleash Your True Voice and Finally Create the Rich Life You’re Here to Live**

With Jill Hope

**The Voice of Money**

**Session 18**

**The Voice of Money**

**Training 18: Moving from Lack into Abundance – Part 2: The Magic of Empowered Giving**

In our last training, I re-introduced you to the idea of your voice of money – that it reflects your **empowered relationship with money**. And how the voice of money is the part of you that **knows you are abundant.**

And you looked at some of the most common things that move you out of feeling empowered with money, and you also had the opportunity to explore your money worries.

Finally, you did an assessment of where you stand with respect to some really common limited money beliefs and behaviors.

This week we are going to explore **giving** in more detail, because it is a critical part of the process of receiving. Many people get hung up on receiving and believe they may not be good receivers. We all have ways we push money away.

So it is true that we must be good receivers to receive. But today I want to talk about the other side of the process of receiving money, which is giving.

**Golden Nugget: To receive and to be a good receiver, you must give, and be a good giver.**

But you must be connected to giving in an empowered way if you want to connect to your voice of money.

**Why is Empowered Giving so important?**

Giving CREATES FLOW. Giving creates the doorway into receiving. We see this in all of nature and it is especially easy to understand by observing the breath.

You can only take in so much air through the breath. At some point, you must exhale. It is only then that you can receive more breathing. Inhaling, exhaling, giving, receiving. The natural flow of life.

Let’s look at three game changing ideas about giving that can help you stand strong on this part of the equation of currency and flow and help you connect with empowered giving vs giving from lack.

**Empowered Giving**

**Idea #1:** **“Whatever you are not receiving is what you are not giving”**

**Self-Reflection:** Based on what you desire, what are you not giving? Under what circumstances? In what areas? Both to yourself, and to others? Where are you withholding? Take a few minutes now to journal your thoughts.

My thoughts

**Idea #2:** **When things are tight, give MORE**

A popular marketer once said that whenever he noticed constriction or contraction in his business, he immediately took it as a sign to GIVE MORE. He doubled down on his giving, and this created an expansion that resulted in more flow.

I found this interesting because whenever I felt lack, I did the exact opposite. And yet I would continue to experience lack. So, I wondered what would happen if I gave *more* rather than less when I felt constricted with money.

But giving *more* when you’re feeling lack can bring up your stuff! Which for me, was exactly the point. It helps you see your blocks. And doing so helped me move through these blocks that were left otherwise unchallenged when I pulled back from giving rather than doubled down on it. The universe was inviting me to work through these blocks by giving me this challenge.

So, I invite you during times of lack or scarcity to remember this and to test it out for yourself. **How can you give more when you are feeling lack?**

I recommend that you observe, explore, and journal on this idea and notice what comes up for you when you do so.

**Golden Nugget: Giving more works because it creates flow. To create more flow, we must move more energy. Giving is one part of a 2-part equation that creates currency and flow.**

My thoughts

**Idea #3:** **Empowered giving is about alignment**

When we talked about trust, we said it was about surrender and alignment, and that if you don’t trust yourself or God, you won’t let yourself fully step into the action required to have what you want.

Remember that alignment means that what we are thinking, feeling, and doing are all going in the same direction.

It is the same for money and empowered giving. Listening to your voice of money means being in alignment when it comes to your money and giving.

But what do we often do instead? We give from a place of feeling lack, rather than abundance. Do you see how this a lack of alignment within your being? That is not empowered giving.

**Golden Nugget: If you give from lack, you will receive more lack. It’s not personal. It’s the law.**

So, you want to be in alignment with your giving, whether you’re giving to yourself or to others or you are doubling down and giving more. It all needs to be in alignment with what you want.

**The Truth About Abundance Vs Lack**

One of the reasons we struggle with giving, and with money in general, is that many of us have an inaccurate understanding of abundance vs lack.

Why is this important? Because your voice of money comes from the part of you that sees herself as abundant. If you do not understand the truth of abundance, or you commonly see only through the lens of lack, you won’t be able to connect with or hear your voice of money.

The truth is if you aren’t expressing your abundant self, you are expressing your lack self. And when you are expressing your lack self, you aren’t really loving yourself rich, are you?

When it comes to money and loving yourself rich, your voice of money can be a guide leading you to the abundance that you desire as you tune into her.

**7 Key Truths Around Lack vs Abundance**

1. **Money is NOT your source. God/Universe/Infinite Intelligence/The Divine is. Money is simply an effect.**

We often get hung up thinking that our partner, or our job, or a client, or a pension, or how good the economy is is our source. But the truth is those are just channels. And there are an infinite number of channels available for money to come to you. It is only your beliefs that close your channels. You tend to receive through the channel you believe in the most. But the more channels you can open up to, the more ways money can come to you from Source.

1. **There is no part of you that was made in or from lack.**

Everything you need to fulfill your life purpose and life’s expression you either have or possess the *means* to have. This is why it is said that you were born in abundance. Plus, the inherent pulse of the universe and all of nature is always to seek *more* life. Lack does not exist in the universe! Any lack you feel is simply the other extreme of abundance. **Remember: You ARE abundance.**

When you feel lack of any kind, you have moved out of alignment with the truth of your higher self and are focused on the wrong extreme. This lack of alignment moves you off the path where the opportunities you need to create what you want show up with ease. Instead, things can feel constricted and you can have the sensation of feeling stuck or overwhelmed or confused or spinning. This is a clear sign you are focused on the wrong end of abundance. You can use this as a signal that you need to make a shift.

1. **When you don’t have something you want, you are focusing on the lack of it.** When you do this, your voice of self-sabotage can come up and drown out your voice of money, even when you are not talking about lacking money! Your voice of money and the voices of self-sabotage can come into play in any situation connected to something you want – money, health, relationship, etc. All of the reasons why you can’t, shouldn’t, don’t deserve it – these are the voices that can creep in when you focus on lack.

Instead, you’ll want to train yourself to think differently. You can use the **Law of Polarity** to help you. Remind yourself that everything comes as a whole with 2 sides. Use your awareness of lacking something to shift you over to focusing on what you want instead.

Consider the scenario of feeling cold. If you focus on how cold you are, you are focusing on the lack of heat. The heat is there, but you just aren’t experiencing it. Will you experience heat if you keep thinking about how cold you are, how much you hate being cold, etc.? No! You need to shift your focus on to what you can do to create heat. From that space you will get ideas that can warm you up. It’s the same with lack of money. The more you focus on all the money you don’t have, the fewer opportunities you will see to create the money you want. The money you want is there, but you just aren’t experiencing it.

Focusing on ways to create what you want will guide you to opportunities that will shift you away from the lack of abundance so you move toward an experience of more abundance of whatever it is you want.

1. **If you have a habit of focusing on lack, know this: Lack is simply a habit that you learned that is based on a flawed mindset. It is not the truth.**

The definition of lack is: *Want or deficiency of something requisite or desirable; defect; failure; need.* We were trained and conditioned to believe that if there is something you want that you don’t have, it is somehow a failure or defect on your part. When in truth, when you desire something, that desire is simply a beacon guiding you toward your purposeful path. The defect is not knowing that and/or following it. Instead, we feel less than. We feel like there is something wrong with us. We feel we are deficient in some way, instead of seeing this is the normal course of life with our desires pointing us in the right direction. These are the voices of self-sabotage! Instead, create a new habit of thinking when you are focused on lack.

**Golden Nugget: Stop seeing lack in your life as a message that you are not enough or not good enough or undeserving or unworthy. Those ideas are not connected at all!**

1. **Understand the true meaning of sacrifice when it comes to abundance.**

We often think sacrifice means giving up or settling for less, right. However, sacrifice in the context of abundance is giving up something of a lower nature for something of a higher nature.

**The truth is: You must sacrifice something lesser in order to have something greater. It is a law of the universe!**

Sacrifice does NOT equal lack. The *right* sacrifice leads you on your path of abundance. It is a misconception that sacrifice is not in alignment with wealth. What comes in conflict with wealth when it comes to sacrifice is when you sacrifice your desires or your vision to stay in your limiting habits or comfort zone.

Sacrifice therefore requires DISCIPLINE.It requires continuing to ask yourself which priority you are following when it comes to making choices and being disciplined in following the priorities that are most important to you.

1. **Abundance ALWAYS flows**

Accept that to be in that continual flow of abundance, you too must be in the flow of life. Where do you stop? The flow of life, or in other words being in the current of abundance, is all about **giving and receiving**. Giving is the doorway into receiving.

1. **Don’t give to get. Give to GIVE.**

This is energetic.Moving into Gratitude can help you make this shift.

**20 Abundance Principles to Shift Out of Lack and Into Abundance**

1. Give what you most want to receive – to yourself and others
2. Give from the place of already having, not from lack, by focusing on gratitude
3. When the student is ready the teacher appears
4. Take a stand for the AND
5. Alignment, alignment, alignment
6. Act from your vision, not your fear
7. The universe moves from your DECISION, not from your WISH
8. Take immediate action - Action shows faith and creates the momentum
9. What are you assuming and practicing? You get what you assume.
10. Be willing to fail. This requires trust.
11. Focus on the destination, not the how. Step into the flow of where you want to go.
12. Say yes to your yes – following your voice of desire
13. Magical power of gratitude. When you are in gratitude you are connected to your abundance.
14. Accept what is
15. Money is an effect, not a cause
16. Own your desires – give yourself permission to have them, no matter what!
17. Everything you want is already here
18. When you have a desire, the way must be here now. Step into it.
19. Listen to yourself
20. Take responsibility – stop waiting to be discovered or rescued! Be your own hero.

**Homework: Practice Shifting into Abundance**

**Exercise 1 Instructions:** Take a situation that is most present in your mind where you feel lack – something that is immediate, meaning it is right in front of you now.

1. **Feel into your feelings around it and rate them on the scarcity to abundance scale,** where 1 is that you feel total and complete lack, and where 10 is that you feel completely abundant, and ask yourself where do you feel you are on this scale at the moment?

Your Rating: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Generate ideas based on the Abundance Principles shared above**. I recommend starting with gratitude – spend time here until you really feel deep gratitude and love. Then, ask a) Where am I not giving this to myself or others? B) What can I give that relates to what I desire?

For example, if you want clarity, where are you not being clear? Where can you help someone else gain clarity? If you want peace, where are you not creating peace? Where in your life can you create more peace? If you want money, where are you withholding money? Where can you help someone become more abundant?

Allow your voice of intuition and higher self to provide insights or memories that can be formulated into an idea for two. List your ideas.

My thoughts

1. **Then, take immediate action on the ideas! This is of extreme importance!**

Actions I plan to take:

When I will take the above actions:

1. **Look at how your Sacred Money Archetype gifts and sacred strengths and your empowering money mindset can support you to make the shift from lack into abundance.**

**Sacred Money Archetype Resources:**

Sacred Money Archetypes (SMA) Video: <https://ishinewealth.com/video-results/>

Sacred Money Archetypes (SMA) Description PDF: <http://ishinewealth.com/sma-cards-RETREAT.pdf>

My Thoughts

**Exercise 2 Instructions:** If you didn’t do theGiving Exercise from the previous training, do that this week. Choose an amount of money (it can be in the form of a gift card as long as you purchase it) – an amount that feels a bit pinchy to give out to a random stranger. Then, take the amount you decide upon, and go out into the community and give it to someone you don’t know without being asked for it.

Note what comes up for you along the way. This exercise can be VERY revealing.

My Thoughts

**Goal this week:** Leverage any of the 20 abundance principles or anything else we discussed in this training to help you move the needle closer to more abundance in any area of your life where you feel lack. Shifting out of lack and into abundance is our goal! I want to help you get really good at this.

You CAN do it!