



Poverty Consciousness

Poverty often deprives a man of all spirit and virtue;
it is hard for an empty bag to stand upright.

~Benjamin Franklin

**The things that I can't have I want,
And what I have seems second-rate,
The things I want to do I can't,
And what I have to do I have.**

~Don Marquis

Money and the poverty consciousness are all about energy.

I found myself explaining to my oldest son, Samuel, a freshman in college, that a poverty consciousness is about lack, it is about “not having” something, and really is the “oh, poor me” attitude.

I like the term “consciousness” because it is all about that cloud of consciousness you create. It is an environment focused on surviving rather than the enjoyment of living. Does that make sense? What can change the circumstances? For starters, how you look at your circumstances?

Shifting out of this consciousness begins with a shift in thought. But, it is not just about shifting thoughts in order to attract things in your life. It is a bigger shift than that. It is about shifting your self-worth image in order to ALLOW good things into your life. In essence, it is learning to be happy without having your happy be determined by your

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bank account. I know this is easier said than done. When you are truly, genuinely happy, JOYFUL, you shift your energy and your vibrations are then at the highest level they can be.

Enjoyment of living is the true state of being. It is here, in THIS SPACE OF JOY that "lack" or "poverty" cannot reside, simply put, you cannot feel sad when you feel happy, you cannot feel poor when you feel wealthy, they (opposites) cannot reside in the same space.

Pushing (or applying) your energy in a positive direction allows the Universe to bring to you what you need in order to achieve your purpose. Your purpose is defined by your life, your emotions, your attitude toward others, and your attitude toward yourself. Your purpose is not necessarily your job or what you enjoy doing, your purpose is what you feel deep within you that you need to do in order to be truly happy.

Purpose has meaning: it is not about establishing goals, it is about establishing worth.

Your worth is determined by your continued relationships with the Divine, man, and others, in your life. You would not have worth if there was nothing to compare your life or your achievements to; therefore worth is determined by your attitude; your attitude toward your actions, and the passion that resides in your heart.

Poverty consciousness is about lack of worth, about unworthiness, and about whether or not you deserve to be taken care of. Do you deserve to have things of quality? Absolutely. It is not about establishing so much wealth that you no longer have to worry about money (don't get me wrong, that is ok), Wealth Consciousness is about feeling good about what you HAVE, whether it is a little, a lot, or just right without ANY thought to what you lack. (The trick here is, THAT it includes thoughts of energy, health, relationships, family, food, transportation...yadda yadda yadda)

Poverty consciousness is all about lack:

- lack of worth,
- lack of funds,

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- lack of food,
- lack of energy
- lack of health.

When you no longer FEEL you have worth, you are in poverty, the finances soon reflect this, and your body follows soon after!

The sense of loss can be vast and can perpetuate among everyone you are around, particularly if you keep attracting a similar consciousness. Pay attention to what you have been attracting to you and what type of individuals you have been around lately. What about your place of work? The CEO/owner can reflect profit or loss, abundance or poverty, and it can perpetuate from department to department. Intuitive consulting for business is really not much different than what I do for individuals; you just look at the business as an extension of the owner. Think of it is a mind/body/building connection.

Another obvious indicator of a poverty consciousness is your vehicle. Your vehicle is a reflection of your life, and just as your body has no agenda neither does your vehicle. Does it reflect a poverty consciousness? A couple of years ago, after my divorce I was in a serious poverty consciousness (more like a pit or a void). At the time my car's front bumper was attached with duct tape! Yep, I was just scrambling to keep the pieces together, in more ways than one. I was also with a group of individuals in the same poverty consciousness, and the business also reflected that mindset.

This poverty consciousness can be manifested in the body. It can manifest in a compromised immune system (which is all lack of self worth) and therefore show itself as dis-eases such as fibromyalgia, diabetes, and arthritis. Dis-eases can manifest in the body, due to a lack of something, a deficiency, such as a lack of calcium contributes to osteoporosis. Or dis-ease can manifest in the body to reflect a lack of something, such as depression (which is lack of everything!).

When you feel you are lacking something in your life, your body will respond to that message of lack. How often do you use words that reflect poverty? Your body can hear those messages and respond by manifesting the message. I catch myself saying, "I

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don't have the energy to do that" or "that poor thing" even "bless your heart" has poverty intentions, as it is a benediction to those in lack! The phrase itself "I don't have a clue, an idea, whatever, reflects a poverty concept! You are saying you don't have something, and it can influence-- if you repeat it often enough--your body and your behavior--it is the power of hypnosis! (Which, by the way can be turned around by a certified hypnotist...we are trained to "spot" these patterns).

We have, as humans, the power to create, the power to push our energy towards what we desire, what we wish, but more importantly, what we are worth. It is our worth and your worthiness that will bring into our life all that we wish to have, but more importantly that which we feel we deserve.

Think of those words for a moment and understand it is about feeling and it is about feeling what you are worth in order to attract TO you the things that will give you joy and happiness. It is time to manifest and bring into your life those things which provide joy and a sense of abundance; abundance that goes beyond the monetary.

If you are unsure whether you are in this poverty consciousness, take a moment and review the people and circumstances that have crossed your path over the past six weeks. What messages are you receiving?

- **Are you attracting pleasant people and circumstances?**
- **What is the health of your body?**
- **What is the health of your business?**
- **What does your vehicle reflect?**
- **What does your house reflect?**

If you are happy with all that is manifesting in your life then you are to be applauded and it is indeed time to celebrate. If you are unhappy with the people and the circumstances and recognize the poverty consciousness, it is now time to take a breath and evaluate what you would like to see happening in your life.

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Gratitude is an often-overlooked emotion. But appreciation and gratitude for what you have present in your life, is the beginning, the seed of wealth consciousness is nurtured with gratitude! Your poverty consciousness will continue if you focus on the fact that you would like something in your life, but know it will never happen (or certainly never happen to you!)

It is not your responsibility to figure out how to release yourself from your current circumstances; it is your responsibility to just simply see yourself released! The shift to wealth can begin dramatically or incrementally, either way it is a beginning, it is movement, it is progress, and it is a shift from poverty to wealth.

Understanding that money is energy and learning to push this energy in the right direction can shift your circumstances big time! Think about putting yourself within a group of wealthy-minded people that have a healthy respect for themselves, money, and opportunity. These individuals seem charmed or blessed when in fact they merely know how to flow their energy in a positive light. What you give the most thought to- coupled with the strong, positive emotional connections- can attract the wealth consciousness (and always, from the left!)