

ENOUGH-NESS AS SPIRITUAL FULFILLMENT

Many of my clients come to me...as high earners...with a feeling of “never having enough money.” It doesn’t matter how much they earn, their experience is one of lack, scarcity and seeing the glass of life as half empty.

Because I believe in the power of imagination and visioning in creating what we want in life, I ask clients to begin to create images of what “enough” looks like in their lives. When I hear, “that scares me,” “I’m afraid”, “I don’t feel it is OK to want more,” “I know what others want but I’m not connected with what I want,” or this invitation brings forth great emotion” my experience knows there is often an issue at the root chakra.

The root chakra is one of the seven centers of spiritual energy in the human body according to yoga philosophy. This particular chakra is about support and represents our most basic of physical needs, that of food, clothing, shelter and other basic needs for survival. When energy is blocked in this chakra, issues of safety, trust and a denial of a basic self right *to have and to be* are present.

Blocks in this chakra are aligned with a core belief, that love or a part of oneself will be rejected if “more” of any form of abundance is allowed in. Money is one form of abundance, as is relationship, living on purpose, new opportunities, health and love.

It is at this base level, at the core of our being, where the spiritual energy of “not enough” lives. This energy lives in the cellular memory of the body’s experiences and is expressed in the feeling of deprivation, lack, or scarcity.

How did this cellular experience come into being? Usually from early trauma, neglect or basic needs not being met early in our development. We were not nourished in ways we needed to be nourished.

Each of us has our own story around this. I certainly do. Growing up with depression-era parents hammered the “not enough” mindset into my being. I internalized this mindset and through my behavior, began re-creating this experience repeatedly in my adult life...until I woke up and got conscious about what I was doing.

The stories we hold to be true about “not enough,” at the cellular level, are linked to limiting beliefs at the cognitive level. Here are some examples of Root Chakra beliefs contributing to “lack.”

Examples of Limiting Root Chakra Beliefs

FYI - these aren't rational. they usually live in our blind-spot. that's why we may not be aware of them.

"If I have more money I won't be loved."

"My family rejects friends and people who appear to have more money than they do."

"If I earn more than my husband, he will find another partner because money means manliness to him" "If I have more money, I will be abandoned."

"If I have more money, someone will take it away from me."

"Whatever I create will be taken from me anyway."

These internalized beliefs from long ago, were given to us as hand-me-downs from others that we have lovingly taken care of for much of our lives.

Earning more money won't fix the experience of deprivation in the physical world. When more money does come in, limiting beliefs will place a teflon coating on the newly earned money to ensure it does not remain. Why? More money will begin to create an experience of enough. The core energy in our body is telling us it is not safe to bring in more for then something bad will happen.

So our behaviors (ways of thinking, doing and feeling) find ways to keep the feeling "of being broke" alive...while keeping the experience of "more or enough" out of our orbit.

This is sometimes why people spend more than they earn. Our money choices are supporting the current wiring of "not enough." It is a reason why we spend money on season tickets for the San Francisco Giants and say we can't afford healthcare. It is why we spend money on hobbies and entertainment while struggling to pay the rent or we spend money on beauty treatments while placing groceries on a credit card because we don't have enough available funds in our bank account. When we make money choices that keep us living in the RED (a place of deficit in our bank accounts and bodies) we are re-creating the "not enough" experience that keeps us living in survival mode.

Shifting to “Enough-ness”

The question then becomes, “What is necessary in supporting the energy shift in the body from a space of “not enough,” to “enough?” It is important to remember this is not a cognitive process. It is a body process. Cognitive processes are intellectual, body process are experiential.

Our body experiences life through our senses, which in turn influences our nervous system. When our nervous system interprets experiences as nourishing and life sustaining, we begin to lay down new wiring...shifting from “not enough” to “enough.” When our root chakra is re-wired, money, as well as other forms of abundance show up in our physical world and these forms have sticking power. Inner work creates outer results.

Imagery

Using imagery is one method of creating the shift to “enough-ness.” Why? Images are mental pictures that create a new experience in our bodies in the way of feelings. Imagery lays the ground-work for “what can be created.” If we can get comfortable in our bodies with imagining what “enough” feels like, we can begin to create an experience of “enough” for ourselves in our physical world. Imagery can help us move through our fear. In the book, *The Science of Getting Rich*, author Wallace Wattles tells us, “The Creative Power within us makes us into the image of that to which we give our attention.”

If we bathe ourselves in imagery that makes us feel good, then we begin to actually create chemical changes in our bodies. We move from pumping adrenaline (a survival hormone) to creating endorphins (a pleasure hormone). Imagery helps us to turn on our body’s internal pharmacy of good feelings, naturally.

Financing Needs First, Wants Second

Financing our true survival needs BEFORE anything else will also calm our nerve endings and give our body the experience of being taken care of. We can breathe more easily when we know the mortgage is paid, money is available for food on the table, gas to keep our cars running and our health care needs are met.

Happiness studies have actually shown that once our survival needs are met, more money doesn’t necessarily make us happier.

Energy and Body Work

Energy and bodywork is foundational work to support us in re-connecting with our core. Working with my breath in yoga has taken me to deep core places...and in these places I've uncovered lots of stuff getting in my own way of "receiving enough in." As I've been able to open to more receiving in my own life, I find the quality of my breath change. My exhale is getting as long as my inhale. I am withholding less. I find I can chant with greater volume and more depth. Constrictions are released.

Besides yoga, there are other forms of energy work. EFT (Emotional Freedom Technique) founded by Gary Craig is aimed at bringing equilibrium to energy disruptions in the body.

You can explore what energy and body work feels right for you. There is much to pick from.

Talking to Ourselves in the Spirit of Love and Compassion

Tending to our thoughts is important (what we say when we talk to ourselves). Root chakra affirmations can be: "It is safe for me to be here." "I love the wisdom of my body and trust it." "I am learning to feel the energy of love and support in the cells of my being." "I choose relationships that give love freely." "I am the creator of my own experience today."

Taking a Seat at the Table of Our Life

For us women, we give up our seats at the table of life fairly easily, in order for others to have before we have. Placing our needs and desires equal to that of others is a first step in giving us the experience of "enough."

It is in my fifth decade where I am now comfortable placing my needs and desires before that of others. I am into equal energy exchanges in all areas of my life. I no longer have the desire or bandwidth to give more than I receive today. I no longer allow my Catholic upbringing and negative emotions, like guilt, to come between me and the choices I know are best for me.

Creating enough for yourself financially may look like fully funding your retirement account over fully funding your children's education. It is great if you can do both and if not, that is OK. It is OK to allow your needs to come first. Your kids have age on their side and you don't at this juncture.

Connecting With Nature

Spending time in nature is my favorite way of creating an experience of “enough” in my body. Nature continually gives us overflowing bountiful sensory experiences and fills us up from the inside out. Beauty is everywhere. There is no experience of lack in nature. One daisy doesn’t have 4 petals while the rest have 16 petals. For all that exists, there is fully enough with equal beauty.

For eleven years, each week, I’ve hiked with the same women up and down a mountain in Northern California. As we hike, we sweat. The more we sweat, the more we share our deepest heartfelt joys and sorrows with one another. We have shared many miles of conversation. This is one of the most sacred spiritual connections I have in my life. Money can’t buy this. Connection with our deepest selves and nature, for me is a form of bliss.

Being Grateful For What Is

One year at my husband’s Tai Chi Retreat, his teacher taught us a “kindergarten gratitude” exercise for adults. Here’s how it goes: Close your hands into fists and raise them above your head. Think of things you are grateful for and as you do, release one digit for each thought of gratitude, until your hands are out-stretched in the air above your head!

That was about ten years ago and I am still doing this exercise daily. Over time, I have actually felt the change in my body’s chemistry. I used to be a complainer and focus on the negative. Truly, this simple little exercise has changed my life and my body’s chemistry.

What we focus on multiples. There is a spiritual shift happening regarding the American dream. Once, the focus used to be on “more, better, and bigger.” The shift now in the spiritual age, is to be thankful for what we have and to live life in this space of gratitude. Simplicity is key. This is a big spiritual shift.

Inviting Money to Stick Around in Our Orbit

Think about the sticking energy here similar to that of Velcro...rather than the stickiness of a post-it. Invite money to stick with you in your accounts to create a cushion to fall back on. This shifts you from “living on the edge,” pumping adrenaline, to having room to breath and think about choices.

Spiritual Fulfillment

Spiritual fulfillment is an inside process. When I tune into the core of my being, listen deeply to body wisdom, and create experiences of “enough” in my life, I feel spiritually fulfilled. This is a sacred place and space. Money cannot buy it. We spend less when living in this space because our experience is one of fullness rather than emptiness. Spiritual fulfillment is about indulging ourselves at the soul level, the deepest level of our being. Once had and reclaimed, no one can take it away. It is my inner divine light and your inner divine light that brings peace and a sense of well-being to the core of our being.