



Money Myths: Deconstructing the Stories that Limit Your Natural Abundance *by Michele Lisenbury Christensen*

Stories and Their Self-Fulfilling Prophecies

Whatever we believe, we look for evidence to prove.
Whatever we look for, we find.
Whatever we find shapes our daily thoughts.
Our regular thoughts determine which actions we choose.
Our actions determine our results.

If you want to change the results you're getting, start at the beginning of the cycle: pick a belief you think might create different results, and start looking for evidence to prove it.

Abundance is Better Than Prosperity

Abundance is the consistent experience of "more than enough," regardless of circumstances.
Prosperity is the immediate experience of having a flow of money, things, and other forms of energy in a given moment.
If you are abundant, prosperity is a bonus. If you are not abundant, prosperity will only make you fear its loss.

Your Natural Abundance

Many of us panic when there is a change in our prosperity or we fear a change coming. We look outside ourselves for "proof" that we are enough, that there is enough, that we will have enough. And some of us have gotten very good at living WITHOUT enough. In all these cases, we're ignoring and neglecting to leverage our *natural* abundance. We are born abundant, we live in an almost ludicrously verdant, creative, over-abundant world. Lack, clearly, is a tough order to fry up!

Remember, God is in money, too. God is in business.
God is in the banks just as much as
He is in the mountains and the clouds, and in temples and churches.
And thought it is, I grant you, more difficult to see Him in the marketplace,
nonetheless, He is there.
If you look deeply enough, you *must* find Him, wherever *you* are.
- Swami Kriyananda, in *Money Magnetism*

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Reading for Dispelling Money Myths

The Seven Stages of Money Maturity by George Kinder, CFP

Money Magnetism by J. Donald Walters (Swami Kriyananda)

Creating Money by Sanaya Roman

The Seven Spiritual Laws of Success by Deepak Chopra

The Energy of Money by Dr. Maria Nemeth

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Exercises for Dispelling Money Myths

Write your money biography:

Tell the story of your life through the theme of money.

Write in narrative form, like this: "I first learned about money when I was..."

What were your family's financial circumstances when you were born?

When do you remember first hearing about money? Whom was it from? What was the emotional climate like at that time?

Did you have an allowance? How did you earn it? How do you handle your children's allowance?

When did you first earn money? How had you earned it? What did you do with it?

When did you first buy something you had saved for? Where were you? What did you buy?

When did you lose money? How was that?

Have you ever accomplished an important task or project involving money? What was it? What did you do that made you successful?

(from Maria Nemeth's *The Energy of Money*)

Finish these sentences:

My current financial situation means: _____

If I had more money, I'd be: _____

If I had more money, I'd also be (look for the opposite of your previous statements): _____

When someone doesn't have money, it means: _____

When someone has a lot of money, it means: _____

People who work hard to earn money... _____

People who are prosperous without working hard ... _____

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