



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

MICHELE: I am delighted to welcome Maria Nemeth. She has a PhD, is clinical psychiatrist and a Professor of Psychiatry at the UC Davis School of Medicine and has a column in the Sacramento Business Journal. She discovered she was working with people as a psychologist and found that she had a gift for teaching people how to shift their relationship with money. She helps people move from scarcity to abundance and she has definitely helped me in that category. I am a big fan. I wanted to hear about mastering life's energy. Thanks for being here Maria.

MARIA: It is my pleasure, thanks.

MICHELE: I wanted to start by talking about one of your provocative questions. You do ask a lot of provocative questions and one of my favourites is kind of a main one – **Would it be all right with you if life got easier?**

MARIA: Yes (laughs).

MICHELE: You think the answer would be obvious, but it is not. Why is that?

MARIA: Well, it's because much of the time you and I have this thought in our minds that if something is too easy, it is not worth it, what's the catch here? I know sometimes we can have days in which things are going just right and we are in the flow and in the groove. Sometimes for many of us in the back of our heads there is conversation that says, ok when is the other shoe going to drop. It is almost like we expect that we are going to experience a sense of difficulty or struggle.

So for some of us, we love it when things get easy, but the other thing about that too, is that we get so used to doing things in a particular way that even if strategies no longer work, we still insist upon doing them. So sometimes I ask people – would it be OK if things got easier? Just as a wake up call, to have people ask themselves that question, and as you said, maybe provoke themselves into a response that might be different for them.

MICHELE: It arouses a lot more awareness – Of course I want it to be easier and yet ...

MARIA: ... and yet what is the catch. **WHAT IS THE CATCH!**

MICHELE: Or gosh, what would that mean or who would I be?

MARIA: Yes, and what would I have to give up? Which is kind of a paradoxical statement – What would I have to give up in order to have ease in my life? We ask ourselves that question.

MICHELE: Sometimes we hold our things dear and near – the things we would have to give up. So what are some of the things people have given up in order to let life get easier?

MARIA: They have had to give up being adamant (and I think this is true for all of us) that our way of looking at things, even our most closely held evidence, the stuff that we are sure about, might have nothing to do with reality. This is very hard because we have (and I am sure your listeners will agree)

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

these mental models or maps – we call them structures of knowing here – that we build up over the years about how things are, how things work, how people are, how the world is and we populate these mental models with wonderful evidences and as a matter of fact, the more brilliant you are, the more compelling the evidence that you and I gather to support the conclusions we make.

Sometimes for many of us by the time we get to doing something that might be outside of that, we’ve gathered so much evidence we are lugging around so much that it almost seems almost insurmountable.

MICHELE: For a story, for an instance, every time I think that I have gotten ahead in my business, some expense comes along and robs me of my reserve.

MARIA: And “rob me of my reserve” is such a wonderful way of looking at it. Because it is not robbing you that how business goes. We have times of plenty and times when we have had to finance something that we had not thought about. If we can see it in that way, it’s pretty good. But sometimes we use the things that happen in life to substantiate our own most closely held thoughts and ideas. I have discovered in life that you and I show up as the direct reflection of the type of evidence we are choosing to dance with at any moment. It’s kind of interesting, because we are so adept at gathering evidence possibly, for instance, one that has to do with money; what money is, what it isn’t, how I know I am around money.

We gather evidence to support the conclusions we have made earlier in life and then we begin to show up as or act in accordance with that evidence and then people around us respond to how we are acting and that of course influences our conclusion again. We get into this continual looping arrangement, in which we are gathering evidence of how our view of the world is correct. Look at this evidence and look at how people are responding to me.

When someone comes to me for coaching, we look at the nature of the evidence itself. We look at how big the daresay is because when someone says to me “it is absolutely incontrovertible – this is the way my life is, this is the way my money life is, this is the way it will always be”. It says to me, as a coach, that they have a sick daresay. It says nothing about life, or nothing about capability but more about what they have been spending time gathering evidence about. Is that clear?

MICHELE: Yes, it’s like what Richard B says, “Argue for your limitations and they are yours”.

MARIA: Yes, because we are so brilliant. It is our brilliance that keeps us doing the same thing. As Rita Brown says: It’s doing the same things over and over again and expecting different results.

MICHELE: I want to draw people’s attention to your coaching model. Some of the people in this community either have been coached by me or Michael or would like to be coaches themselves or are coaches. Your model and your training are going to be of great interest to them. The four steps: Look, See, Tell The Truth and Take Authentic Action fascinates me and especially the distinction (I am asking a big handful of questions all at once, and then I will let you run with it) especially the difference between looking and seeing, because they sound like the same thing and they’re not, and the difference between telling the truth and being honest.

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

Could you talk to us about that? And maybe even could we take someone though it. After you have explained it, could we open the line back up and LOOK and SEE someone's situation.

MARIA: I would be happy to. LOOK, SEE, TELL THE TRUTH and TAKE AUTHENTIC ACTION are the four steps we can use in coaching someone. The definition of Look is to direct your attention toward something. Very often when we come for coaching, we have a picture in our mind what it is we need to look at. I know myself, when I engage the services of a coach, one of the reasons I am doing that is because of how I have been looking at something, or where I am looking may be part of the problem. Even though I am convinced that what I am looking at is absolutely right. When you are willing to look you are willing to possibly look at something that a coach might ask you to look at.

Let me give you a funny example so you can get a good picture of this. Picture in your mind's eye that someone comes to see you. They are standing in front of you. In their left hand they are holding a gun, the gun is pointed down to their left foot. Every so often their hand twitches and a bullet fires and they shoot themselves in the foot. That person may say to you – I am coming for coaching because my foot hurts. And they twitch again and they shoot their foot again. See my foot is hurting. And you say, all right I will take you on as your coach. Now the first thing I want you to do, is look at your left hand. But the person stands in front of you and says – no, no I didn't come to look at my left hand, I came to look at my left foot. My foot is hurting me. And of course they dislodge another bullet and they're in pain. But finally you really talk with them about allowing themselves to look at something you suggest they look at. Then of course the moment they look at their left hand, they see something.

Now to see the way I talk about it is to discern something out of the background against which it is occurring. So to see something is to distinguish or point out something and very often it is not what you think you should be seeing. Because if you see what you think you should be seeing then you should get a different coach, a coach is often a coach that helps you see something that you had not seen before. In our analogy the person looks and they see that they are holding a gun in their left hand and that every time they twitch it fires a bullet at their foot.

Now, telling the truth is very interesting because the truth, we distinguish that from our honesty about something. The reason I use honesty is because, if you were standing at the water cooler at work one day, and someone was to come up to you and say, “Michele, can I be honest with you about something?” You would probably have the sense that they were about to give their opinion about something, probably about you, and it is probably not very good. Honesty is like that. It is full of our interpretations, opinions, thoughts, and projections. So when we tease the truth away from honesty, we look at something that is really happening in physical reality. Just the fact of the case.

Getting back to our analogy, our poor beleaguered client, sees that infact he is holding a gun in his left hand and that every time he twitches he shoots his left foot. Well he is seeing the truth about something. It is REALLY happening that way. Very often, other people can see the truth in our lives before we see it. You really are about to drive over a cliff. The truth has a pristine quality about it; there is no arguing about it, you just see it. Once you see the truth then your next authentic action becomes self evident, it becomes obvious.

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

In our analogy our client holsters his gun and begins tending to the foot knowing that: i) he probably will not do that again; he probably will not shoot himself in the foot. ii) He has gained a lesson in allowing himself to be coached at looking at something that he first thought for sure had nothing to do with what he came to coaching for. Finally he was willing to tell the truth and take authentic action. Those can be very empowering, because when we come for coaching, when we look at our relationship with money (or any of the other six forms of energy that we deal with) when we deal with energy and our lives and our goals and dreams, the truth and honesty get all squished together and sometimes we end up hurting ourselves and often that is what we come to coaching for.

MICHELE: Fabulous. I want to take a moment to review that really quickly. The four steps in the coaching model. When you go from recognising that something hurts. Maybe you've gotten new shoes, you've talked to your parents about how their feet work. You've analysed this whole foot thing.

MARIA: Absolutely, and it just doesn't do anything.

MICHELE: So is there someone who has a “hurting foot”. Is there some part of your life? Maria would you walk us through the different areas in Mastering Life's Energy, you address not just the energy of money, but other parts as well.

MARIA: Yes, there is the energy of money, the energy of time, the energy of physical vitality, the energy of creativity, the energy of enjoyment and the energy of relationship.

MICHELE: I am going to open the line back up and hope that it is quiet, so that someone can step forward with the part that hurts them and we can demonstrate the coaching model.

MARIA: And either that or if you're not ready to step forward to do that (which I can understand) just any questions that you have about it. So anyone with questions I would be thrilled to talk about.

PETA: This is Peta from California. I am quite ready to step into your coaching model. I am a management consultant (or should I say a temporarily disabled management consultant) I found out a couple of years ago that my body doesn't make an enzyme so I have been sick for two and a half years. This means I get disability, which means I am at the whim of insurance companies that cut off my money whenever they feel like it. They cut it off again on Monday. On one hand in the long run I am sure it will be fine, but in the short run, I am angry and frustrated that this seems to be the story of my life. I have money, it's reliable, then it is gone again and I don't seem to have control over that process.

MARIA: First of all, it takes a lot of courage to talk about this in front of a group of people, even though you can't see them face to face, it still takes a lot of courage. The question I might have you look at is, “What is it that I could support you in with this?”

PETA: I think what I want is a different way of looking at this, at least for starters, because this story I just told you feels like the same old story with different antagonists.

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

MARIA: In what way?

PETA: Well before I was disabled and had an insurance company to contend with. I occasionally did contract work and that wasn't really steady. I have issues with my parents, who have a lot of money and have helped me with it, but kind of unreliably. So it feels like it has gone from being my parents, to unsteady work, to now the insurance company. So I have concluded this must have something to do with me.

MARIA: How can you think that, my goodness! So continuing to look with me. What is it that you might want me to support you with. How could I be of service to you in this?

PETA: Having this not ever happen again – which I guess you can't do.

MARIA: I wish I could wave a magic wand for you, I really do, truly.

PETA: It seems there has to be a distortion in that story somewhere or else a distortion in me.

MARIA: You mean, because you are having that story.

PETA: Yes.

MARIA: The only time to even be concerned about that story, is if in the face of that story, there is something that you are not doing, or putting off doing with your life. In other words, the story itself is not (although I have the experience of what you are saying – very frustrating and you want to tear their hair out!) but what would a shift in the story accomplish for you?

PETA: I would have a steady supply of money. When they cut off my money this past week, it was based on documentable lies. My lawyer and I are going to document but that is going to take us two or three months. All that has really happened is that now there is a two or three month gap in my income. But since my rent needs to be paid every month and I need food everyday this is a problem. Even though I do have savings and I will be fine, it is a problem.

MARIA: I am still not yet clear, (what you are talking about is very clear and your frustration is clear) is there something when this occurs, that you have stopped doing or have given up on. It is one thing to have something happen in your life, and it is an obstacle and an inconvenience and we hate it. In the face of this obstacle we stop doing something, we give up on ourselves, we don't complete a promise that we said we would complete. There is something that, it's almost as though while we are dancing with our reaction to the obstacle we take ourselves “off the hook” for having to do something that we promised we'd do.

PETA: OK, there is nothing like that in my life. There is nothing I won't be doing if I didn't get this money. I am unable to work, but I haven't given up on that, because I am going back to work.

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!

Lisenbury, Inc. · c/o Todo Management · 6523 California Ave SW · Seattle, WA 98136-1879 · tel: 206.729.8497 ·
michele@successandspirit.com · www.successandspirit.com



**Michele Lisenbury Christensen's
Success Guru Interviews
Interview with Maria Nemeth,
author of “The Energy of Money”**

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

MARIA: Is there something you are discerning. Is there is something that you are seeing right now, even as we are talking about this.

Peta: No.

MARIA: You said something very important. You said “There is nothing that this keeps me from doing.”

Peta: That’s true, in part because I am not able to do very much right now because I am disabled. It uses up my very scarce energy dealing with my lawyer and dealing with the insurance company. I feel it takes something away from me in that regard.

MARIA: I am getting more of a lock on what it is you’re saying. One of the things I have found very useful, is for you to get out on a piece of paper, all your thoughts, feelings and body sensations that go along with this incident. Getting them absolutely out on paper. I talk about this in Energy of Money - when it comes to obstacles having to do with money. If you do that and get it all out on paper and allow yourself – there are two things you can do with it once you have done that i) you can just put that piece of paper down on your desk or table after you have filled everything out – this has to do with my thoughts about this situation, my feelings about this situation, my body sensations about this situation – everything – my attitude – get it all out on paper and put that piece of paper on the desk or table and walk away from it maybe five or six feet and turn and face that piece of paper and ask yourself the question – do I begin to discern the energy coming off this piece of paper. It’s almost like we are looking at high-tension wires and we can hear the hum.

Sometimes it is good to do this with someone else present. Then asking yourself the question: If I was not currently engaging with these thoughts and feelings and body sensations. If I were not wrapped up in this, what would I be doing? Right now, what would that free me up to be doing? If I were no longer even interested in this whole thing. Because one of the things that can happen, is we can try to analyse why it is we are reacting that way. Sometimes that is very good to do in psychotherapy. You can go to a therapist and you look at that. You go and see someone who does EMDR and you get desensitised. There is something very good about psychotherapy and I don’t know if you have been to psychotherapy.

The bottom line becomes at a certain point, that we write it down, put it on a table, step away from it and ask ourselves if I were not dancing with this now, what goals and dreams might I be dancing with in life. What might I be doing in life? Sometimes all that is necessary is a simple shift in the focus of our attention away from trying to handle all these emotions and trying to do something with them – verses very simply asking the question: if I were not dancing with this now, what would that free me up to do?

PETA: OK.

MARIA: Make a list of what it is you might be freed up to do, because I have a sense that there is something very possible relieving for you in the future. Learning to shift the focus of your attention

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

away from this. It doesn't mean you're denying it. It just means you are simply turning your attention towards something else.

PETA: OK

MARIA: Some people have to shift 20 feet away from it. You want to get a sense of it from a birds eye view and you look at that energy, so you can ask yourself the question: If I were not spending energy here, what would I be focussing it on right now?

Peta: That question, I have some answers to it right now.

MARIA: Give me an example.

Peta: For one thing, since I have so little energy, I really want to spend it on ideas that are important to me, or speaking to people that are important to me and this takes away from that. I need to think about what I need to tell my lawyer and what he needs to tell the insurance company and things like that. I can't do both.

MARIA: Great. Write down now what it is you would be doing. Those are two very brilliant things because your anger is in physical reality.

Peta: OK. I have been working on an idea that I have had for the last few months. I have been thinking about other things besides how the insurance company is oppressing me and trying to kill me.

MARIA: Yes, I understand, you'd be working on ideas that you have had in the last few months, and you'd be talking with people you said, something about that, what was that?

PETA: I'd be talking to people that actually like me.

MARIA: Wonderful, write that down.

PETA: I had to spend so much time talking to my lawyer yesterday, that when a friend of mine called I didn't have time to talk to him.

MARIA: You are beginning to see something now aren't you?

PETA: Yes, I am writing this down.

MARIA: Wonderful. Now I am wondering as I am coaching on this, if you are willing to take one authentic action on what you have just written down.

PETA: Yes, I am and it is a bit paradoxical. I know what the lawyer needs to say and I have been running around in my head since a couple of days ago, when I found out about this. I haven't written it

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!

Lisenbury, Inc. · c/o Todo Management · 6523 California Ave SW · Seattle, WA 98136-1879 · tel: 206.729.8497 ·
michele@successandspirit.com · www.successandspirit.com



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

down yet, and what I am thinking is I might as well write it down today, do what my lawyer asks me to do today and completely forget about it.

MARIA: Brilliant. If you completely put that aside. What is one thing you could do that will represent that shifting the focus on your attention. That wonderful second list you just made.

Peta: I think I would have to do this thing first because that way I can stop thinking about it. After that, I would go back to looking up something I wanted to look up a couple of days ago about one of my ideas.

MARIA: Fabulous. Write that down. See right now you are making a promise to yourself. That you are going to finish doing this with your lawyer and then you are going to allow yourself to think about, and possibly write about some ideas you have been having.

PETA: Yes, OK.

MARIA: Brilliant, so you'll do that today?

PETA: Yes

MARIA: Very good, so what is it you're learning, what is it that you are taking away from our interaction?

PETA: Well, I already feel a lighter energy. That is the thing I am most aware of now. That it won't be the end of the world, the way I have been feeling.

MARIA: You have been wonderful. You are very courageous. What I appreciate about you is how willing you have been to allow me to dance with you, to interact with you and I appreciate it a lot.

PETA: Thank you Maria.

MARIA: Just go for it now. I can just tell that you have a lot of creative energy and we need to give you some room to focus it on things that will bring you joy.

PETA: Yes, thank you.

MICHELE: That was great. Thank you both. I just heard you move her. There is not a lot you can do about that circumstance – there was a lot of power and energy to be freed up. We'll open it up to questions for others. Another question?

KAREN: This is Karen from San Francisco. What is the benefit you mentioned as far as putting the piece of paper on the table and walking away – what is the benefit of having someone else there? You said you might want to do this with someone else.

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!

Lisenbury, Inc. · c/o Todo Management · 6523 California Ave SW · Seattle, WA 98136-1879 · tel: 206.729.8497 ·
michele@successandspirit.com · www.successandspirit.com



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

MARIA: Think about that for a moment. It is sometimes useful to have someone else that you can talk about what you are seeing regarding the energy. It is not a solitary pursuit. Indeed if you were a coach with a client, you can have them do it with you while you're speaking with them over the phone and then in your presence have them say what they see. So it is not an internalised thing, they are externalising it. Also they are getting validation, which is sometimes very difficult. One of the things I appreciate so much about the coaching we just did – is how absolutely willing she was to allow the coach to take her hand and partner on this. Sometimes that is exactly what need. We need someone else with us – I know I need that in my own life.

KAREN: Right, thank you. That's great.

MARIA: Thank you.

DEVON: I have a question about why you chose not to fix the belief that she raised in the beginning. The belief where she talked about that it's the same cycle and I'm stuck in it and it makes me feel disempowered essentially.

MARIA: Very good. There were two things about it. I had asked her if she had already had therapy or work on processing this. There are many different ways you can deal with a belief. You can recontextualize it or help the person to reframe it to help the person to neutralize the belief itself. There are people who do that very well. My preference is to help the person see that these beliefs and thoughts always come up. I don't know if you have a very active mind, but I do. If you can imagine, that there is something like a border between two aspects of reality as we have come to know them; metaphysical and physical reality. Let's say you wanted to cross that border, and you hit something we call trouble at the border and all of your doubts and beliefs and thoughts and opinions and this is just like it's always been and it's never going to change.

All this stuff comes up; it's part of the human condition as far as I am concerned. In my work with people I call that “Monkey Mind”. It is a Buddhist term for that aspect of the mind that is always chattering at us as it swings from doubt, to worry, then back to doubt. Sometimes “Monkey Mind”, especially the brighter we are can engage in a proposition of spending time analysing, reframing, recontextualizing our beliefs and that takes a lot of energy. I have to see in my own life, that it could be said that enlightenment is nothing more than a simple shift in the focus of our attention away from who we are psychologically, with our thoughts, opinions and beliefs, towards something that is more interesting to us.

The contribution we are here to make, who we really are and what Joseph Campbell calls our Heroes Heart. What our real values are, you can almost say what our ontological intentions and by that I really mean, intentions that are a longing to be some way. Like to be a creator of beauty, to be successful businesswomen, to be a successful author, to be a gifted poet or a healer. I did not explore with her (because of the interest of time) what her deeply held intentions of life such that when she is not doing what it is that she is here to do, she experiences discomfort. But sometimes I like to see all these beliefs and opinions as distractions, and I sometimes see a picture of my tombstone and it says, “Here lies Maria, she had a lot of thoughts and beliefs she had to handle” or “Here lies Maria, she made the

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

contribution she was here to make, and she brought a blessing to our lives”. I have to keep looking at that, especially coming from a psychological perspective.

Listen, I am a Russian, Jewish, psychoanalytically trained, clinical psychologist – I have got four strikes against me already. That is a long-winded way of saying that sometimes we can shortcut the process and just simply get to something a lot more interesting. You can tell it’s more interesting and a lightening up is taking place when the person you are coaching says they can feel more energy; they feel more a sense of possibility. They are shifting the focus of their attention away from trying to handle the same old stuff over and over again towards something else that is more interesting, like let me finish this project to my lawyer, then let me get on and do something that is more creative for me. Does this help?

MICHELE: I know it helps. I want to ask you to follow on from there, the hero’s path you talk about, who we really are is kind of the more interesting thing. Can you please walk us through the layered model you have.

MARIA: It could be said that there are three aspects to who you and I really are. If you drew a circle with two outer edges you could say that outside of the circle, there is who we pretend we are and we pretend a lot of things. We sometimes pretend we have it all together and nothing is wrong. One of the things at the academy we get through real quickly when we are training coaches, is the pretence, “I have got my shit together, I am doing fine, my practice is doing fine and I am wonderful”. That can be the truth but very often it is pretence, or pretending. Underneath that outer circle, is the inner circle and that is who we are afraid we are – “If people only people knew the real me”.

I remember a year ago, when they called me from Oprah to go on her show, one of the first things that happened in my internal dialogue was, “OK their going to really see that I am a fake, a phoney and a fraud. In front of 20 million people – they are going to see what a putz I am.” That is normal, we all go through it, and it’s natural. If I stayed there and tried to analyse why I was feeling that way, I would be wasting my energy. Who we really are is inside that circle; it can be represented by a star. Who we really are in our hearts is something far bigger than our thoughts and our feelings and our judgements.

We have aspects of ourselves that transcend time, that transcend our situation and circumstances. Who we are in our hearts is what we could call who we are ontologically. Now the way I use ontology is in a very specific way. Ontology is one of the four components of metaphysics. There is psychology, ontology, theology and cosmology. So one of the four branches of metaphysics is ontology – the study of the nature of being. That aspect of who we are that is sometimes accessed in meditation or contemplative prayer. That aspect of ourselves that comes forth when we are engaged in a project that warms our heart and nurtures our spirit, and inside ourselves we have these aspects of who we are that are wonderful and so shiny.

For example we have these intentions and they are ontological in the sense that it is a longing to be a certain way, to be a contributor to our community, to be a loving mother or family member, to be an adventurer, to be spiritually developing. These all start with the words “to be” and also in our hearts

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!

Lisenbury, Inc. · c/o Todo Management · 6523 California Ave SW · Seattle, WA 98136-1879 · tel: 206.729.8497 ·
michele@successandspirit.com · www.successandspirit.com



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

we have our standards of integrity, which are the core values that exist for us. The values that are magnificent, it might be to be compassionate, or loving or spiritual, or to be a visionary and inspiring.

All of us have our own particular set of standards of integrity. These standards and these intentions exist over time and you could say our job here, on earth is to get born here, wake up to who we really are, turn our attention to who we are psychology, to who we are ontologically, even though it is so deliciously compelling to think of ourselves as psychological beings, we should turn our attention, nevertheless, to who we are in our hearts, and begin to design goals that reflect who we truly are and then going for them.

I have seen over the years, in teaching these principles, that the good life, the well lived life is the life we lead when we are willing to see what is we are here to contribute, to call it out specifically, to design goals that demonstrate this contribution, and then to take authentic action and not only to do that but enlist the support of others, because we are not here to do it alone. And then when we due that, using and marshalling the six forms of energy, which once again are: money, time, physical vitality, creativity, enjoyment and relationship. When we use these six forms of energy with clarity, ease and grace we end up doing what we are here to do, and it is the sweet life. So that is as quick as I can come to a summary of who we truly I hope I am being clear.

MICHELE: That is marvellous. So people who want to explore that, who may not have related to themselves that who they are pretending to be is not, who they really are – it may be they are not being aware of those layers.

MARIA: Or who they are afraid they are. You and I have all these weird scuzzy thoughts. The difficult thing about it, is not that we have these weird scuzzy thoughts, but that we think they mean something and when we find out that they mean nothing, that they have nothing to do with who we really are, then life becomes very sweet.

MICHAEL: Maria, this is Michael. I just wanted to share that somebody who I was explaining that model of the three levels and three layers, she went, “Alright, I get it, we are diamonds covered with horse shit, carefully painted with nail varnish”.

MARIA: Great, I love it. (laughs) That’s wonderful, I love it. I sometimes call it candy coating with cow turd. You know. (laughs more). Thank you Michael.

MICHELE: We are running out of time now. I have one more question, just because I think it is one of the rich pieces that you bring to the sometimes-crowded field of people exploring their relationship with money. Could you tell us how forgiveness relates to money energy?

MARIA: Of course. If you could imagine what we have been talking about in terms of gathering these daresays of evidence and how our minds work naturally to do this in a very organised, systematic fashion. The daresays of evidence become very, very heavy and we spend a lot of time reviewing the documents in the daresay. Forgiveness in the way we talk about it here, is in my Energy of Money book and we do it in the Mastering Life’s Energies seminar; forgiveness is about learning how to put

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

that daresay down, and in so doing just releasing a lot of energy that has been tied up in keeping the daresay filled and the minute you realise that energy you can use it for the pursuits that have really meaning and value for you.

You and I are here to learn to become conscious conduits of energy. To make the contribution that we are here to make with clarity, focus ease and grace, ready to do what it is we are here to do and to support other people to do that as well. Now the extent to which you and I have these daresay about other people, is the extent to which we are unable to make use of the full range of energy that is available to us. One of the things we simply have to look at, and it is quite a thing is: Would it be alright with me to let go of the things that I am sure I am right about having to do with other people. So that in letting it go, I am free to go elsewhere. That is one of the reasons why I say that forgiveness is so important.

MICHELE: Yes, I just see this big fat daresay – here’s my daresay about my mum, here is my daresay about my boyfriend.

MARIA: The hard ride is full.

MICHELE: It has been delightful to play with you today. I would love it if you could share a little bit with our community about what you are up to do now – your seminars and I understand you train coaches to coach along these lines?

MARIA: Yes, I do – I train coaches to coach along these lines at the Academy for Coaching Excellence. The Gateway course, for people, and these are people who are interested in becoming coaches, or maybe they’re not but they just want to get these foundational skills. The Gateway course that presents the foundational coaching skill is called, “Mastering Life’s Energies”. If people are interested they can always go on to my website, academyforcoachingexcellence.com and see when the next Mastering Life’s Energies course is.

Sometimes coaches take Mastering Life’s Energies as continuing education. Sometimes people come in, not wanting to become a coach, but wanting to get these life’s principles and in any case, all are welcome. If any of you have any questions of me, or want to say hello to me, you could always leave me a message. A good place to leave it is at the [acedmeyforcoachingexcellence.com](http://academyforcoachingexcellence.com) or my other website which is marianemeth.com, so that is how you can get hold of me.

MICHELE: Wonderful, thank you. We highly recommend Maria’s tape program The Energy of Money. It is packed full of very useful exercises and examples of what other people have done. I use it a lot in coaching.

MARIA: I think that is important. I have done that so that people, for instance, who are coaches, can pick it up as a primer and put their clients through the exercises.

© 2003 Michele Lisenbury Christensen

May be freely distributed with this copyright and contact information attached. Enjoy!

Lisenbury, Inc. · c/o Todo Management · 6523 California Ave SW · Seattle, WA 98136-1879 · tel: 206.729.8497 ·
michele@successandspirit.com · www.successandspirit.com



Michele Lisenbury Christensen's Success Guru Interviews Interview with Maria Nemeth, author of “The Energy of Money”

Recorded May 1, 2003

Recording available at <http://www.successandspirit.com>

E-mail subscribe@successandspirit.com to receive announcements of future interviews

E-mail Michele@successandspirit.com with your raves, rants, or recommendations

MICHELE: It's a starting place. Thank you for being with us. I want to open it up so that others can thank you as well. Before I do that, Michael can you please tell us about your interview with Guy Finley that is coming up two weeks from today at 10am Pacific, 6pm UK time?

MICHAEL: So coming up in two weeks from today at 10am Pacific, 6pm UK time I am going to be interviewing Guy Finley who is one of my favourite authors of the inner life. You can read about him at guyfinley.com. That is different time same number 10am Pacific, 1pm Eastern, 6pm UK and he has an extraordinary way of seeing the outer world as a reflection of the inner world. Even spending a little bit of time with him changes the way you perceive everything. I am excited about having the chance to chat with him for an hour and also to introduce him to you and open up for questions because he is just fantastic to be with.

MICHELE: If you aren't on our mailing list and you don't receive Michael's Coaching Tip each Monday, and you want to then join our mailing list at successmadefun.com and you will receive announcements of other upcoming speakers.

(Thank you from everybody)