

## Money & Spirituality

By Kay Grace

As we start the new year, many people have told me they would like to end their long struggle with money, and welcome financial prosperity. I had originally written it as an introduction to a series of classes I was teaching about the intersection of money and spirituality. I gave it to a friend to edit, and she changed the word “money” to “abundance” or “prosperity,” and generally took the “edge” out of the article.

It helped me to see that it’s still a challenge for those serving humanity from a spiritual perspective to be comfortable with money – having, it, wanting it, and asking for it.

I’ve included my comments in response to the edit, and restored the “edge” to the article, knowing that it may trigger an uncomfortable response in some. Just know that anything uncomfortable is just a message, trying to get your attention. Be open to listening to your own Higher Self

*I intended to stir them up a little, phrasing it too softly lets them off the hook. I think there is freedom in speaking the plain truth. So many people in the spiritual arena have moved either into pure fantasy or suffering do-gooder when it comes to money. Both come from old patterns, beliefs and so on, but I want to make the point that even if we are wounded, we need to take responsibility for what we are creating in our lives. Calling a relationship with money a relationship with abundance is in itself a way of deceiving oneself in an unhealthy way. What people want is more money, for lots of wonderful reasons, including using it to enjoy fun things in life. Unfortunately, they often feel guilty about wanting it, and start calling it by other names or hiding their real desire so that others won’t think badly of them (e.g. “filthy rich.”).*

Abundance. This is the word so many of us on a spiritual, healing or service path often use, when what we mean is money. Is money a dirty word for you? Did you hear somewhere that money is the root of all evil, or that you cannot serve both the higher good and money? If so, and part of you believes this, then you have found one of the key reasons there is not more money and financial success in your life.

Are you more comfortable if I use the word prosperity? What do you experience when you think of the word money?

*I am not asking them about their perception of prosperity – it is another safe word. I asked if they would PREFER the word prosperity to money.*

Look closer at your inner dialogue. If part of you believes that having money is not spiritual, and you are on a spiritual path – guess what? You will find ways to create spiritual wealth and financial poverty, exactly as you intended, whether you are consciously aware of it or not.

To turn this around, take the time to discover and write down what those negative or disempowering beliefs around money are for you, and then decide what beliefs you would rather have. Take a piece of paper; draw a line down the center. On one side write your old beliefs, then on the other side write down your new beliefs. Then read the ones you would like to have out loud each day, and imagine those you don't want simply leaving.

If the resistance inside you is strong, you know you are working on the place of greatest growth, so don't give up. Remember, thoughts need our attention, repetition and energy to survive and get bigger. Be sure you are feeding the thoughts which will feed you!

Ask yourself, can I do more good in the world as a financially successful person, or as a person constantly worrying about how to pay the bills? How is my challenge with money impacting my ability to step into my own magnificence and truly serve the world at my highest potential? Use the energy you expend worrying to focus on the life you want to create instead.

Set a clear intention about the money you would like to have, guilt-free, knowing and trusting that the Universe **wants** you to have your heart's desires, and there is more than enough for everyone. Move into a state of deep gratitude for all that you have right now, and be willing to share some money with others, even when it feels scary and you think you won't have enough. Finally, begin to act as if your financial freedom is already here, moving the way you would move if you had no money problems, feeling secure, confident, lighter and more capable as best you can. Finally, take at least one inspired action each day which moves you closer to having more money while you remain the beautiful spiritual being that you are.