

Money

*The Problem,
The Connection, and
Four Steps Forward*

Power

The Curious Problem

Why do those who care so deeply often have such a troubled relationship with money and power?

Before I go any further, I want to state clearly that I'm not going to lay out a path for how to make millions while leading a revolution. I'm not going to advocate becoming rich as a solution to our troubles. I don't believe that money alone can solve the ills of the world.

You don't have to be rich to have an impact. Yet having a healthy relationship with money can increase that impact tremendously.

You have a dream in your heart, perhaps one you are following even now. There are a million voices out there cheering you on, asking you to be bold, to be courageous, to take the steps you need to take.

And yet something is holding you back from showing up completely. It's not just fear. It's not just ordinary stuckness.

There may be many subtleties in your personal history that affect the level of stuckness you're feeling. However, I'm willing to bet that there is one that is common to us all. One that, if not handled, continues to eclipse the guidance and clarity of your heart.

The Biggest Obstacle

The effect of this obstacle has you selecting "good enough" paths forward that are maybe just 5 degrees off your true path. It has you

pulling your punches, refusing to speak your full truth, and mispricing yourself.

It also keeps you from expressing your tenderness and compassion, working far too many hours, creating boundaries between you and people you care about, and between you and the people you want to serve. Overwhelm, overwork, and being nice begin to rule the day.

Not always in extreme ways. But enough for you to notice. And enough for your impact, and what comes back to you, to be affected.

Here's another painful part: if you're noticing, others are noticing. Or, if they're not noticing, it's because they aren't noticing you. You aren't making the impact, or the income, you know you can make.

The spiritual teachings I've received from my lineage make no bones about what this obstacle is:

***“The biggest obstacle on the spiritual path
is the fear of provision.”***

By “provision” is meant being provided for, the substance of your living. In our culture it refers mainly to your income. When you aren't sure if you're going to survive, if you don't know where your next meal is coming from, it keeps you in survival mode. And survival mode means you are in your animal self.

Okay, so you're probably beyond starving-on-the-street survival. But you don't believe it, and you think you could end up there.

Let me be clear, your animal self is not to be disparaged. (Nor are animals.) However, your animal self is running on instinct. It's looking to get the most basic needs met, and not thinking about anything else. It's basic question is, "Where's the beef (seitan/tofu/grilled veggies)?" Not a very inspiring existence.

The Troublesome Money-Power Connection

There are a lot of obvious connections between money and power. Money is used to wield power, and people lust after both. That's not what I'm talking about.

This fear of provision saps power, it keeps you in your animal mind focused on survival. When I say "saps power," that's a little misleading, because in some ways this is a powerful state to access. Come on, what's more powerful than running with your teeth bared to bring down your latest wildebeest (or tofubeest)?

That's definitely a sort of power. However, it's not an ideal state from which you can build a business or do transformational work.

Illuminating A Path Forward

I've identified eight core teachings that untangle the survival knot. I've led hundreds of people through these teachings and associated exercises over the years. The results have been freedom, spaciousness, and the ability to access their true power, wisdom and knowledge.

Here are the first four steps:

The First Four Steps to Untangling Money Fear

I recommend going through these steps in order, because they build on each other.

Step One: Your Heart and Money

The first, very first step you have to take is to get clear on what your current relationship with money is. Because it's tangled, hardly anyone who struggles with money has taken the time to see what in the heck is really going on.

By taking the time to see how your heart responds to money, and then digging beneath the initial reaction to get to the core reaction, you'll find what's really true.

From what's really true you'll be on solid ground and therefore able to change, to forge a healthier relationship with money.

Step Two: The Flow of Abundance

Abundance and energy flow in different directions. Instead of thinking of “flow” as just one thing, if you get a little more granular you can start to see where things get sticky.

The five basic flows are Giving (actively moving something from you), Taking (actively bringing something towards you), Receiving (passively open to what is given to you), Offering (passively making what you have available to be taken), and Stillness. You will tend to favor one over the others. Some are more comfortable passively sitting back to receive, others are more comfortable assertively trying to take.

Often when you are comfortable with a certain flow you’ll attach a stigma to other flows, as in, “Yes, it’s okay to receive, but it’s rude and pushy to go take something, even when it’s offered to me.” Or, “If I relax and wait for it to come to me there won’t be any left! Panic!”

The trick is to be aware of all five flows and to use the most appropriate flow for the situation you are facing. Even beyond that, to get really fluid where you can shift from one to another as a situation changes.

Step Three: Appreciating Your Assets

A staple in money courses is to count up what you've got. It's a great exercise and hence the staple-ness of it. However, there's a deeper step that is important to take if you want to heal.

What's often unanticipated is how much our assets can throw us for a spin. I've known people with a million dollars who couldn't face their bank statements because it freaked them out to have so much.

List out all of your assets and how much they're worth. Then, go through them one by one and see which ones you have reactions to, that are hard to look at, that you had trouble writing down. Instead of being freaked out "in general" you've located where the specific trouble spots are.

Heal your relationship to those particular assets and your ability to steward what you've been given (and increase it) has just gone up tremendously.

Step Four: Facing Your Liabilities

Debt can be such a power-drain. But it doesn't have to be. Similar to the Appreciating Your Assets exercise, the job here is to list out everything you owe to anyone or any institution, even (or perhaps especially) your monthly bills. Then go through the list and see which ones are challenging, which ones you want to avoid.

Healing your relationship with those particular debts can free up so much energy it's crazy.

And Then There Are Steps Five Through Eight

Which is why you should keep reading. On to the next page.

Starting May 3, 2011: The Heart of Money Transformational Journey

If you're ready to have a Divinely-inspired and healthy relationship to money and your finances, and let go of all the knots of fear and survival that are keeping you from your power and strength, I want to invite you to join me for this Transformational Journey. You'll travel through the specifics of the previous four steps, plus:

Step Five: Lightening the Weight of Debt

Debt happens, and it's real. It can even be healthy. But you need to lighten how heavy it feels to you so you aren't paralyzed. And it can feel incredibly light, even supportive.

Step Six: The Veil of Safety

Safety is a core need of every human being. Until this need is met, abundance is blocked. This ancient Sufi approach to accessing safety in any moment will free you to then access the truth, wisdom and power waiting for you in any challenging situation.

Step Seven: Creation, Abundance, and Neediness

This seventh class takes all that you've learned so far and goes deep into the most painful part: our core human neediness. Within that core is a doorway, and when you open that doorway you realize the limitless abundance available.

Step Eight: Your New Reality

Stepping into a new reality is disorienting, and the temptation to fall back into old habits and thinking, to throw away all you've gained is a real danger. By integrating in your bones what you've learned, and shutting the door to the old ways, you will be living in your new reality and won't be able to go back, because it's not an option.

Profound, Lasting Changes That Affect Everything In Your Life

Join hundreds of others who have let themselves be transformed by these teachings. For full details, check out the registration page.

Remember, we started with only 50 seats available, and it won't be taught again until 2012.

**Click to read about
The Heart of Money 2011**

And definitely join us for the free Money and Power Connection Teleclass, described on the next page.

Heal Your Relationship to Money and Power. Free Teleclass:
<http://www.heartofbusiness.com/heart-of-money-2011/money-power/>

The Money and Power Connection

A no cost-call with Mark Silver

If what I've written here speaks to you, please join me for a free teleclass on the Money and Power Connection.

I'll be providing in-depth teaching, and helping you access an experience of freedom in your heart. I'll also help you discern where stuckness is happening in your relationship with money.

And I'll be answering questions. So please join me.

Wednesday, April 13, 2011

1 p.m. pacific time

And yes, we intend to record it.

**Click to read about and join
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Free Teleclass**

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About Mark Silver



Sufi spiritual nut and business tenderizer, my roots in business go back four generations to my great-gandmother who ran a stocking factory in turn-of-the-century Poland. After several careers myself, including running a magazine, a painfully under-talented graphic design business, and running around on an ambulance as a paramedic, my spiritual journey connected with my business journey.

Since 1999, I've worked with thousands of entrepreneurs and self-employed folks in the areas of money, marketing, strategy, and just plain doing well in business.

Trained at the Jaffe Institute (now known as the University of Spiritual Healing and Sufism) in Organizational and Business Healing, I blend my skills as a Sufi healer and designated Master Teacher in my lineage with heart-centered nitty-gritty effective business practices.

My vision is for your heart to deepen into knowing its own truth, and from that knowledge for your business to become profitable and sustainable.

I live in Portland, Oregon with my wife Holly, our twin sons Sam and David, two cats Rafi and Kira, and as much rain as you care to soak up.

If you have any questions or feedback about this booklet, my door is open. Please reach out: <http://www.heartofbusiness.com/contact>

“When you find the love, you find yourself. The secret is in the love.

You are the love, not another.

Everything is in the love, and everyone needs the love.

If you find this, what more could you want? The jewels are inside you.”

–Sufi Shaykh Sidi al-Jamali as-Shadhuli

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