

## **ABUNDANCE - Stripping your external identity empire to reveal the wealth of who you are**

### **The huge pile**

Imagine a huge pile or large collection of things – like a mountain of clothes, jewellery or material possessions that you have accumulated in your lifetime. This pile could also contain friends, who have been part of your life to date, collections of memories or life experiences or additions to your curriculum vitae, bits and pieces of information that you have stacked away in your memory bank for a rainy day or perhaps even a pile of dreams and longings, which have yet to be fulfilled.

### **Identity Empire**

Many people, at some time in their life, feel like they have been “stripped naked to the core” – not literally but figuratively – as if every piece of clothing had been pulled or torn away from their bodies, leaving them exposed, naked and “just surviving”. Friendships have gone by the way, either by choice or by circumstance. Others have made choices to leave partners, and what has made up their “identity empire” in terms of what that relationship has brought to them, has changed. Material possessions may have been stripped away, exposing people in ways that feel uncomfortable or unfamiliar. Dreams and goals which people have been working towards may have been thwarted or even dismantled, or the pile may have come down in a crashing heap for whatever reason.

Do you get the picture? What you once had, dreamed of, possessed, indulged in...anything that possibly has helped you create and build your current identity or had you feeling abundant to some degree, is not there anymore or doesn't hold the meaning, significance or priority it once had.

### **The Everything Excavation – stripped to everything you can be**

What has occurred, or is occurring in your life now, that has you feeling like your own personal “pile” or “identity empire” is being pulled down – perhaps from your own volition or possibly from circumstances beyond your control?

Has your husband or wife left you or are they/you about to leave? Have you lost your job or just hate it completely or missed out on a career opportunity? Are you having parenting hassles or difficulties even becoming a parent? Have you lost your house or business? Is illness or accident preventing you from leading the lifestyle you could be enjoying? What else? What has your reaction been to this “excavation”?

The common emotions that people experience are a mixed pile of devastation, despair, futility, disbelief and uncertainty mixed possibly with a sense of simplicity, peace and I guess what I could personally describe as pleasure or joy from the “richness of simple things”.

Many people try and prevent the “excavation” at all costs. They would rather stay standing on the mountain summit (or part way up – case may be) waiting for the internal or external accolade that they may receive because of their association with certain people, places, activities and possessions. Others prefer staying on the “mountain of status quo”, even though their soul is dying and they lack passion or enjoyment for what they presently have. Others resist, cry, rant and rave at the “excavation” that they have been passive witness to

and they become victim to their circumstances, denying themselves the fullness of life they could be experiencing.

Prime examples could be someone staying in a marriage that is completely unfulfilling, often staying because they think they are a failure if they leave, or they focus on the “What will I be losing?” and “What will I be left with?” questions. They may stay because of the familiarity of that “poverty” relationship because it is what they know, and the fear of the unknown may frighten or even overwhelm them.

People may continue spending and accumulating stuff to try and gain a sense of accomplishment or personal identity status. Others may blame someone else in the business or within the family dynamic for its downfall. Some may stay in their jobs which they are passionless about, but are unmotivated, uncommitted or simply do not have any idea of how to get out of it and find a better job that fills them up, rather than tears them down. Others will fall prey to the victimhood of ill-health, rather than become empowered to make informed choices and become more proactive, responsible players in their own health game.

### **In your nothingness, you have everything**

“I’ve lost everything”, is what I lamented when I left my marriage and was left with a car, kids and \$1000 to my name. I learned very quickly that if I was to continue that kind of thinking and talking, it would literally “do my head in.” Reframing that to, “Hey well I am mortgage free, debt free and I now know where my money is”, after years of not managing money well, I actually had everything, not nothing! I had much to be very happy about and felt quite liberated and empowered when I chose to see my situation from that fresh perspective and see the abundance of knowingness, control of my finances and resourcefulness that I possessed. My identity and self worth was also not dependent on my external circumstances.

When I looked at the small and somewhat humble rented house I moved into, instead of feeling dissatisfied or unhappy, I focussed on the ease and abundance of time I now had from not having to clean and upkeep my bigger “mansion”. When I struggled now and then with sole-parenting my children on a budget, we learned how to make extraordinary meals out of little in our pantry. We were blessed with an abundance of resourcefulness and gratitude for what we had and the lessons we learned. In my quiet nights once the kids were finally in bed, I chose to enjoy the abundance of stillness, (rather than poverty of aloneness) when I sat quietly on many an evening in the company of my candle, music and tissue.

In your personal “excavation” – whether by choice or by circumstance – how could you view your situation from the perspective of abundance, rather than nothingness? How has the excavation given you the chance to make more authentic choices for yourself so you can live a life that really aligns with who you REALLY are and what you TRULY want?

### **Abundance of Authenticity**

How many people do you know who are abundant in a financial sense, but who experience poverty relationships, time poverty, poor self esteem or self respect, ill-health from too much stress or make poor decisions in their lives?

Abundance is far fuller than wealth and your bank statement or the people, activities, possessions, state of health and fitness and life experiences that have built your identity empire to date.

Change, transitions and “excavation experiences”, which could be seen as potential points of disaster, can in fact be pivotal points of power – your own personal power. In any situation, you can find abundance – the gold in your experience. Your “expanding abundance” is discovering the gold within YOU – your true identity empire.

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