

SCARCITY EXERCISE

Using pen and paper, let's do some sincere self-inquiry to discover where the ego holds you back from God's infinite source of supply. This exercise exhumes some of the ego's favorite storage areas for unconscious guilt. Chief among these is unconscious self-sabotage. Please be as present and honest as possible while answering the following questions.

- 1) On the scarcity pie chart diagram, identify the significant areas of scarcity in your own life.** (You may add areas that are not specified if you wish.) Typical areas might be scarcity in finances, romance, sex, body/self image, health or emotional wellbeing, children, job, career or others.
- 2) What have you believed to be the cause of each one these?** For example, you may believe *"the cause of financial scarcity is due to the present economy."* Or, *"the cause of my physical pain is due to a specific illness or condition."* Write them all down.
- 3) With each area of lack, write down your usual response to the perceived threat.** For example, my usual response to financial scarcity might be this: *"I blame the economy, and then I look for alternative ways to improve my situation. I limit my spending, and barely make ends meet by taking on two jobs instead of one."*
- 4) With each area of lack, indicate your level of concern, anxiety and need to control.** This reveals where your fears appear to manifest most strongly. From 0 - 10 with 0 representing no concern, anxiety or need to control, and 10 representing great concern, anxiety and need to control, rate each of your scarcity areas.
- 5) With radical self-honesty which one of the following two desires have you made your priority?**
 - a) For the problem as you see it to improve or be solved? Or...
 - b) For your perception of the problem to be healed?

The ego is a master at diversion. Its commitment is to consistently divert our attention away from the real cause of all our problems. Our deep self-hatred is fueled by unconscious guilt, and this single issue lies at the root of our suffering. The resulting belief in our own extreme unworthiness is the secret motivator that drives all our fears.

As long as the real cause of all adversity remains unrecognized, it continues to be freely projected outward onto the world; it is then returned to us in the form of random chaos. We stay so busy attempting to remedy the symptoms or effects of these ego attacks that we rarely go within to ask for healing of their one true cause. And as we remain busily distracted by attempts to solve our problems independently from Spirit, the actual cause, the unconscious guilt, is left unhealed.

We cannot conceive of the infinitely Loving nature of God's Will for us. If we could, we would never dream of bothering to defend our self from scarcity, danger, loss or attack in any form. If we trusted in our Holy Self, we would know we cannot *be* attacked. If we really knew God's Will, we would also experience and accept the unlimited Love that is our inheritance.

As long as we prefer to trust in the ego's lies instead of God's Love as expressed through our Holy Self, we will unconsciously limit the expression of God's Love in our life. And this self-imposed limitation will manifest in our body through sickness, pain and aging, or through financial scarcity, depression, relationship conflict or other destructive forms.

REVIEWING YOUR ANSWERS

Which areas of your life do you use to hide, or separate from God's Love as your Holy Self? Go back and look at your answers to Question One: These areas of your life are some of the ways you choose to separate from God. The ego perceives lack in each of these areas. If you believe these challenges are real, you cannot forgive them.

Go to your answers for Question Two: These are the ego's interpretation of the causes of scarcity. Is the cause "out there" in the body, in another, in the world, or in the past? If you think it is, you are separating the problem from its real and only cause. As long as you exclude the real cause of unconscious guilt, it cannot be healed.

Go to your answers for Question Three: These are your usual ego fear responses to the areas of scarcity. And these areas of fear also represent your expectations. These are ways you habitually limit yourself and also divine abundance. They are your unconscious self-imposed restrictions on God's Love. God's Love is always endless supply, health, joy, oneness, Love and peace.

The ego attracts scarcity to us. This is a primary way to distract us from discovering *it* is the one cause of all adversity. If we really knew this, we would choose against the ego at every opportunity. But past experience colors our perception of challenges we seemingly face today. We believe the past is real, but what we don't recognize is that everything we ever learned has come from the ego's past—not from the eternal present of our Holy Self.

This means everything we thought we learned has actually been learned from the ego's projection. And what the ego learns is always used for attack. All the laws of the world operate from the ego's past script of prior experience. And they are all founded in fear.

You remain stuck and limited only because you must still be choosing to value what the past has taught you. You trust in your own experience and in the world as your teacher. Holy Spirit's miracles cannot touch the past or the future, as long as you insist on valuing these limitations. You anticipate the future based on your past ego experience, and then you plan for it accordingly. This is merely a continuation of the ego's prescription for unconscious self-attack.

By projecting the past onto the future you set up a defense against Love, which is found only in the present moment. The present is the only instant in which miracles can occur. Jesus teaches that your defenses are always against God as your Holy Self. You defend against God every time you make decisions alone, or attempt to solve problems independently from Spirit.

Through your defense, you give the illusory problem reality and thereby assign it power over you. Whatever you defend against, you must expect. Expectation is attraction, and what you attract must indeed manifest. It is vitally important to exhume all your unconscious fears so you can release them, in exchange for miracles.

Now review your answers to Question Four: You rated each of your areas of concern from 0 - 10, indicating your level of concern, anxiety and need for control. High ratings reflect your fear of God's Love in that particular area. If the level of fear is high, you clearly must still believe the ego's persistent sense of threat. Take note of the higher-rated areas, and be willing to take these issues to Spirit for healing. Ask to see the real cause of these issues, instead of your perception of them.

Lastly, review your answers to Question Five: Which do you desire more, to have the problem resolved or to have your perception of the problem healed? As long as you believe the problem requires resolution more than you believe your perception of separation and scarcity needs healing, the true cause of the problem *cannot be healed*. The cause will remain intact, continuing to sabotage various areas of your life.

I suggest you take all the areas you're now willing to heal through the forgiveness/Atonement process, found on page 297.