



## **MILLIONAIRE LIFE ON ZERO BUDGET**

### **What does the world not thrive on from us - what does it want and need less of?**

We all, for the greater part, live modern lives of hurried pace, overload and overwhelm, and too much *stuff*. Generally, we live excessively. We kid ourselves that we don't, by keeping our focus on the nearest visible person who's consuming more, and who's much more in the grind than we are.

To get a clearer perspective on what we're actually doing to the world, we might need to shift our perspective from being human-centric and me-first, to being holistic and all-of-us-first. Wherever we are on the eco-spectrum, it's not about the dramatic leaps, but daily - even hourly and minutely - wee incremental steps in a more wholesome direction.

This builds long-term momentum and stability in what we're changing, and we inhabit in a more sustainable, balanced lifestyle by degrees; it's a process. Whereas if we throw ourselves into abstinence or extreme change, this can cause unproductive tension and stress; lots of snakes and ladders, little real progress into harmony.

Here we're going to look at the main areas of our life (some prompts below) and look at how we can carefully ease ourselves out of the consumer-polluter model into the responsible powerful earth citizen.

**Where are you 'busiest'? What is the highest level of tension that you have in a typical day or week?**

**Can you bring loving awareness into these tense moments?** Describe how you might practically, consciously do this:

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**Where do you feel most 'excess' in your Life - where is there the greatest expression of 'too much'?** It might be clothing, food, savings, a collection of something, things you're not using, stuff that others might have much more need of than you...

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**Do you have a sense of what it would be to simplify this 'excess' area of your Life?** What could you give away that's not truly essential and genuinely happy-making? Where might these things be more needed and appreciated more deeply? Where could you *make space* instead of feeling *stuffed full*?

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This last query in particular is important to help us take stock of all our loads of 'stuff'... Even if we think that we have a Life full of beautiful, cherished items, it's easy to have accumulated quantities of things that might even be useful to us, but we forgot we had them - or we bought two of the same item! It's great to be aware of the extent of our material riches.

Taking stock is powerful in reminding us that, if we're not even able to keep track of our belongings or the contents of our home, then perhaps it's time to make it all more manageable. Stripping back our 'too much' helps us concentrate our energy and thus hone our presence in the world, in an entirely different way. It declutters our Feng Shui, it liberates our bandwidth, it frees the energy in our whole being, and it liberates FLOW, which is ultimately where the *real* wealth and vitality lies!

Making space is a necessary and creative act, which consumerist materialism efficiently eliminates. But when we begin cultivating spaciousness rather than accepting the norm of having stuff filling every possible inch of our Lives - we open possibility and potential in ways that might have seemed impossible before.

We open space for thing like gratitude.

Having deep gratitude for all that we own and have access to, is a vital element of an enriched Life. So in this final query here, we're going to look at creating a ritual around gratefulness.

Ritual is a personal thing; we might have been brought up with ceremony, or not, but essentially ritual is simply a reminder of we have access to in the world - our very relationship with *and place within* the flow of divine intelligence. Ritual is usually a regularly repeated activity of sacred presencing or sitting concentrating our focus on a particular, special thing (like an altar).

But ritual can also be an internal ceremony: a regular returning to flow, within. It's this kind of ritual I'd like to inspire here:

**Each morning, wake at least 20 minutes earlier than usual, and spend this time calling gratitude in; there are no rules about how you do this - no external specifics, not even the timing! Just have some routine of being grateful... and deepen it over time.**

**Write any thoughts/ ideas that come up around this:**

My morning practise is based around embodiment: I've had to do a lot of transformation of very deep-seated trauma in my life; ingrained detachment from my physical, emotional and energetic body. My current morning practise is to listen deeply to any sensation at all in the body, and to be fully, utterly present in it; I speak out loud or in my mind to God, to Universal Intelligence, to Divine Life, to my own vital force and organs... I give gratitude for all that works in harmony within me.

I speak to the divine wisdom of my own integrated mind-body-spirit, with deep gratefulness for our willingness to function in blessed vitality. I approach my embodied trauma gently, with huge sensitivity, and thank it for protecting me. I thank my pain, and remind my pain that it is no longer necessary for it to labour so intensively on my behalf. I give gratitude for being safe and secure, healthy and sane. I remind my whole being that this is so and that it will be so. In this way, I'm reprogramming my internal systems to function healthily, rather than slipping into the familiar discomfort of suffering, by being focussed on the unfairness of my suffering, my ungratefulness of it. When I focus wholly on gratitude, I see the purpose of my pain, even: I know it to be the gateway through which I can return to myself.

The language that we cultivate within our self is key; particularly at the beginning and end of every day - the gateways between sleeping and waking - we have the most potential for change. If we can harness this potential, it can shift dramatically how the day (or night) unfolds.

Our gratitude is a reframing of our reality; it brings our entire being into focus on the profundity of blessing that we have in each day. It recalibrates everything, so we see the value and energy running through all things, rather than judging it to be 'good' or 'bad'. This is an essential process to take towards freedom.

**Finally, write a list here of 21 things that you are truly grateful for in this moment: write without thinking too much and without stopping, if you can.**