

We help you break through your limiting beliefs so you can live the life you want

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Breaking through ... a scarcity mindset

Welcome to Breaking the Iceberg's third newsletter.

Some people live their life with a belief or "mindset" that there is "not enough" – not enough money, belongings, time, success or wellbeing. This is called a "scarcity" mindset and it can be a very stressful way to live. The good news is, a scarcity mindset is an approach to living we can change.

What is a scarcity mindset?

The scarcity mindset revolves around the idea that there isn't enough. The most common area people have a "scarcity" mindset in is money, however a scarcity mindset can come into many other areas of our lives, for example:

- There's never enough *time*
- You need a safe, secure *job*
- I didn't get enough *sleep* last night
- I'm not *fit* enough
- I'm not *successful* enough.



Where does this mindset come from?

The scarcity mindset usually starts from our childhood conditioning. Up until the age of 7 years we automatically download into our subconscious minds what we hear, observe and are told. These "downloads" then become our subconscious beliefs and shape our actions and behaviours as adults.

Here are some examples of things we could have heard or observed as a child:

- "How are we going to pay these bills?", "we can't afford that."
- Our parents arguing about money or one criticising the other for buying something that was too expensive or unnecessary.
- "Money is the root of all evil."
- "Rich people are greedy and they have no morals."
- "You don't deserve to have a lot of money."
- "Spending money on yourself is extravagant."
- "Don't throw that out – we might need it one day."

Interestingly, the often-quoted "money is the root of all evil" is not how the Bible expresses this sentiment. The actual statement is "For the **love of money** is the root of all evil." (1 Timothy 6:10)

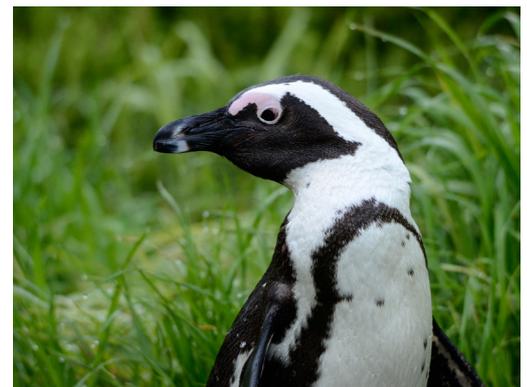
Beyond our childhood conditioning we continue into our adulthood to take on beliefs contributing to a scarcity mindset, in particular from the media and advertising. Most forms of advertising seek to cultivate a desire for things you don't have, which is a key element of the scarcity mindset.

Why is this important to understand?

The moment your conscious mind is busy (that is, thinking) the subconscious (SC) program becomes the default driving force of our behaviour or the autopilot. So, if your SC mind has a scarcity mindset, as soon as the conscious mind is busy you default to that scarcity view of life.

Science shows that generally we only operate our lives 5% of the time with our conscious wishes, desires and aspirations. This means that 95% of our life is driven by our behavioural programs in the SC mind.

Therefore when you default to the SC, you're not necessarily moving in the direction you consciously want – your prosperity, wellbeing, health, happiness, etc. Because 95% of the time the conscious mind is busy thinking or having conversations, the SC "autopilot" takes over and runs the "show" so, you need to make sure it's the show YOU want!



Signs of a scarcity mindset

The scarcity mindset can be an ongoing force in a person's life. When people focus on what they don't have, don't want and don't take pleasure in, all they experience is more lack in their lives – because what they don't have is what they are focussing on. According to the Law of Attraction, when you focus on what you don't want, you actually get more of what you don't want, and the scarcity mindset becomes the driving force in your life.

Here are some signs of a scarcity mindset:

- **Attachment to possessions:** do you keep clothes or other items that are worn out or broken? Do you keep unworn clothes you don't want and barely-used equipment feeling guilty that you haven't worn or used them?
- **Hoarding:** do you store or hide things for preservation or future use? You might even buy new things and store them.
- **Being envious of others:** do you feel envious or jealous of someone who has achieved something you think is unattainable for you?
- **Depriving yourself:** do you deprive yourself of small pleasures in your life?
- **Using the language of lack:** Do you find yourself using the following phrases often: "I can't", "I don't have enough", "I'll have to go without". Does money and the cost of things often feature in what you say?
- **Overspending or overeating:** do you eat and spend as if it's your last bit of money?
- **Small gestures of lack:** do you under-tip or not tip at all or do you drive all over town to get the cheapest groceries or petrol?

Impact of a scarcity mindset

A key impact of a scarcity mindset is stress. Stress adds a lot of pressure to our lives. It can impact on our happiness and personal fulfilment, relationships both personal and work, and also our health and wellness.

When we experience ongoing stress our body releases excessive amounts of the stress hormone, cortisol, and this has a host of adverse effects on our mental, emotional and physical state. For example:

- poor sleep, fatigue, weight gain, difficulty concentrating, weakened immune system
- less likely to want to take care of yourself (e.g. exercising, eating healthy foods)
- decreased problem-solving abilities, lowered creativity and productivity.

Achieving an abundance mindset

Given that a "scarcity mindset" is exactly that – a mindset – we can change our way of thinking to an "abundance mindset" which opens a whole new world of opportunity. Similarly to a scarcity mindset, an abundance mindset is not limited to money but can bring what we do want into all areas of our lives. It can mean having our needs met through love, having wonderful friendships, having enough time, good health, the right job and feeling that there is "more than enough."

PSYCH-K® can help you achieve an abundance mindset.

PSYCH-K is a process that helps you break through limiting beliefs that could be sabotaging your conscious desires.

PSYCH-K helps people:

- a) identify the beliefs they wish to be true,
- b) test to see if they currently believe those beliefs to be true in their subconscious mind, and
- c) for any of those beliefs identified as not currently true, we do an integration technique (called a balance) that changes the belief so that now it is true.

An old scarcity belief can be quickly changed within minutes to a new abundance belief.

PSYCH-K is an easy and fast process that can determine whether there are any limiting beliefs that may hold you back from achieving an abundance mindset. If limiting beliefs are identified, these are then changed to ones that support your goal of abundance and prosperity, and with the subconscious mind on board anything is possible!

Other tips for breaking through a scarcity mindset

Apart from changing your subconscious beliefs of scarcity, here are some other actions you can take that will help you shift to an abundance mindset:

1. **Change your language.** Decide what (scarcity) words you no longer want to use, and if you find yourself using those words, catch yourself and then change your language to your preferred (abundance) words and expressions. Your preferred expressions might include: "I have enough, thank you", "I can always make more money", "I'll always have enough".
One way to get help to catch your words is to have a buddy. Ask a friend to help you – to point out if they hear you using scarcity language – so you can change your expression.
2. **Get rid of things you don't need.** Organise your home and life and de-clutter by getting rid of things you don't use or need. If you haven't used something for two years, it can go to someone else who can use it.
3. **Practice gratitude and keep a gratitude journal.** Spend a bit of time each day noting the things that are going well in your life that you're grateful for. These can be simple things in your life that made that day better.



4. **Be more generous.** Give more of yourself, not less. This does not necessarily mean money – it also means being generous by smiling, saying kind words, investing time in others. Change from hoarding what you don't need and give your stored possessions away so that others can benefit from them.
5. **Avoid comparing yourself to others.** If you feel you lack something, that feeling is only reinforced if you compare yourself to someone who seems to have it all.
6. **Indulge yourself.** Rather than deprive yourself, indulge yourself in simple things – time to rest, to read, or buy yourself a small luxury.

Taking action

To achieve an abundance mindset you have to want to make changes, both at the conscious and subconscious level. This means being willing to take actions. An action list helps to stay on track and committed to making the changes you need to live your life in abundance.

I hope the information has been of interest to you and please feel free to email me with any questions you may have about Breaking the Iceberg or PSYCH-K.

You are welcome to forward this newsletter to friends you think may be interested. We recommend your friends subscribe so they receive future newsletters directly. When your friend receives your email they will need to click here: [Yes, please subscribe me!](#)

Regards

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About Breaking the Iceberg

Breaking the Iceberg helps you change your limiting beliefs, empowering you to create the life you want.

Jude is a qualified PSYCH-K facilitator. PSYCH-K is a straightforward process that helps people to first, identify unknown subconscious beliefs that are holding them back and then second, to change those beliefs – allowing people to live the life they want.

Once identified, a limiting belief can be changed within minutes to a new life-enhancing one – even if you've had the limiting belief for a long time. The process is simple, direct and verifiable through muscle testing.

Breaking the Iceberg can help you create positive beliefs in all areas of your life, including:

- Confidence and self-esteem
- Relationships
- Work and career
- Health and wellbeing
- Wealth and finance.

Breaking the Iceberg can also help you transform or release:

- Stress from trauma – past, present or future
- Fears and phobias – for example fear of flying
- Anxiety associated with giving presentations, exams and tests
- Grief and pain from loss.

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