



True Natural Abundance © Carrie Triffet 2021

**Written Transcript of video lesson five:
UNTANGLING LACK BELIEF**

In this lesson we break it down: Exactly what lack belief is, how humanity has gotten tangled up with it, and what it takes, to untangle ourselves from lack, and live in flow instead.

As we've seen, the truth of existence is based on infinite flow, endless love and eternal, natural abundance. That's universal law, and it's always operating. And we ourselves are structured to adhere to these universal divine principles, through the relentless electromagnetic pull toward infinite goodness, that lives at the core of our being.

So it ought to be easy to self-correct, right? In those human moments where we forget, and slide away from infinite flow. It ought to be easy. So why are we, as a species, so utterly convinced of the inevitability of lack?

Lack is a lie. We know this. It's a myth, and a misperception, and also an innocent mistake-- compounded over and over again, until it seems to be our only reality.

And as we've already seen, it's precisely because these ideas of lack take us over so completely, that their illusory effects become very, very heartbreakingly real in our worldly experience.

But it doesn't have to be this way. It really doesn't. Each one of us can begin to snap out of it, and shake off this hypnotic idea. Maybe not all at once, but little by little. And the more people who come to recognize that lack is just an absurd mistake, that we've based our whole world upon, the easier it becomes for whole societies to wake up and look for better ways of being. More aligned, more life-affirming ways of being, in the world. And with each other.

And here, again, is where the worldly life and the spiritual life converge, and become all one thing. With true natural abundance, there's never a segregation where the harshness of daily life is over here, and spiritual practices, or spiritual beliefs of beautiful oneness are over there.

That split between the two, is all just part of separation thinking. And lack is the predictable outcome, anytime you have separation based thinking. Separation, of course, being totally out of energetic alignment with the divine.

You could say that, ultimately, lack itself, is rooted in our belief in separation.

That's where it starts. The idea that I am separate from you; that we are separate from Nature; and that most of all, we are, all of us, separate from our Source. Which is another way of saying that we are separate from our own true divine identity, and each other's.

That's a pretty deep-rooted set of ideas. And lack is sort of the visible byproduct. The poison weed that grows out of all those deeply planted seeds.

On a spiritual level, it's devastating to not know who you truly are, or what your higher purpose is. It's incredibly tragic. It means you lack deep knowing, satisfaction, peace and fulfillment. You lack your own deepest divine truth. You lack the knowing that you belong...to all that is. That's a terrible, terrible thing.

But even just on a basic practical, worldly level, as you know, these kinds of separation ideas, are also incredibly damaging. They set up the unconscious belief that each of us is intrinsically alone, and unsupported and unsafe. And, by extension, that no one will step forward to take care of us, if we can't take care of ourselves.

Not our families, not our neighbors, not our larger communities, and certainly not God. That's the unconscious fear. We're pretty much screwed, in other words.

And y'know, this lack of worldly care may or may not describe you and your immediate family or community relationships. Maybe you have an amazing support network. I hope you DO.

But even if you do personally enjoy a strong sense of community, or have a close-knit and very caring family, it still exists within a larger society that consciously and unconsciously upholds the opposite.

A society that says resources are scarce, love is scarce. Money is scarce. Care and attention are scarce. And you are separate from me, and your needs are therefore, mmm, not so important.

And each of us is deeply affected, again unconsciously, by those societal attitudes, because they're all pervasive. They form the very fabric of our world civilization.

So even if a family or community enjoys deep bonds, and takes care of all its members equally, they're doing it in reaction against, or swimming against, the tide of lack that is the defining characteristic of all our societies.

And the same even holds true of individual nations that uphold a social safety net for their citizens. They're doing it to protect against lack. And are quite stringent about not extending that same sort of generous care to non-citizens. Because, why? Because care and attention and money are scarce.

They're doing their best. And that's great. That's beautiful. But the threat of lack, of 'not enough resources to go around' is still the wolf howling in the background. So to speak.

Lack is the overcoat that fear wears. Most of us don't go through every minute of daily life like (gasp) in a state of high threat alert. But we DO go through every minute of daily life with the certainty that lack is a fact. And that we need to do all we can to insure that we, and our loved ones, don't fall victim to it.

Every one of our societal structures is based around fear of lack in one way or another. Economics, education, business, the legal system, governments, healthcare, media, advertising. Definitely advertising.

Every collectively agreed upon system you can name, has arisen, to one degree or another, out of a fear of lack. Either to exploit it, as with advertising, or to keep it at bay.

But despite that understandable desire to mitigate lack, most of these systems actually do the opposite. Energetically speaking, they collectively function to hold lack in place, as an ongoing expression of our collective reality. They form the lack ocean, if you will, that we all swim in.

Take just this one small example of this all pervasive lack ocean: Our societies are structured to reward competition, more than cooperation or collaboration. Right?

In business, education, sports and pretty much every other area of society, it's set up to reward the survival of the fittest. And we are deeply conditioned to believe in the normalness of this, the inevitability of this, all the way down in our bones. Even if we might not really like it sometimes. Because the world at large, constantly testifies to the correctness of those beliefs. Y'know? Nice guys finish last.

The world brings in what seems like solid proof of the inevitable reality of lack, everywhere we look: *This is how it is. So you need to get what's yours. And protect yourself from those who want to take what you have.*

Right? This is the unconscious (and sometimes conscious) mainstream belief. Maybe it's not your belief, but it's the collective mainstream belief. And you can swim against it, and many do. But you're still swimming within that same ocean.

So, we'll come back and look at that idea of competition a little more closely in a bit.

But meanwhile, here we are, believing in lack as our only reality. And all of this is just a series of tragically compounded mistakes, like we've already seen. And it's these mistakes, these ideas of lack, and the behaviors we engage in to try and mitigate that--all of it shuts off the natural flow of abundance, that would otherwise be showing up in our experience.

When it shuts off the flow, of course our frequency plummets, immediately. And when that happens, we move into a denser realm of daily existence, in which tangible, ongoing evidence of lack becomes the norm. So then that experience of lack freaks us out, right? And we grow even more fearful of lack.

So then we double down on our efforts to avoid it. So of course that means the beliefs and systems gain even more solidity and strength and believability. Creating their own self fulfilling prophecies. And bringing in all their lack-based effects. That's how it happens.

And we're the ones who are doing all that. Innocently. Because, lack itself, is really nothing more than a suggestion. We take that suggestion and run with it.

So we ourselves, are the ones creating yet more evidence of lack all the time, through our firm belief in its inevitability.

This is not something you can consciously talk yourself out of, by the way, or use positive affirmation type techniques to wish it away. You can't wish away the ocean you swim in.

But by slowly, thoughtfully challenging the underpinnings of your own lack beliefs, you can start to loosen its influence. Especially if you're simultaneously playing around with dipping your toes into divine flow.

Because, put together, these 2 actions will start to unravel and detangle the stranglehold of lack belief from your mind, body and energetic field. The ocean will start to drain away, so you can start to flow with a different current. A truer, more life-affirming current.

So. Let's take a look now, at just a few of the ways that lack is embedded in our systems of thought, which in turn, deeply influences all our social systems, like health, and education, and banking, etc.

Safety and fear of death

When I was little, I thought my dad had the most awesome job in the world. Because he sold life insurance. Which I thought meant: Buy his little piece of paper, and your loved ones won't ever die. Superdad, the most powerful man alive.

I suppose all lack, at its very root, comes down to the issue of safety, and the fear of death. So actually, all forms of insurance, since we're singling out insurance, here, are attempts to keep us, or our loved ones, safe from death.

Or at least, to keep us safe, from experiencing that terrifying lack of support we talked about earlier. Which, in the core of our unconscious mind, kind of feels the same as death.

So. Security systems. As another related example. These, too, are obviously meant to mitigate fear of death. Fear of harm. Fear of loss. But they also testify to our fear of each other, and the need for walls and gates to keep each other out.

Do I even need to point out, here, that this attempt, understandable though it is, to find safety through hiding behind walls, is the very thing that undermines our true safety. Because it shuts off that flow of your own true natural divine identity. Which is the only place where real safety is found.

False positives:

Competition, winners and losers

Back to the idea of the survival of the fittest. Which, by the way, even Darwin himself debunked, after he had a good long chance to think about it.

The idea that we need to compete with each other. We have to compete to win, because there are only this many resources available. My loss is your gain. It's an incredibly tragic misperception. The idea that there's only a fixed amount of goodness to be had, and if you get it first, I won't have any. And vice versa.

So the vice versa bit, me winning and you losing, is what charitable giving is based upon: Oh dear, I got it first, so you don't have any. I don't feel good about that. So I will try to remedy that situation--swimming against the tide of lack, in other words--by redistributing some of my winnings.

It's a very lovely impulse. But it's still based in winners and losers, and a limited amount of goodness to be had. Do you see?

So anyway, if this mainstream idea of limited goodness is right, (it isn't) and competition for resources really IS required—and those resources might include love, or care, or attention, or prestige or whatever—not always just money. But if that's how we engage with the world, then, sometimes we might win, sometimes we might lose. But what's a guarantee, is that we cut off our own natural divine flow, either way.

But you know, society teaches us all of these attitudes about competing and winning are positives. It's part of what it means to be a successful, responsible adult.

So anyway, let's examine here, a very small random example of this societal misperception, to see how it becomes institutionalized. Let's look at an online auction. We're talking Ebay. Nothing fancy. Let's break it down, and really look at what is actually happening when we participate in the

auction process.

Let's say I want a teakettle. And let's say I'm the highest bidder, so I win the auction. Great, I'm now the proud owner of a teakettle.

But hang on a second: I won, but that meant all the other bidders lost. They wanted that same kettle, but they didn't get it. Limited resource, one winner and in this case, multiple losers.

Or here's another variation--maybe I'm the only bidder, so I pay way less than market value for the kettle, because nobody else was there to drive the price up. Which is great, right? Yay for me. I got a good deal. Except now it means that the seller got a lot less money than they were hoping to get. I win, the seller loses.

So in this auction system we're all pitted against each other. All trying to get the most value, for the least money. We're all trying to win, which nearly always causes others to lose. Because that's how it's set up.

We do it innocently. It's so deeply ingrained in us, to behave this way. Lack belief has caused some very twisted behaviors to become the accepted norm. But the accepted norm cuts off all natural flow of the authentic abundance that you really are.

And it goes way beyond auctions, obviously. Businesses who undercut their competitors on price. Just the fact that others in your same field are called 'competitors' for that matter. Competition is absolutely everywhere in society. And this includes competing for excellence, which is generally upheld as a beautiful thing. Right?

Hey, I've done it myself. I've entered book awards competitions. And that's how it's done, by the way. There's no independent body that goes around randomly on its own, handing out gold medals to worthy books. You, the author, or you the publisher, you enter that book in a bare knuckle competition against thousands of other books.

And you know, how wonderful, to win an award. Right? But it means, energetically speaking, that you've participated in that same old Darwinian thing. You, through choosing to be part of this competitive program that pits you against all others, you've managed to emerge at the top of the heap. Y'know? Hooray, you win. Too bad for all those others. Better luck next time.

Now, I know how startling this suggestion might seem. That competing with others in order to succeed, and stand out, and excel...that it isn't an ideal way to live. Especially if striving to win is where your self identity is strongly based. Like, if you're an athlete, for instance.

But you know, I'm actually NOT saying, '*don't strive for excellence.*' There's nothing wrong with striving to do your very best. In fact, as we've already seen, the impulse to give your very best is one of the really great ways for staying in flow.

But it's when there are winners and losers involved, that the flow is automatically cut off. Because, once again, flow is composed of the recognition, and the honoring of the fact, that all is one, and all is love—which gives all to all.

Being on the wavelength of fear

We talked about it in an earlier lesson, that your supply is not dependent on how the economy is doing, or whether jobs are plentiful or scarce.

But the moment you believe those things ARE your source of supply, the vibration of scarcity belief is activated in you. And in this fearful vibration, you become subject to the "real world" proof of scarcity that you see all around you.

Because real world proof of scarcity--poverty, hunger, homelessness--it all exists on a particular vibrational bandwidth. Which is the same bandwidth that the fear of these things exists on. And when it's activated, it draws things of like vibration to it.

So, how to get out of that downward spiral where fear of lack attracts more evidence of lack?

This brings us back to the subject of trust. And trusting doesn't really come naturally, does it, where fear of lack is involved.

We don't really want to step out in trust, especially when we're feeling fearful. We'd rather play it safe, and cling to what we know. So, we go: *Well, when I start to experience all that natural abundance for myself, THAT'S when I'll trust. That's when I'll stop strategizing and worrying.* Or whatever.

You know? But of course that's not how it works. In fact, that's part of the big lie. Because lack-based ideas or behaviors, all those attitudes are NOT in the same frequency bandwidth as where the flow of effortless abundance resides. They can't possibly coexist.

So if we want to experience that amazingly beautiful flow, we have to teach ourselves to intentionally step into trust before trust seems warranted.

And this is how belief in lack begins to dissolve. By refusing to be swayed by it, refusing to buy into its stories. Because remember, lack and abundance are not equal, opposite phenomena. Abundance is real. And true. And infinite. And lack is just a tangled up suggestion that humanity has run away with.

So isn't it high time to undo those illusory lack beliefs. Bit, by patient, persistent bit. And as we learn to consistently choose trust and flow, evidence of lack will start to dissolve and fall away.