

LEAD WELL

BOOK REVIEW

Soul of Money

Lynne Twist

KEY PRINCIPLE

No matter how much or how little money you have flowing through your life, when you direct that flow with soulful purpose you feel wealthy. When you let your money move to things you care about your life lights up. That's really what money is for.

HIGHLIGHTS

Myths of Scarcity often drives people's view of money. Myths like, 'there is not enough', 'more is always better', or 'that's just the way it is.'

Sufficiency is not an amount. It is an experience, a context we generate. A declaration, a knowing that there is enough and that we are enough.

Sufficiency doesn't mean we shouldn't aspire. Sufficiency is an act of generating, distinguishing, making known to ourselves the power and presence of our existing resources and inner resources. There is enough.

Sufficiency is a way of being. Offers us enormous personal freedom and possibility. Rather than scarcity's myths - the truth sufficiency asserts, is that there is enough for everyone. Knowing there is enough inspires sharing, collaboration, and contribution.

Grounded in sufficiency, money's movement in and out of our life feels natural. We can see that flow as healthy and true and allow that movement instead of being anxious about it or hoarding. In sufficiency we recognize and celebrate money's power for good - our power to do good with it. And we can experience fulfillment in directing the flow toward our highest ideals and commitments.

Be known for what you allocate not what you accumulate.

When you let go of trying to get more of what you don't need, it frees up oceans of energy to make a difference with what you have. When you make a difference with what you have, it expands.

Kathy Crockett
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