

UU Fellowship of the Eastern Slopes
October 20, 2019

Scarcity and Sufficiency

Kevin Connerton, UUFES Friend: “2 Cents in 5 Minutes”

Good Morning,

I'd like to share something experiential you could call "Life is a Beatch"

I'd invite you to close your eyes

((take a few deep breaths, feel & relax into your body)) ...

and imagine going to a favorite beach, lake, or other body of water

at a time when you've felt at peace, sustained by the Presence of Life.

Let's really get embodied there in this real imaginal space...

Are you standing?

Breathe, breathe in the air.

Are there smells?...

What do you hear?...

Time of day or night...

What is that light like?...

What is the temperature like?...

Look around in this animated world...

Are there plants?... Animals? ... Other people...or Presences?...

Take it all in...

Physically feel the Medium of Aliveness that permeates this soulful animated world....

Where in your body is this feeling of Aliveness and Happiness strongest?...

Really focus & "Anchor" it there in your body, so you can come back to it in your meditations.

Now I invite you to bring to the forefront that really

Big DESIRE, Secret or often Affirmed Wish, Hope, that you chase...

That "Thing" that would DO IT for you once you have it...granted by hard work,
and or the Grace of the Genie Goddess of Nature...

Wealth?...Health for yourself or a loved one?...

Seeking that special Soulmate, job, painted masterpiece perhaps...

This Desire you've been working hard for, struggling to find or attain,
that magic Big piece of the puzzle that you think will secure your life.

Got it? ...

Where in your body do you feel this Desire most strongly?...
 Breathe deeply and really anchor it in as well, perhaps in your smile?
 second...third...fourth...fifth...sixth chakra?

Breathe It in again, and NOW...LET IT GO!!!!!! Drop it...Surrender!!

Though western culture has us all seeking and grasping continually
 for the Ultimate...Security? Happiness? Peace on Earth?
 Odds are, It ain't going to happen!!!....
 and doesn't have to...

Give it over to the Universe, God Force, Tao, etc. the Source of Life,
 that birthed us
 It's smarter than we are.

This embodied perennial philosophy of Surrender doesn't mean we don't love
 or care for people or that we can comfortably numb ourselves to nirvana.

There is alchemical refining and distillation work to do, lots of it,
 I'm as grasping as anyone, but what if we don't need the Universe to give us what
 we THINK we want. If it's all Emptiness Already, we have It... "We are little sparks of G_d,"
 as the Salem witches, and enlightened teachers and martyrs blissfully blasphemers.

We can accept that we may never make as much money as we'd like,
 or that elusive soulmate we feel we need or deserve, may have other plans.

Anchor that feeling...of hurt?, perhaps relief??. whatever you feel of giving up needing that
 long sought Desire to manifest. Where in your body do you feel it most strongly?

Practice holding these two opposing...ok, complementary feelings simultaneously...
 the Great Desire that would DO IT for us...
 the Feeling its NOT going to Happen in that way...

Both anchors, simultaneously. Then add that feeling from your water sanctuary,
 that feeling that reminds us we can live with or without these things, and be fine.

Hold all three, see, feel what happens. Often it will synergize into something entirely
 new. I like doing this before sleep, asking or incubating a dream.

I'd be curious to hear how that goes...

Or we could do something even simpler to manifest Happiness in our life...
 It's so SIMPLE, SIMPLE, SIMPLE, and you needn't make a Faustian bargain either
 And let me tell you the secret to that...

Oh, sorry, my five minutes are up....

Ruth Hall, longtime UUFES Friend and former Member and Board President, brought in objects to share and spoke about simplicity.

Roderick Forsman, UUFES Member

Look at this glass. Is it half-empty? Or half-full? How you answer informs you of something very important about your thinking called ‘mindset’. Your mindset is your established way of thinking, how you are generally disposed to thinking about some issue. What makes this mindset extremely important is that it shapes the ways we act and respond in our daily lives.

Much of society seems to be built on a scarcity mindset. It’s a mentality that tells people there is a lack in life; that opportunities are few and far between; that others have more than we do, and that if we had more of . . . whatever . . . we would be happier: more money, prestige, friends, love, beauty, sex, time.

This morning we are considering the polar opposite terms *scarcity* and *sufficiency*. They might sound as if they are absolutes, but they aren’t. Of course, in some specific sense there really is scarcity and there really is sufficiency in our daily lives, but they are conditional, not absolute. How can we deal creatively with them, as conditionals? I’ll take the risk of sounding “preachy”, since what better place is there to do it than in the pulpit?

First of all, we need to recognize how we are thinking about them in our personal situation. We then become able to change our thinking in ways that promote a healthier mentality. The scarcity mentality can be quite painful for someone and create a lot of unnecessary fear, anxiety, even desperation.

Second, it is helpful to focus on the sufficiency, even abundance, not the lack. All of us have so much abundance in our lives that much of the time goes unnoticed. This is closely related to the fact that focusing on sufficiency promotes increased appreciation. One quick way to switch thinking away from scarcity is to feel thankful: for your food, life, a roof over your head, your spouse or partner, dearest friends and your family. I’ve taken to enjoying grace before meals with my new spouse. She addresses it to her God, while I silently but fully value its sentiment.

Fourth, I am selective about what I put or allow into my head. Since I get a scarcity mentality, as does everyone else, from advertising and the media, I do not watch TV, and haven’t for over 35 years.

Fifth, try sharing your wealth. Wealth? One very good way to acknowledge your sufficiency is to share it. Think that you don’t have enough money? Give some away. [The basket will be passed around in a few moments.] Increase the donation to your favorite charity. Not enough love? Give some away. The world needs more of it, and it’s hard for something to feel scarce when you’re giving it away.

Sixth, remind yourself of your sufficiency. It is so easy to slip back into old thought patterns. Try to identify something in daily life that is precious to you, and impregnate that something with The Reminder: This [. . .] is a blessing. For me, it is water. Every single time I turn on the

faucet, I am reminded of its abundance, and need for conservation. Long-distance backpacking does that to you. I cannot leave the shower on full-flow while I am soaping up. I go full-flow only for the rinse-and-spin cycle.

Finally, when you face your greatest loss, it may contain the beginnings of a new life that holds new experiences, new realizations, and a renewal of appreciation for the blessings you may have overlooked. You may then draw on the sufficiency resources you have built up over a lifetime. Be generous to yourself by recognizing that risk-taking means leaving your comfort zone, and that you will be okay.