## CONTENTS

| Introduction | 11 |
| Money & Consciousness | 14 |
| Setting the Scene | |
| Transforming Your Relationship with Money | |
| Expanding Your Consciousness around Money | |
| Shifting the Focus from Scarcity to Prosperity | |
| Taking a Leadership Role in Our Lives | |
| Creating Our Lives as a Celebration | |
| Are You Functioning in the Scarcity Paradigm? | |
| Tools You Can Use to Free Yourself from Limiting Beliefs about Money | |
| Money Is Not the Problem: The Problem Is Our Unwillingness to Receive | 30 |
| Becoming Willing to Receive | |
| Receiving the Greatness of You | |
| What We Have Decided That We Can’t Receive Limits What We Can Have | |
| Be Willing to Receive Everything and to Lose Everything | |
| Receiving Everything No Matter What It Looks Like | |
| What Are You Unwilling to Receive? | |
| Judgment | |
| The Willingness to Do Something Is Not the Same as Actually Doing It | |
| Become Willing to Receive Everything | |
| Tools You Can Use to Enhance Your Ability to Receive Money—and Everything Else | |
| Gifting and Receiving | 47 |
| The Give-and-Take Program vs. Gifting | |
| Giving to Someone Who Can’t Receive | |
| It’s Not Gifting When There Is an Obligation Attached to the Gift | |
| Simultaneous Gifting and Receiving | |
Tools You Can Use to Discover the Simultaneity of Gifting & Receiving

The Power of Gratitude

A Scarcity Frame of Mind Keeps People from Experiencing True Gratitude
Dealing with Envy, Resentment, Bitterness, and Fear
Getting to the Truth of Feelings and Reactions
What Does Living with Gratitude Look Like?
Gratitude Is about Receiving
Gratitude Booster
Tools You Can Use to Develop Gratitude

Living In And As The Question

Asking Questions Creates an Invitation
Don’t Worry about the Answer; Focus on the Question
Replacing Negative Thoughts with Unlimited Questions
Asking Questions to Get Out of a Sticky Situation
A Question to Use on a Daily Basis
Tools You Can Use to Attract the People, Circumstances, and Opportunities You Desire

Following The Energy

Letting Go of Control
Following the Energy Is about Receiving
Asking Questions That Will Facilitate the Outcomes We Desire
Stop Making It Significant
Tools You Can Use to Create Your Business, Career or Work Situation

Whatever You Would Like To Be, You Have To Be It Now, Right Up Front

Breaking Away from the Do, Do, and Do-More Reality
Setting the Creative Process in Motion
Who Would You Be If You Had Huge Amounts of Money?
Making a Choice to Become Greater Than What You’ve Been Willing to Be
Changing Your Consciousness with a Corresponding Change in Your Outer Reality
Everything Is a Choice: Everything Is Infinite Possibility
Secrets of People Who Are Truly Prosperous
Seeing Through the Lie of Scarcity and Lack
Becoming Aware of Our Points of View about Money and Abundance
Tools to Help You Claim, Own, and Acknowledge Prosperity Consciousness as a State of Being

Being Out of Control, Out of Definition & Out of Limitation

Do You Create Your Life from Obligation?
Are You Staying in a Job You Hate?
Tools You Can Use to Begin Consciously Creating Your Life

Do What You Enjoy In Life

Discovering What We Love to Do
So, What Do You Love to Do?
Do What You Love and the Money Will Follow
All Things Are Possible
Is Your Life Enough for You?
If Money Were Not an Object, Would You Do the Job You Are Doing Now?
Two Questions to Ask Every Morning
Living in Ten-Second Increments
Tools for Discovering What You Love to Do

Living On The Creative Edge

What Does Living on the Creative Edge Mean?
Starting to Live on the Creative Edge
Living on the Creative Edge Is about Receiving
Creating Your Reality
Get a Sense of What You Wish Your Life, Work, and Business to Be
Destroying and Uncreating Our Business
Conscious Creation
What Are the Infinite Possibilities?
Creating Ourselves Anew Every Day
Seeing Possibilities
Tools You Can Use to Consciously Create Your Life

Prosperity Consciousness Is A Choice

A Chronic Sense of Insufficiency
Interesting Point of View: Being in Allowance
Making It Infinite
What Happens When People Do Not Change Their Consciousness about Money?
Become Aware of the Thought Patterns That Sabotage You
Letting Go of the Scarcity Mind-set
Truth and Lies
Perceive, Know, Be, and Receive
To Choose or Not to Choose—Your Choice
Exercising the Power of Choice
“I Don’t Want Money”
Out of Scarcity and into Prosperity
Showing Up as the Infinite Being You Are
Tools to Help You Choose Prosperity Consciousness

What Else Is Possible?

Self-Inquiry Workbook

Getting To Know You! Getting To Know All About You!
Becoming Aware
Moving Out of the Scarcity Paradigm
Three Questions
Letting Go of Your Scarcity Mind-Set
Money Is Not the Problem: The Problem Is Our Unwillingness to Receive
Key Points to Lead Yourself to Money with Consciousness
Further Reading 189

About The Authors 193
  Chutisa Bowman
  Steven Bowman
  Gary Douglas

More About Lifemastery 201

More about Access Consciousness 205

More Information On Resources 209
INTRODUCTION

This book is a gift to everyone who is dedicated to creating a life greater than what they now have and to making a difference in the world. It is a creation of Chutisa Bowman, Steven Bowman, and Gary Douglas, and it is based on the Access Consciousness’ philosophy of living and our personal and business experience. We aspire to show you how you can lead yourself to money with consciousness and shift any part of your reality that isn’t working. This book provides you with tools, inspiration, and transformational processes you can use on your path to success, abundance, and money with consciousness.

You are about to embark on an expedition that will challenge your way of thinking, agitate your points of view, disturb your status quo, awaken your awareness, and expand your possibilities for prosperity. Are you aware that you attract money, wealth, people, events, and circumstances to your life, not by what you do or have, but by who you are? Are you aware that your consciousness determines whether you will struggle in frustration or live an extraordinary life of abundance and wealth?

You can know everything about investment schemes, financial strategies, real estate investment, and the top secrets of high finance. But if your awareness, or consciousness, concerning money is based on the scarcity paradigm, then you will never have the sense that you have enough money. Moreover, if somehow you are able to acquire a lot of money, you most likely will not appreciate it and, in all probability, will not be able to retain it! The good news is that you can choose to cultivate and expand your consciousness to create success and abundance. This is what we call prosperity consciousness.
Prosperity consciousness is not an extraordinary privilege or a special treat that is only bestowed to some people and not to others. It is a knowable and attainable state of beingness that is available to everyone, if they choose to claim, own, and acknowledge it. We have discovered, over decades of working in this area, that more than anything else, people are held back from being prosperous and successful by their viewpoints about money, prosperity, and abundance. It is not because they were born into a poor family or because they didn’t get a college education or because they were disadvantaged to begin with. The lack of prosperity in many people’s lives is due to the way they view money and resources. Their viewpoints about money impose severe limitations on the prosperity they can experience. With the points of view they have adopted, they create for themselves a scarcity paradigm.

Prosperity Consciousness viewpoints about money impose severe limitations on the prosperity they can experience. With the points of view they have adopted, they create for themselves a scarcity paradigm. Prosperity consciousness is not just about possessions and money. It is about a joyful expression of life, a sense of expansiveness, a joy of being, and a sense of abundance in all things. The extraordinary tools, practices, insights, and inspirations contained in Leading Yourself to Money with Consciousness will facilitate expansion of your prosperity consciousness and set in motion a whole new way of being and living with awareness. You will begin to perceive, know, be, and receive the truth that prosperity and abundance have nothing to do with what you are doing and having. It has everything to do with what you are being. The tools and practices that this book offers will continue to assist you in expanding your consciousness and letting go of your limitations long after you stop reading.
Prosperity Consciousness

If you are ready to experience unbridled joy, exuberant expression, and the abundance of life, regardless of its challenges, all you have to do is choose to make consciousness the guiding principle in everything you do. The inspirations and transformations you will receive from following the practices in this book will facilitate a wave of change in your financial state and in your life. These will, in turn, affect many other areas of your reality and the world at large. Each time that you choose to expand your consciousness, you change this world into a place in which people can live with total awareness, unbridled joy, and infinite abundance. Not just you, but every other being in this world, are affected by the choices you make.

The writing of this book has been a joyful and expansive experience, and we trust that you will find something herein that relates to your own personal situation. We invite you to stop looking for something to do and have and to open yourself to perceiving, knowing, being, and receiving the infinite possibilities and what it would take for you to truly be. We invite you to get in touch with who you really are and to bring into being the prosperity consciousness that is inherent in you.
In this chapter, Steve explores four areas:

- Consciousness—the key to generating true wealth and abundance
- The scarcity paradigm vs. prosperity consciousness
- The myth of “working hard”
- Tools you can use to free yourself from limiting beliefs about money

Have you ever wondered why some people live in poverty and some in enormous wealth? Why some people seem to generate money easily, while others seem destined for a life of financial lack?

We have discovered that people’s ability to generate wealth has nothing to do with education, intelligence, work habits, luck, investment know-how, or choice of jobs. The secret is consciousness.

Over the years, my wife Chutisa and I have had many opportunities to work with a number of influential, successful, and resource-rich people. We are frequently amazed by how many of these powerful people struggle to find solutions to what they think of as their money problems. It’s obvious that they struggle not because of the actual conditions and circumstances of their lives but because of their lack of awareness, personal perspectives, and dysfunctional relationships with money.

Now, I am the first to admit that Chutisa and I have had plenty of money dilemmas ourselves. We used to fret and torture ourselves when we experienced financial glitches. Like many others, we were buying into these mistaken perceptions:

- I need more money to achieve financial independence.
• I have to work hard to become wealthy and successful.
• I need to put money aside for a rainy day.
• I have to save money for retirement.

We used to think that having great jobs with big companies would put us on the path to financial freedom and success. We thought that successful careers would turn us into wealthy people. And for quite some time, we attempted to create our lives based on these lies, which ultimately created limitations that did not allow us to expand into what is truly possible. The more successful Chutisa and I became, the busier and more tied to our jobs we were.

We were safe, secure, rational, steady, predictable, established, and sensible. We were striving to maintain our financial freedom and the status quo, and we succeeded. This is the lifestyle most people aspire to attain in this reality.

So, what’s wrong with that? you may ask.

Nothing! This lifestyle is okay if you are satisfied with being mediocre, run-of-the-mill, and ordinary. There is nothing right, wrong, good, or bad here. This is not a judgment. If this is enough for you, then read no further.

However, Chutisa and I chose to destroy and uncreate all the decisions, judgments, and lies that would not allow us to expand our lives and become truly abundant. This book is about the ideas, processes, and philosophy of life that has enabled us to realize our dreams of prosperity and abundance.

We discovered that the experience of abundance and prosperity is determined by what goes on inside us far more than what goes on around us. We found that when we choose to share our generosity of spirit with those whose lives we touch, then everything we require comes to us with ease, without our even doing anything to obtain it.
We learned that true abundance has nothing to do with what we have. It has everything to do with whom we choose to be.

We are delighted to share what it took for us to lead ourselves to money with consciousness, utilizing Access Energy for Transformation tools. We do not expect anyone to copy our path, but we do want to share our experience and the tools we used. We encourage you to find your own path to prosperity consciousness.

**Setting the Scene**

First, let me set the scene for you.

I grew up in what is typically described as a broken home. My mother left her abusive husband when I was seven years old (my brother was five, and my sister was three). We traveled throughout Australia, always one step ahead of my father. My mother took various jobs to create income for the family, and, while there was always enough to eat and a place to stay, we lived with an underlying fear of “not enough.” Members of my family had always worked hard for their money. As a result, I equated working hard with making money. I had no idea that my beliefs could not have been further from the truth.

Chutisa, on the other hand, comes from a wealthy and aristocratic family from Bangkok, Thailand. Her grandfather was a prominent chief justice. She grew up with personal maids and was lovingly pampered by her mother and grandparents. Chutisa was sent off to Australia to study at the age of fourteen.

We met at a country picnic in a little Australian town called Yea when I was eighteen and Chutisa was seventeen. I was in my last year of a scholarship as a boarder at one of Australia’s most prestigious private schools. Chutisa was in her second-to-last year of school. We fell in love and got married after
we graduated from university. We immediately got great jobs and started our lives together. I was a university lecturer in communication disorders. Chutisa was a fashion model and a high-fashion designer.

In the early 1980s, I was granted a small scholarship to study for a master’s degree at George Washington University in Washington DC. We decided to go to the United States for two years to further my education. We gave up our jobs and careers and landed in the United States with our savings and a small amount of money from the scholarship. These funds had to last two years. We had no jobs to return to. The experience of living on a subsistence income during this time period highlighted our issues associated with a scarcity mindset and began our journey to prosperity consciousness.

When we chose to live in the United States under these circumstances, we never once believed that we couldn’t do it. In fact, we created even more extreme circumstances for ourselves. I chose to undertake a second master’s degree program at the same time. We had to tighten our belts even more, to the extent that we routinely ate one-dollar frozen TV dinners for two years as I studied. Chutisa graciously let go of her successful modeling career, her flourishing fashion design career, and her comfortable life in Australia to be with me in the United States. She created each new day as an adventure without any complaining. We lived for two years on gratitude and trust for each other.

Most people we knew considered our decision to live at a subsistence level in the United States as major risk taking. However, we never considered ourselves to be taking a risk. Instead, we perceived our choice as an adventure and an unbounded opportunity. We were living our lives in each moment as though it was impossible to fail.
Chutisa & Steven Bowman

Chutisa has great fashion design expertise. While I studied, she created and produced amazing one-of-a-kind Australiana fashion knitwear, and she aimed to sell her creations to anyone who could see their value. One day, we took the train into New York City with twelve of her completed one-off designs. We walked the streets of New York with absolutely no inkling of who to see or how to start. We asked questions of the buyers at some of the largest department stores and exclusive boutiques and were eventually referred to one of New York’s most respected fashion agents. He fell in love with Chutisa’s work and subsequently promoted her knitwear throughout North America and Europe. This created a good income stream, which we used to supplement our savings and my meager scholarship. We had to watch every cent, though, as this was our only source of income while I was studying.

These two years of living on a bare minimum spawned many scarcity points of view. We bought into the lie that we “didn’t have enough money.” We decided that we “had to work hard for money” and then created our lives based on that lie. At the same time, this experience also set in motion our gratitude and trust for the universe and highlighted many of our underlying beliefs about our capabilities to succeed.

One of our major positive underlying beliefs has been that the universe is an abundant place. We believed there are truly infinite possibilities. We went to the United States, believing that we would make it but with no idea of how. The prospect of not making it was never a possibility. It was stressful at times, when the bank balance was down to a few hundred dollars, but we knew that money would be coming in—we just didn’t know where it would come from.

The second belief, one that limited us, was my idea that I had to work hard to create money. One of my greatest fears was that I would be perceived as lazy. I had to be seen as
“busy.” This belief was responsible for my strange habit of making work when none was needed. I held on to this old “busy” habit even when I was CEO of some of Australia’s most prestigious organizations.

Many years later, after Chutisa and I had discovered the Access Energy for Transformation philosophy, we became aware that we were functioning in a scarcity paradigm. We began to explore what it would take for us to get out of our scarcity mind-set and into prosperity consciousness. Through our explorations, we discovered that prosperity consciousness is a matter of choice. If you choose to be prosperous and to be prosperity conscious, then you can be. If you choose not to be prosperity conscious and if you cling to the scarcity paradigm, then you create your life based on that framework. It’s your choice!

Transforming Your Relationship with Money

Our relationship with money began to transform as soon as we discovered Access Consciousness and began to use its tools and practice its philosophy of living. Throughout this book, we will share our experiences and viewpoints, as well as tools and practices you can use to facilitate expansion of your consciousness around money. We hope these viewpoints, tools, and practices will awaken you to the infinite possibilities you can choose, to lead yourself to money with consciousness.

The aim of Leading Yourself to Money with Consciousness is to help you awaken and unleash the power of consciousness over money. Along the way, we will explore how and why people diminish their prosperity consciousness, so that you can understand, and then destroy and uncreate, the lies
that keep you trapped in a scarcity paradigm. We hope that you will use this book to create a far-reaching transformation in all parts of your life.

This book has nothing to do with how to get rich quick. It doesn’t teach you how to invest in property or the stock market. In truth, we would like to encourage you to stop falling for get-rich-quick and anticonscious moneymaking schemes that you hope will put you out of your financial misery.

If you have an anticonscious relationship with money now, you will continue to have the same anticonscious relationship with money no matter how much money you have. Even if you acquire large amounts of money, your dysfunctional relationship with money will continue. It will simply occur at a higher level. Your consciousness always determines your conditions and circumstances. Unless your prosperity consciousness expands, your relationship with money will remain the same. You will continue to have the same degree of limitation and the same degree of financial mess.

If you don’t transform your consciousness around money, then when you receive more money, your financial mess will simply grow in proportion to the amount you receive.

Expanding Your Consciousness around Money

So, where did Chutisa and I begin when we chose to expand our consciousness around money? First and foremost, we began to examine our own relationship with money.

We became aware that each of us had a very specific, yet mostly unexamined and absolutely unconscious relationship with money, which had created and shaped our individual experiences of life. We discovered that we had points of view that were founded in scarcity and limitation. We had to destroy and uncreate those views if we wanted to experience greater wealth and abundance in our lives.
Prosperity Consciousness

Even though both of us had been doing extremely well in the arena of career achievement and money attainment, we often felt a niggling sense of uneasiness that we would never have as much as we needed to maintain our lifestyle. In reality, the amount of money we had was never the problem. Our angst about money was not a true reflection of how things really were. It was a mind-set we had created.

We often experienced the incongruity between the way we imagined life should be and the way we were living it. We were functioning under a self-imposed pressure to earn more, acquire more, invest more, save more, have more, and be more. We were surprised to find that our uneasiness about money did not go away even when we tripled our income (which had already been in six figures). This was truly strange to us. We had expected that such a large increase in our income would make us feel much more prosperous—but it didn’t.

We became aware that unless we were willing to change from scarcity consciousness to prosperity consciousness, it was going to be business as usual, regardless of how much money we had. We recognized that even if we were able to generate money with ease, our consciousness would always determine our experience. Unless our consciousness concerning money changed, no matter how much money we created, our experience would remain the same.

Shifting the Focus from Scarcity to Prosperity

Chutisa and I began to look at the unconscious conditioning that had trapped us in this cycle of confusion, dissatisfaction, and an endless chase for more. We noticed that we had made money the goal. We had made it a need. We noticed that we
would often think things like “if I only had more money” or “money will make me happy and secure.” None of this was real.

Looking at our unconscious conditioning was not about sitting in judgment of ourselves. It was about becoming aware of how we had created our reality. We realized that if we could become aware of what we had chosen to create our reality without judging ourselves, we could have freedom, but as long as we had judgment, we had no freedom. This is because if we blame and judge ourselves, then we contract our awareness. Whenever we go into judgment about anything, whether it is a positive judgment or a negative judgment, then we cut off our capacity to receive beyond that judgment. Every judgment we make stops us from perceiving and receiving anything that doesn’t match that judgment. However, if we function from the place of no judgment, then we can receive the entirety of the world.

We stopped looking at the wrongness of our financial situation and started asking questions.

**What’s right about this that we’re not getting?**

This question allowed us to unlock possibilities for change in our lives.

We became aware that whenever we experienced our lives as a limitation, there had to be something that we were unwilling to perceive, know, be, and receive. We began to ask ourselves this:

**What must I perceive, know, be, and receive that would allow me total clarity and ease with money, wealth, prosperity, and abundance?**

This question started to unlock the places in our financial life where “we” were not showing up—the places where we were