

that we can accept dualities in our life without getting attached to one choice or the other, the more likely we are to allow ourselves to flow through *all* parts of our lives, including the parts the we might tend to label as bad, stupid or uncomfortable. It is the tension from trying to control, direct and avoid that causes the most struggle and stress.

Imagine your body as some sort of a water hose with the capacity to adapt. Water is the energy that wants to flow through your hose. When we tighten up, the hose constricts and very little water can pass through it. When we relax and unwind (let the kinks out) then more water/energy can flow through the hose. When we learn to focus on the things that energetically expand us, then even more water/energy can flow through us.

Most of us have been taught that we *should* have some control over our finances, relationships and health. As a culture we have been raised to believe that if those things are not “working” then there is something wrong with us. Yet, it is this very “trying to control”—to go against the flow of nature itself—that actually causes the problems.

Is being in flow a matter of trust? Sure it is. But it doesn't take the faith of a saint. It merely calls for an awareness of two natural laws: 1) change is always at play and in motion and 2) humans are part of nature. Once we accept these, then the “how-to” becomes a question of “How can I best get myself into sync with nature? How can I make choices that are in rhythm with the world around me?”

## Money in Flow

Strangely enough, money is an ideal way to do this. Money, like water, energy and life itself wants to flow. From the cosmic view, we know that if money is meant to connect, then it needs to flow in order to have the most connections. But even from a more worldly and practical view, it is clear that money

does move quickly and across great distances in this high-speed global economy in which we live. It is fulfilling its connector role better than ever before. But humans are not necessarily assisting it in that function. We seem to have a desire to hold onto it, rather than let it move along as a connector. Because of our individual fears and habits, we humans are often acting as the dam that is interrupting the natural cycle.

Culturally we have chosen to look at only one side of the equation of money. Even though our global economic system has evolved to be a highly interconnected system, *the way we deal with money is still clearly oriented to be left-brained, masculine, transactional, physical and stuck on “either/or” thinking.*

Often when I introduce this idea to a live audience, someone wants to jump up and argue for the great achievements of the left-brain ego or the reasonableness of the masculine approach. I am not suggesting that we discard those capacities at all or that there is even anything wrong with them. I am simply saying that we might want to *also* explore using all of the other parts that we have been neglecting in the world of money.

So for the next few chapters, we will look at money from the yin/yang perspective, with these natural laws in mind. We will explore how these bigger picture, foundational pieces of possibility can lead us to individual lives of ease and sufficiency—especially in our relationships with money. And let’s remember that the more individuals who evolve their money relationships, the more likely we are to solve a host of our global problems.

After all, evolution toward complexity is the natural order of this planet—in plant species as well as in consciousness. Never before in human history have so many had the opportunity to focus on consciousness. Never before have so many been so connected. So perhaps now is *the* critically perfect time to adopt an integrated, balanced approach as to how we think, feel and act with money, *both* culturally as well as individually.

Using the lesson of the yin/yang and nature, let us experi-

ence our money in a way that is *both* relational *and* transactional in function, that utilizes *both* the left *and* right hemispheres of our brains, that engages *both* masculine *and* feminine strengths and that is *both* spiritual *and* physical in nature. In other words let's allow money to be *both* heartfelt *and* practical at the same time.