

# Contents

Introduction 17

## **Part I: From Scarcity to Sufficiency: Principles for Shifting the Cultural Paradigm**

Chapter 1: Why Abundance Is Not the Issue! 28  
Chapter 2: Transactional and Relational  
(or, Sir Isaac Newton Meets Quantum  
Science and the New Biology) 40  
Chapter 3: Using Both Left AND Right Hemispheres 52  
Chapter 4: Masculine AND Feminine 60  
Chapter 5: Physical AND Spiritual 67

## **Part II: Identifying Our Personal Obstacles**

Chapter 6: Let's Get Personal 78  
Chapter 7: How You Got to "You Are Here" 90  
Chapter 8: Your Money as a Relationship 114

## **Part III: The OARSS Process™ Manual: Practices To Honor the Tide and Create from the Freedom of a Sufficiency Mindset**

Chapter 9: Practical Tool #1: Observing Sensations  
and Learning to "Read" Energy 143  
Chapter 10: Practical Tool #2: Asking Questions 167

Chapter 11: Practical Tool #3: Releasing the Big Bad Boogie Man and Reclaiming Your Freedom About Money	178
Chapter 12: Practical Tool #4: Setting a New Direction—Creating From Our Deeper Truth	191
Chapter 13: Practical Tool #5: Setting a New Direction—Designing A Deeply Profound Relationship with Money	219
Chapter 14: Practical Tool #6: Showing Up in the Natural State of Sufficiency	239

**Part IV: Cultivating Collaboration**

Chapter 15: Standing on the Edge of a Cultural Evolution	265
Chapter 16: Putting It All Back Together Again: Life as a Collaboratory	298