

Type in Scarcity, Type in Abundance

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Inspired by the work of Leonard Carr

In Scarcity (self as separate)

- One:** Experience a value as missing from self or others, try to get back by being right/good and controlling self and others through critic.
- Two:** Self justifying – I know better for me and everyone else; inflated sense of self-importance.
- Three:** Self-constituting – pretend to have desired characteristics and then evaluate and compare to others.
- Four:** Absent themselves from their souls – “missing ourselves”. Only feel abandoned if we first abandon ourselves.
- Five:** Won't give, won't ask, will conserve resources and distance self from the world and theorize how world really is.
- Six:** Doubts entitlement, authority, experience; can't rely on self/others.
- Seven:** Distract ourselves from ourselves. Fear of loss, grab experience but not really be fully there.
- Eight:** Takes power away from people. Armored; the best defense is a good offense.
- Nine:** Cardboard Replica – false imitation of presence. Keep peace by becoming unimportant; invisible

In Abundance (Undivided)

- One:** Subjugate desires to higher values/ideals. One's are custodians of values in world. **Antidote: Relaxation**
- Two:** Address what is really needed rather than what they think is needed. **Antidote: Congruence**
- Three:** Authentic – revel in genuine talents and abilities, don't hide behind image. **Antidote: Integrity**
- Four:** Complete – am enough, have enough, am connected to all things. **Antidote: Gratitude**
- Five:** Wants to see and participate in the world as it really is. Is able to share their talents and knowledge with others. **Antidote: Generosity**
- Six:** Clear, grounded in world and in own authority, claim voice in the world. **Antidote: Connectedness**
- Seven:** Investment: Putting oneself fully into experience, whether “negative” or “positive”: willingness to be present with pain of “negative” experience. **Antidote: Investment**
- Eight:** Give away power; encourage and grow others. No longer need to see others afraid to know they are strong. **Antidote: Subjugation**
- Nine:** Unconditional Presence; grounded in self: can be a part of all things without feeling loss of self. Include themselves equally. **Antidote: Participation**