

## Expressing Appreciation

If you're like most people, you were taught that the purpose of money is to provide an efficient means of exchange for goods and services. You were taught civilizations once bartered for goods and services, but that became awkward and inefficient so money was created to make the process simpler and easier. You were also taught that the process of exchanging money became easier and more efficient as we moved from coins to bills to credit cards to electronic funds transfer. However, like everything else in Phase 1 of The Human Game, what you were taught was just a smokescreen, a cloud, an illusion designed to trick you and lock you into limitation and restriction.

When somebody does something nice or helpful for you, or you receive something of value from another person, how do you respond? You say "Thank you," right? You express appreciation for the value you received. If you go into a store, restaurant, or other place of business and pay for something, aren't you also receiving something of value? Don't you also say thank you in such circumstances— if you're a well-mannered person?

If money disappeared from the planet tomorrow, what would change? Would books disappear from the shelves in bookstores? Would restaurants and shops close? Would cars stop rolling off the assembly lines? Would doctor's offices, gas stations, dry cleaners, and copy shops close their doors? Would any good or service that you now enjoy or benefit from suddenly become unavailable?

No!

So, if money disappeared but you could still obtain goods and services, what would still be there in the transaction? The expression of appreciation. You'd still want to say thank you to the people who provided the good or service for you. You'd receive something valuable and you'd want to express appreciation for it. If you went into a restaurant and had a great time, you'd say thank you to the server who waited on you. If you went into a dress shop and bought a beautiful gown, you'd say thank you to the clerk or owner. If you went into an electronics store and bought a computer or cell phone, you'd say thank you after receiving it.

Every bill you pay is for something valuable you received. You may not like paying your rent or mortgage, but having a place to live is valuable isn't it? You may not like paying back a loan, but the money you were loaned allowed you to buy or do something valuable. You may not like the total you see, but if your credit card bill has 10 items on it, when you received or experienced each of those 10 things, you received value, didn't you? If you look closely with your Phase 2 X-ray vision, whenever you pay for anything, all you're really doing is saying, "Thank you, I appreciate what I've received."

**Whenever you create and experience the illusion of receiving a good, service, or experience in your hologram, there are three aspects of the creation to appreciate:**

- 1. Yourself for how amazing you had to be to make the illusion appear so real.**
- 2. Your creation—be it person, place, or thing—for how amazingly real it seems, how perfectly he, she, or it is supporting you in playing The Human Game, and the specific benefit you received from it (the enjoyment of the meal, clothing, race, mountain climb, glass of champagne, and so on).**
- 3. The Creative Process that made 1 and 2 possible.**

Based on what you now know about The Human Game, if you eat dinner in a restaurant and pay with cash, check, or credit card, who are you paying? Yourself, right? There's no one else "out there" to pay. Everything and everyone is a creation of your Consciousness. So, who is ultimately providing the value and who are you really saying thank you to? Yourself!

As you know, in the restaurant example I've been using, there's no restaurant. Your Consciousness is creating the illusion of it—the room, tables, chairs, art on the walls, music playing in the background, kitchen, food, plates, glasses, waiter, busperson, chef, the other people who appear to be eating there with you (extras, if we use the movie analogy), everyone and everything else you experience while you're there. None of it is really there, yet, you convince yourself it's all there and all real. That's an incredible accomplishment, so take the opportunity to fully appreciate it!

### **KEY POINT**

**The real purpose of money is to express appreciation for the magnificence of yourself as the Creator of everything you experience and the magnificence of all your creations as you create and experience them.**

If you're like many of the people I work with, a thought like the following may have just popped into your mind (or will later): "I can't go around patting myself on the back like that or calling myself magnificent. That would be egotistical and self-centered." Whether you just had a thought like that or not, follow along with me here for a moment because it's likely it will come up later. Do you remember what I said the purpose of Phase 1 in The Human Game is? To convince yourself you're the exact opposite of who you really are. This is a perfect example of that. Look at how brilliant and tricky we are as Creators. Who you are is a magnificent and Infinite Being, yet in Phase 1, you succeeded in convincing yourself that to feel that way and see that Truth is egotistical or self-centered, either of which is a synonym for a judgment called "bad."

Every time I turn on my X-ray vision to see The Human Game clearly, I come away in absolute awe of what an amazing Game it is and how amazing we have to be as players to make it work.

Do you ever run out of love? If you love your child or significant other and you express that love verbally, through a kiss, a touch, or a gift of some kind, do you have less love afterward? Does the amount of love you have or your capacity to express it diminish? No!

In fact, if you look closely, you have an endless supply of love, and every time you express it, your capacity to express—and receive—love actually expands. It works the same way with appreciation and expressing appreciation in the form of money. You have an endless supply of appreciation and every time you express it, your capacity to express—and receive—appreciation expands, too. Therefore, as you dramatically increase your expression of appreciation, what must happen as a result? The flow of appreciation that comes back to you in the form of money must expand, too—and that's exactly what happens when you play in Phase 2 of The Human Game!

### **KEY POINT**

**Your supply of money does not decrease as you spend. It actually loops back and then increases.**

Now that you understand the concept of appreciation and the power it holds, let's take a look at its practical application. Then we'll further enhance it when I show you how appreciation ties into the crown jewel tool called The Process in the next chapter. What's it like now for you when you pay bills? When I ask that question at my live events, here's what I hear most often: "It's scary because I don't always have enough in my checking account, and if I don't pay or my check bounces, I'm in trouble." "When I pay a bill for one thing it means I won't have money to do something else I'd like to do. It's an either/or deal and I don't like that." "I just feel resigned to the fact that what I have is going to be depleted by the amount I have to pay." "For me, it's a gigantic hassle. I could be doing something else. I don't like spending time writing out checks, putting them in envelopes, putting stamps on them, and putting them in the mail." "I feel powerless when I pay bills, and I don't like feeling that way so I compensate by putting off paying, which leads to late fees, which leads to anger at myself for being so stupid." "I don't mind paying bills, but paying taxes drives me nuts.

It just doesn't seem right. It seems unjust. It's my money. I made it. Why does the government get to take so much of it whether I like it or not?"

Whether you have similar thoughts and feelings or other negative thoughts and feelings when you pay bills, what's being reinforced when you think and feel that way? Three things:

- 1. Your beliefs about the limits on your power and abundance**
- 2. Your judgment of those beliefs**
- 3. The reality of the consequences you have associated with them**

In effect, you're making your financial limitation eggs larger and larger, and when you do that, the financial limitation must persist in your hologram. If you'd describe your feelings as neutral or flat when you pay bills, you may not be reinforcing limitation, but you're missing an opportunity to reclaim power and shrink the egg as you'll soon see.

The opportunity you give yourself in Phase 2 of The Human Game is to shift your focus from paying bills to expressing appreciation. Doing that will take self-discipline and persistence in the beginning, because it will feel alien to you, but it ultimately becomes natural and "old hat" to you. Starting now, every time you pay bills, write checks, hand someone cash, or sign a credit card slip, you want to take a moment to appreciate your creation, yourself as the Creator of it, and the value you received.

### **How to Express Appreciation instead of Pay Bills**

Ninety percent of the time I express appreciation with a credit card. So when I sign credit card slips or write checks when I receive credit card bills in the mail (which I now call "requests for appreciation," which is a preview of the Empowering Vocabulary and Self-Talk tool), I look at the bill or go down every line item on the statement and express appreciation for the creations they represent.

For example, suppose I'm looking at a credit card slip for dinner at one of my favorite sushi restaurants after finishing a fine meal. I then express appreciation by saying words like this to myself and feeling the genuine feelings that accompany them: "Wow! What an amazing creation. I created this whole thing—the restaurant, the waiter, the sushi, the sushi chef, the sake I drank, the table I sat at, and the other people in the restaurant. It was all a creation of my Consciousness. It all seemed so real and tasted so good! Amazing. I'm one hell of a Creator!" As I sign the slip, I then conclude by saying something like this to myself: "I express this appreciation from the Infinite Abundance that's my natural state, knowing that as I make that expression the abundance I experience in my hologram expands and returns to me."

If you've had experience using the self-help technique called affirmations, a thought like this may have just crossed your mind:

"That sounds just like using affirmations. I thought you said affirmations have no power." In Phase 1, without a corresponding pattern in The Field that gets energized, affirmations have no power. Plus, most people affirm for things they don't really believe are true or possible for them. However, when you affirm The Truth in Phase 2, it does have power because your Expanded Self is helping you expand and reclaim your power so new patterns do get created in The Field to support the effort. I'll discuss this in greater detail in the next chapter.

I'd do the same thing if I created what could be judged a bad experience in the restaurant from a Phase 1 perspective. Why? Because, as we discussed, there's no power in the hologram—not in anything, not in anyone. The other people are actors saying and doing what I asked them to say and do. The food is entirely a creation of my Consciousness, so if I experienced what could be called poor service or lousy food, I created that illusion from a pattern in The Field and convinced myself it was real—which is a colossal achievement—and definitely something to appreciate.

## **KEY POINT**

**The words you say to yourself to express appreciation don't matter. It's the feelings the words help you create within yourself that count.**

I gave you examples of the words I use when expressing appreciation.

I change them all the time. There isn't any rule or magic formula for expressing appreciation. There's no right way, wrong way, better way, or best way. None of that exists in Phase 2.

There's just what you choose to do, and what generates truly appreciative feelings. You can always trust yourself and your Expanded Self and just say and do what you feel motivated to say and do.

What happens when you express appreciation like this instead of paying bills like you do now? Two things:

1. It starts the process of draining power from the financially limiting eggs you installed in The Field in Phase 1 (which we'll be discussing in the next chapter).
2. It sets into motion the circular flow of increased appreciation to you that means more appreciation flowing to you in the form of money.

Here's another way to look at this. Suppose you went to Las Vegas and played the slot machines. Suppose you found a slot machine that immediately returned three dollars for every dollar you put into it. How many dollars would you put into that machine? As many as you could, right? How would you feel every time you put a dollar in the machine? Excited, right? Because you knew three dollars would be coming back. It's the same thing when you express appreciation instead of pay bills, and you really get into the energy of appreciating yourself, your creations, and the value you receive from your creations. You now know that each time you pay a bill you actually end up getting more money back than the amount you expressed. As a result, once you bust loose from The Money Game, you actually enjoy and look forward to paying bills instead of dreading it or having the negative sort of experience you have now.

When you express appreciation, you must really feel it. You can't fake it. You can't bluff your way through it because who are you trying to bluff? Yourself! You can't be sitting there and say, "This Game sucks, but Bob said I should appreciate it, so okay, I appreciate you soooo much. There, it's done. Onward and upward." Really feeling it is what takes time, practice, and discipline. However, the value created from it is absolutely off the charts and well worth any amount of time and effort that are required. Do you resonate with this and really get it? Or does it sound crazy to you, like pie in the sky or like I must be on some sort of drug? Regardless of your thoughts at the moment, I assure you, if you really feel it and really do it, you'll see the expansion of abundance effect for yourself. I've seen it. I continue to see it, and I've seen it in my clients, some of whose stories I'll be sharing in Chapter 12.

Here's another example. Let's say tomorrow morning you stop at a coffee shop on the way to work and buy yourself a vanilla latte for \$4.00. As you give the clerk the \$4.00, you could say something like this to yourself—and really feel it—"Wow, this is so cool. I created this coffee shop. I created the espresso machine, the beans, the milk, the steamer, the syrup, and the cup. I created the clerk and all the people who appeared to be in the coffee shop with me." Then, as you sip the sweet, hot liquid, you could say—and feel—"Wow!" again. Why? Because there's no coffee shop, no espresso machine, no beans, no milk, no steamer, no syrup, no cup, and no hot, sweet liquid. It's all smoke and mirrors. All an illusion. You just convinced yourself it was there, it was real, and it tasted good. THAT'S AN AMAZING, MAGNIFICENT, MAGICAL, MIND-BLOWING, "SUPERNATURAL" ACCOMPLISHMENT! APPRECIATE IT!

In Phase 2 of The Human Game, besides shifting your focus from paying bills to expressing appreciation, there are two additional opportunities you can give yourself that support you in busting

loose from The Money Game. First, you can give yourself the gift of appreciating all the money you appear to receive from others. Right now, when you receive a paycheck, a royalty check, a dividend check, or other expression of appreciation in the form of money, how do you respond? Do you feel tremendous appreciation for it— for yourself as the Creator, the creation, and the creative process?

Or, do you take it for granted, swear under your breath because the check wasn't larger, or instantly compare the amount to your bills or your wants and find it lacking? No matter what your current response is, you now have the opportunity to convert it to an expression of appreciation and start getting the three dollars back for every one dollar you put in the slot machine, to continue that metaphor. For example, I own and run several businesses and have partnerships in several others. In Phase 1 of The Human Game, I looked at those businesses and the payments I received from them as the source of my financial abundance. In Phase 2, I know they're not the source of my abundance (my Consciousness is), but I still express appreciation to myself in the form of money from them. Here's how I do it. When I write myself a check from one of the company accounts or receive a check from one of my partnerships, I follow the same steps I just outlined. Why? Because the checks aren't real, the companies aren't real, the customers who bought products and services that gave the companies the money to be able to pay me aren't real, it's all just a magnificent creation and illusion, and I appreciate it.

Beyond my businesses and partnerships, I also receive royalties on books I've written and audio albums I've recorded that are published and sold by others, plus other commissions and other financial rewards of various kinds. When I receive those checks, I express appreciation for them, too. The second additional opportunity you can give yourself is to fully appreciate what you've already created and are enjoying in your hologram versus judging it, taking it for granted, or focusing on what you don't have. If you judge what you currently have by saying it's bad, not enough, it sucks, it's not what you want, you want more, you want something different, or the like, what are you doing? Reinforcing the illusion that it's real and that you really are limited. If you focus on what you don't have what are you doing? Same thing. Everything you're currently experiencing in your hologram is there because your Expanded Self created a complex pattern in The Field, energized it, and popped it into your hologram making it appear absolutely real. There was no accident or mistake. Whatever you've experienced and are experiencing now was brilliantly designed and popped into your hologram to perfectly support you in playing The Human Game exactly the way you wanted to play it— no matter how you'd judge or label it from your old perspective. It deserves to be appreciated for all its magnificence! You can create anything you choose once you move deeply enough into Phase 2, but first you must appreciate what you've already created. If you don't appreciate what you've already created, why would your Expanded Self support you by creating more "stuff" you won't appreciate either? If you don't appreciate what you've already created, it's like putting a dollar into the slot machine and getting nothing back. Why do that when you can get three dollars back instead? It's possible and very easy to fully appreciate what you already have, even if you may choose to create something else at another time.

By the way, just as a sidebar before we conclude this chapter, do you think it's any accident that the term appreciation is used in the traditional financial community to describe an increase in value in an investment or portfolio? As part of Phase 1 in The Human Game, we hide clues to The Truth all over the place but make sure we don't "see" them. If you make the leap into Phase 2, you'll see clues like that everywhere and find it quite amusing and fascinating.

*Excerpt from "Busting loose from the money game" – Robert Scheinfeld*

*(You will find it [here](#) in my e-book store, under Scheinfeld, Robert)*