

Scarcity



Ishtar / Cancer / Empress

I FEEL

Babylonian Goddess of Nature & Fertility

Offers up her energy to ...

Facilitate being a nurturer and a caregiver
who strives to protect the innocent
by showing how self-love can create abundance.

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Ishtar

One of the most common issues we find people presenting with today is scarcity – there is never enough. It doesn't seem to matter – love, money, possessions, time, and the list goes on – there is never enough!

In today's world, success is measured by the size of your house, the number and type of cars you have, the price tag on your clothes, the value and location of your latest vacation, and so on. People are inundated with this at every turn of the road. The result is extremely damaging. When an individual perceives (rightly or wrongly) that they are unable to attain sufficient markers of abundance – i.e. are successful – the net result is a perception of scarcity. Even worse, it often culminates into a dislike of themselves for their inability to achieve the social symbols of "success".

Once they've started on the downward spiral, the individual becomes overwhelmed with the idea of scarcity and a growing loss of self-esteem. This typically leads to seeing themselves as helpless to change their station in life; to perceiving that they are personally worthless and to assuming that their future is hopeless.

When a Shaman receives a client stuck in this state they are faced with two major tasks. First they must work with the individual to help them see that abundance does not have to equate to money and material possessions. Second, and of even greater importance, is to help the client move from self-punishment to self-love.

When Anne, a single mother of two came to us, she was in the depths of despair. She had frequently contemplated suicide because she perceived that she was unable to adequately provide for her two children.

She felt their clothes, purchased at second-hand stores, made them the target of ridicule at school. She perceived that their little apartment, furnished modestly, was a place her children were ashamed to bring their friends. Anne's comparisons went on and on; each one in her mind affirming scarcity and supporting her own self-loathing.

Anne worked as a clerk in a clothing store. She was a high-school drop out due to an unexpected pregnancy and her first child. A second child and a failed marriage all combined to make her feel helpless, hopeless and worthless.

We began working with Anne to change her perceptions.

During one of our sessions, in order to illustrate a point she was making, Anne took a sheet of paper and quickly made a pencil sketch. Her ability to draw was phenomenal.

When we commented on it, she quickly denigrated her skill. *"It's frivolous and doesn't put food on the table"* was Anne's response.

We asked Anne if she enjoyed art and she replied that she loved it but didn't have time for it.

To make a long story short, we had Anne bring me a few of her sketches which we quietly forwarded to the Human Resources coordinator at the store where Anne worked.

We asked the HR rep if they had any area in their business that could use Anne's artistic ability. Within weeks Anne was promoted into design and layout of not only the store she was working at, but other stores in their chain.

Anne had completely overlooked her abundance of talent in one area of her life because she was so focused on lack in another.



This whole process, of course, opened the door for Anne to work consciously with The Archetype, Ishtar.

Ishtar helped Anne flourish in not only her professional life, but by showing her how to make a few small changes at home, her family life became more rewarding as well.

The biggest shifts that Anne was able to make were changes in her attitude. Today, Anne perceives she is living abundantly, full of all the really important things life has to offer.

By Shanon & Marv Harwood
Directors of [The Kimmapii School of Shamanism](#)

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