

**The Uncorked Conversation Podcast with Allyson Scammell**  
**Episode #12: How to Want What We Have**  
**Transcripts**  
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You are listening to the Uncorked Conversation with Allyson Scammell episode No.12

Hello and welcome to the uncorked conversation, a podcast for soul guided passion filled women entrepreneurs who want to uncork big magic in life and business without burning out. We'll get to the truth. Of how to uncork our gifts, the ones we keep hidden inside, and how to infuse those gifts into our personal and professional life in a way that feels like magic.

We'll also uncover how to truly experience the joy of the journey through smart time management and planning. I'm your host Allyson Scammell. Let's uncork.

Good day Shanthi Pax Nation. How is it going today?

I truly hope that you are fabulous this episode is all about wanting the things you have.

You might be thinking that it's very obvious to want what you have because why else would you have it right. Well what often happens is once we obtain a goal or acquire an object or make a connection we no longer actively want it and we move on to wanting something else or more or bigger.

When I was about 12 years old I so desperately wanted an electric saxophone. I played the alto saxophone and thought my calling was actually the electric sax. I begged my poor mother for months for one. I promised to clean the kitchen and make my bed every day.

My mother finally relented bought me the electric sax and I was very intrigued with it for about 24 hours. I realized it wasn't as loud as I thought it would be and the sound was sort of cheap and fake in the end. I preferred my alto. I think that desire to always want the next shiny new thing never really leaves us as adults and we can neglect to appreciate and to actively want the things we already have.

In today's episode I'm going to reveal how we fall into the LAC Trap How to know when you're actively not wanting the things you want which sabotages our efforts and how wanting what you already have boosts your ability to manifest more of it. Let's start with when and how we fall into what I call a lack trap.

Let's say you're a T-shirt designer. It's funny because T-shirt designer is always my go to example for an entrepreneur and I think deep down inside I want to also be a t shirt designer myself. Anyway let's say you want to sell 500 t shirts per month.

Let's also say that you've plateaued at selling 200 t shirts per month so each month you're falling consistently short of the target you want by 300 shirts.

You want to sell five hundred. You're only selling two hundred. So where is your focus? Are you

focused on the 200 shirts you are selling or the three hundred you're not? If we aren't aware and mindful our attention will automatically go to the 300 t shirts we aren't selling the lack of 300 sales which often triggers the emotion of defeat.

You can learn more about how the emotion defeat sabotages our efforts by listening to episode number three.

And if this happens for several months in a row and we consistently focus on what we're not selling what we don't have then we fall into a lack trap. And we generate a steady stream of feelings of lack which just creates more lack. It's a simple law of attraction like attracts like. If we instead actively want what we already have in this case 200 sales per month we generate high vibrational feelings of gratitude and abundance which helps us attract more abundance.

And if you really want to amp up your vibe focus in on your absolute favorite customers and ideal people and how much you enjoy creating for them and how happy it makes you feel when they wear your shirts. It doesn't mean that you're not doing analysis to see why you're not reaching your sales targets each month you're doing that you're tweaking your refining you're trying new things.

You're getting feedback from ideal customers but you're feeling state the space that you spend your high vibrational feelings of gratitude and connection are in that space of wanting the 200 people who are buying from you and wanting really wanting the ideal customers who are buying from you and you are tuning into that feeling of success and gratitude and connection for the sales you are making and that keeps you in a high vibrational space of abundance so you can start attracting more abundance.

Another little self sabotage trap we fall into without realizing it is to actively not want what we want. Here is an example of what I mean by that. When I am in the creative process I engage in intense focus and concentration. I noticed that if I had a client in the middle of my creative process I'd be annoyed at having to stop to meet with the client.

So in those moments I did not want my clients. But it was also during a time when I was trying to ramp up my client base and attract more clients. On the one hand I wanted more clients but on the other I was annoyed at having more clients. So if you want more clients or more anything then go all in on wanting that thing. In my case I learned to bundle my clients to certain days and certain hours. So I had blocks of time for creating M blocks of time for coaching.

This eliminated any annoyance I was feeling for having to pause my creative process. In addition I spent time really wanting the clients I already have especially the ones I considered to be ideal as my ideal people. Because of this now I keep attracting more and more ideal clients without much effort or advertising because I keep generating feelings of ideal client abundance.

This is how actively wanting what you already have boosts your ability to attract more of it. Here are some other tips of how to want what you already have when you're eating dinner with loved ones look around and tune in to how much you want them in your life when you're talking to an ideal client or customer. Tune in to how much you want to experience your special connection with them when you're putting on your favorite outfit or blue jeans or shoes.

Tune in to how much you want to wear those items when you're experiencing anything in life that you love your house your car your vacation your pet your garden tune in to how much you want to experience those things by being mindful and clear about wanting what you have. You simply create more of it. This is a nuanced gratitude practice that helps to create feelings of abundance and your ability to attract more of the things you most love about your life into your life.

My challenge for you is to want what you already have. Be mindful of when your focus is on the things you don't have and when you may be falling into a lack trap I challenge you to organize your schedule align your mindset and set up your life to always want what you want so you don't send any mixed messages to the universe.

And lastly I challenge you to take time out each day to tune into how happy the things you already have make you and how grateful you are to already have those things in your life right now. And by developing a practice to want what you have you're always satisfied you're always able to detach from outcomes because you know that you already have everything you could ever need.

And when you consistently live from this mindset abundance starts to show up in strange and mysterious ways that's all I have for today my friends and if you're loving this episode I kindly ask you to give it some love like it. Share it and leave a rating and review on iTunes so more people can find us anyway. Till next time. Stay uncorked.

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