



## **Prosperous Possession Consciousness Meeting of Underearners Anonymous**

**Sundays, 2:00-3:30 PM Eastern time on the Main Line  
(Also Saturdays, 1:30-3:00 PM on the Main Line & Saturday and Sunday 7-8 PM AEST)**

**1) Greeting:** (Moderator – These numbered headings aren't meant to be read out loud. Rather, they are for organizational purposes only.)

Hello everyone. My name is \_\_\_\_\_ and I am an underearner. Welcome to the **Prosperous Possession Consciousness** meeting of Underearners Anonymous. At any time during the meeting, you may press Star (\*) 6 to mute, or un-mute, your phone.

### **2) Serenity Prayer:**

Please un-mute your phone now and may we have a moment of silence, followed by the Serenity Prayer.

*God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

### **3) Twelve Steps & Twelve Traditions:**

Our program is based on the belief that the foundation of change and recovery from compulsive underearning is to be found in working the Twelve Steps and abiding by the Twelve Traditions, first developed by Alcoholics Anonymous.

Who would be willing to read or recite the Twelve Steps?

Who would be willing to read or recite the Tradition of the month and the Twelfth Tradition?

### **4) Meeting Focus and Format:**

The focus of this meeting is on UA's SYMPTOM #4: *Clinging to Useless Possessions* and its counterpart: TOOL #4: *Possession Consciousness*.

- ◆ In this meeting, we ask 3 members to read the **Possession Consciousness Goals Pages**. This can be found in the Meeting Format on the underearnersanonymous.org website. If you would like to read, please pull up the format.
- ◆ On the 2<sup>ND</sup> Sunday of the month we have a 10-minute **Qualification** in lieu of the reading.
- ◆ Our monthly business meeting is on the 8th of every month.  
In the last five minutes, we briefly **state actions** that we plan to take today or this week to
- ◆ overcome our underearning and further our Prosperous Possession Consciousness.  
Before we begin, we need a **spiritual timekeeper**. Who would be willing to do that service?

### **5) Welcome Newcomers:**

Welcome to the newcomers to the meeting. Please feel free to share during the meeting, and stay after for the Newcomer Greeting portion of the meeting.

Who would be willing to serve as **Newcomer Greeter** after the close of the meeting? Thank you.

### **6) Readings & Tools:**

\* **An underearner** is a person who hides from life ... Many of us hide for years in the dissatisfaction of our circumstances. As underearners, we often live in a state of vagueness.

**Recovery** is about developing a prosperous vision and being willing to take bite-sized actions to bring that vision alive through active participation in the program Recovery is about becoming visible in a positive way In UA when we ask, "How is this serving me?" – we move toward self-empowerment UA is focused on bringing people out of an experiential cave.

**UA's fourth symptom is "Clinging to Useless Possessions."**

*"We Hold Onto Possessions that no longer Serve our Needs, such as threadbare clothing or broken appliances."*

**UA's fourth tool is "Possession Consciousness."**

*"We Routinely Discard what no longer Serves us, in order to foster a Belief that Life is Plentiful and that we will be able to Provide Ourselves with what we Need."*

In this meeting, our goal is to get support, and give support, in the effort to clear out the cave and joyfully emerge "into the sunlight of the spirit." Working the 12 Steps in UA is the beginning of this journey. Cave-clearing is best done with the prosperous support of UA's tools of Goals Pages, Action Partners and Action Meetings.

**UA's Tool of Goals Pages** states, *"We set Goals for all aspects of our lives, write them down, measure our progress and reward achievement."*

**UA's Tool of Action Partners** states, *"We connect regularly with Action Partners regarding earning concerns, in order to provide each other with accountability, continuity and support."*

**UA's Tool of Action Meetings** states, *"We organize Action meetings with other UA members to discuss our earning concerns and to generate actions that will bring more prosperity into our lives."*

**7) Using these 4 Tools:**

Following are suggestions on how to use these 4 UA Tools:

- 1—To formulate and achieve one's Possession Consciousness goals, it is suggested to get a Possession Consciousness Action Partner (PC AP) and work together to support one another.
- 2 – Each Action Partner takes some time to answer the questions defining one's Vision and Goals on the Possession Consciousness Goals.
- 3 – Ask two other UA fellows to give you an Action Meeting around your Possession Consciousness Vision and Goals, and arrange to have regular Action Meetings once a month or every 6 weeks.
- 4 – Remember to ask the central question of UA when practicing Possession Consciousness and considering the usefulness and desirability of any possession or group of possessions: "How Is This Serving Me?"

**8) Reading:** [or skip down to "**9) Qualification**" if it's the 2<sub>nd</sub> Sunday of the month]

Now we will read from the **Possession Consciousness Goals Pages**. They map out our **Possession Consciousness Vision and Goals** for our lives. The 6 steps are:

- 1) Defining my Possession Consciousness Vision
- 2) Removing Obstacles to Attaining that Vision
- 3) Defining my Possession Consciousness Goals
- 4) Getting Ready for Action
- 5) Letting Go
- 6) Taking Action

**I'll take three names for reading these steps:**

Who would like to read Steps 1 & 2

Who would like to read Steps 3 & 4

Who would like to read Steps 5 & 6

Thank you. Please go ahead and read, one after the other.

**STEP 1: Defining My Vision – What is my Possession Consciousness Vision for my life?**

- ◆ Do I have a Vision for my home, my possessions, my vehicle, office, schedule and overall organization?
- ◆ Do I have a vision for having uncluttered, healthy and functional living and working spaces; for having only useful, desirable and beloved possessions?
- ◆ If not, am I willing to define my vision? Am I willing to get clarity on any obstacles that prevent me from defining my vision?

**STEP 2: Removing Obstacles to Possession Consciousness.**

- ◆ I am willing for life to be different.
- ◆ I gratefully express willingness to practice prosperous possession consciousness.
  
- ◆ I am willing to let go of all attachments I've had to suffering.
- ◆ I am willing to let go of any and all resistance I have had to being happy and prospering.
- ◆ If anything is in my way, I'm willing to root it out and transform it via working the 12 Steps.
  
- ◆ I willingly receive the freedom that results from letting go of all resistance to happiness, good fortune, order, clarity, beauty, peace and space.
- ◆ I am willing to let God (as I understand God) show me – or to see – a new way of living.
- ◆ I am willing to enjoy my life, my space and my possessions. That enjoyment is divine.
- ◆ I am willing to live differently, to have clarity in my life and to be the change I wish to see ... that change is order, harmony and beauty - ease, freedom and joy.

**STEP 3: Defining My Goals - What are my Possession Consciousness goals?**

- ◆ Do I have goals for my home, my possessions, my vehicle, office, schedule and overall organization; for having uncluttered, healthy living and working spaces and enjoying useful, desirable and beloved possessions?
- ◆ If not, am I willing to define my goals? Am I willing to get clarity on any obstacles that prevent me from defining my goals?
  
- ◆ I am willing to have my goals emerge out of my vision.
- ◆ I am willing to let clarity of vision help me to define my individual goals.
- ◆ I am willing to write down my goals and be specific. I separate each goal.
- ◆ I am willing to develop small action steps necessary to move toward, and achieve, my goals.
  
- ◆ I allow myself to go one step at a time.
- ◆ I allow myself to take action in small timeframes (15, 20, 30 min.) and to take each step in

conjunction with support.

**STEP 4: Getting Ready for Action - Looking at my goals or one specific goal.**

- ◆ I am willing to let go of the habit of clinging to useless possessions that do not serve me.
- ◆ I am willing to recognize and release the negative payoffs and impact of that habit.
- ◆ I am willing to recognize and release the payoff that I've been getting for not taking or completing positive actions. i.e. getting to be right, to be a victim, to complain, addiction to familiarity with suffering, fear of change, loss of identity - who will I be without this condition, staying in the drama of old communication and habit patterns that do not serve me, living in the problem instead of living in the solution.
  
- ◆ I am ready to experience the positive impact of releasing useless possessions and taking action. The results are thrilling!
  
- ◆ I am willing to accept spiritual help in achieving this goal from Source, God, Higher Power.
- ◆ I am willing to allow a spiritual solution to transform my life around each issue or goal.
- ◆ I am willing and able to get a UA sponsor and work the 12 steps in order to receive my Higher Power's vision for my life and my relationship to possessions.
- ◆ I am willing to ask for, get and receive help when I need it.
  
- ◆ I am willing to get clarity on what support I need to follow through to complete my goals and I follow through with getting that support.
- ◆ I am willing to get clarity on what people I know that can and will support me reaching my goals.
- ◆ I am willing to be clear on who and what does not support me in reaching my goals, and I act accordingly.
  
- ◆ I know that committing to take, and then taking, the action blesses my life in positive ways. I am willing to take those actions.

**STEP 5: Letting Go.**

- ◆ I am willing to show up and do my part, let God do God's part, and overall "Let Go and Let God."
- ◆ I am willing to let go of the need to know how it will happen (all the details).
- ◆ I am willing to let go of the need to know the outcome.
- ◆ I am willing to let go.
  
- ◆ I am willing to take a leap of faith and trust that I am in the care of God (as I define or understand God) – and that God is with me every step of the way.
- ◆ I am willing to ask for help and guidance both spiritually and physically.
- ◆ I am willing to ask my Higher Power to remove my blocks and for the willingness and strength to take and complete the necessary actions.
  
- ◆ I am willing to use the gift of Possession Consciousness Actions Partners to achieve my goals.
- ◆ I am willing to initiate Action Meetings to get help for taking action toward my prosperous vision.
- ◆ I am willing to work the 12 Steps in UA to receive the necessary psychic change and power.

**STEP 6: Taking Action.**

- ◆ I am willing to put one foot in front of the other and take the next indicated step.
- ◆ I am willing to commit and bookend the action with my Possession Consciousness Action Partner in Underearners Anonymous.
  
- ◆ I am willing to take the necessary steps to complete the action.
- ◆ I am willing to assign a realistic timeframe for completion of the action - and take action.
- ◆ I am willing to reward myself for reaching a goal.
- ◆ I am willing to reward myself each time I complete a major action.

- ◆ I am willing to live a prosperous life regarding my possessions and earning!
- ◆ I am willing to believe that, *“Life is Plentiful and that I am able and willing to Provide Myself with what I Need.”* (End of reading)

### **9) Qualification: (2<sup>nd</sup> Sunday of month only)**

Now we ask for one of our members to offer a 10-minute Qualification on Prosperous Possession Consciousness. Is there someone on the line who would like to speak? (wait for a volunteer)

Thank you for your willingness to qualify! How would you like your time? (Timekeeper), did you get that?

Please go ahead and begin your qualification and thank you for your service!

*Chair to thank Qualifier after his or her share.*

### **10) Meeting Norms:**

To maintain the serenity and focus of the meeting, **we do not engage in cross talk**, which we define as interrupting or directly addressing another speaker or commenting on the content of their share.

**Shares are up to three-minutes** with a one minute warning at two minutes. Please acknowledge (Timekeeper) by saying “Thank you,” when you hear your one-minute warning, and at three minutes wrap up your share.

### **11) Invitation to begin sharing:**

Now we will begin the sharing on our meeting topic of Prosperous Possession Consciousness. I’ll take 3 names for sharing. Who would like to share?

*Note: after shares, thank speakers by name, invite others to share and periodically reiterate the meeting’s focus of Possession Consciousness.*

### **12) At 30 minutes = 7:30 - Seventh Tradition & Announcements:**

UA has no dues or fees, we are self-supporting through our own contributions, but we do have expenses; for the dissemination of UA literature, the maintenance of its website, and costs incurred by the General Service Board. **Contributions can be made via PayPal** on the UA website at [underearnersanonymous.org](http://underearnersanonymous.org), **or by check**, to UA, Box 1839, New York, New York 10163. Please give what you can, but if you can give nothing for now keep coming back because you are more important than your money.

### **Are there any UA related announcements?**

We will now **resume sharing** – I’ll take 3 names. Who would like to share?

### **13) At about 7:53 - Wrap Up:**

That’s all the time we have for sharing. I’d like to thank everyone who shared, \_\_\_\_\_ for keeping time, \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ for doing the reading (or Qualification) and \_\_\_\_\_ our

Newcomer Greeter. And thank you for letting me be of service. Please note that this Prosperous Possession Consciousness meeting also occurs on Saturdays from 1:30-3:00. Another meeting with a Possession Consciousness theme takes place Tuesdays from 12:15-1:15.

#### **14) Number Exchange:**

Before we close the meeting, we'll exchange names for outreach. This is a wonderful opportunity to find a **Possession Consciousness Action Partner (PC AP)** and **fellows for Action Meetings**. If you want to contact someone you heard on today's meeting, please call out their names now and we ask those members to stay on the call, if they are able, until after we say the Serenity prayer. I will stay on the line after the meeting to facilitate exchange of numbers. When requesting numbers, if a person's name has already been asked for, please don't repeat that person's name.

Who would like someone's number?

#### **15) Share Actions:**

Now is the time to share ONE **Possession Consciousness action** you plan to take. It can be helpful to include a timeframe with your action. Please be brief and keep it to one action, for clarity, and so that all who wish to commit actions may do so.

Example: "This afternoon, I am going to sort and clear the papers on my desk, from 4 – 5 pm, bookending with my Action Partner." Or: "I am going to spend 15 minutes tonight practicing Possession Consciousness in my bedroom / on the bookshelf / in the kitchen."

#### **16) At 7:59 Closing:**

*\*\* Since the disease (of underearning) is based on different levels of self-indifference and wasting of time, UA actions are really about different levels of self-care. It's about growing a new strand of sanity every week, which begins to improve functional decisions, quality of thinking and new prosperity decisions!*

*Today can be a turning point in your life. One road, a soft road, leads to misery, depression, anxiety, and in some cases mental institutions, prison, or suicide. The other road, a more challenging road, leads to prosperity, self-respect, and personal fulfillment. We urge you to take the first step onto the more solid road now.*

...

Will all who care to join me in saying **The Organized Life Serenity Prayer:**  
*God grant me the serenity of an organized life with leisure time, courage to change my habits to ensure these joys, and the wisdom to be flexible.*

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**Do the Number Exchange.**

**The meeting is then open for Newcomer Greeting and afterwards, fellowship.**

\* (For Reference only: From the *About UA pamphlet*)

\*\* (For Reference only: From *UA Newcomer Response Package*)