

Introducing Your Whole Life Economy

I would like to introduce you to Your Whole Life Economy. This is a concept that will help you to recognise the value in what you have to offer the world. There is nothing to add or achieve, everything you need is within you, right here and right now. Once you recognise this value, your quality of life will improve.

Economics can be a dirty word. It conjures up images of global capitalism and fat cats getting ever richer upon the efforts of humble and hard-working people. Systems that create a sense of personal powerlessness resulting in feelings of anger and resignation.

But at a basic level, economics is simply concerned with the distribution and consumption of resources. The principle is that when resources become scarce, their value increases. When we think that our access to a fundamental resource, like fuel, is going to be limited, demand goes up and we automatically begin to value it more.

In the Whole Life Economy, this concept is adopted at a personal level.

Your Whole Life Economy is made up of:

- a set of precious personal resources (or, what you have to offer the world);
- your consumption (or, what you take from the world).

Your precious personal resources are:

- TIME
- ATTENTION
- PHYSICALITY
- MONEY
- WISDOM
- COMPASSION
- JOY

It is easy to take these resources for granted and underestimate what you have to offer. However, when you begin to understand how precious these personal resources are, you will begin to attribute greater value to them. Consequently, you will automatically become more vigilant with how you distribute these resources and more conscious about your consumption.

This awareness will begin to attract more positive influences that will result in a greater quality of life. This is the upward cycle to continued personal growth.

Nowhere is our human interconnectivity more apparent than in the global economy. When a political decision is made on one side of the planet, the ramifications are felt throughout the markets and have a real impact upon ordinary people like you and me.

Therefore, imagine the potential impact on human interconnectivity when we balance our own Whole Life Economy. The results may not be quite as tangible as the stock market fluctuations. But the outer world reflects what we feel on the inside and therefore when we affect *our* world, we affect the whole world. Truly be the change you want to see.

Life becomes more peaceful when we are no longer willing to allow unimportant, negative influences to drain us. We begin to direct our resources towards those influences that bring positive energy. We do not fret about getting older, instead we appreciate all in life that has brought us to this point. We value each new day and we invest in ourselves to build a stronger future.

As we begin to value the resources that we have to offer the world and attract positive energy, we become more effective. We can then be of real service in those areas of the world that we care about most. Even if the effect is small to begin with, when we offer real service to another human being, the positive impact is exponential.

Life becomes a rich and meaningful experience as we begin to create a deep value that is priceless. The world continues to improve, even when nothing has changed but you.

“We are a profoundly interconnected species, as the global economic and ecological crises reveal in vivid and frightening detail. We must embrace the simple fact that we are dependent on and accountable to one another.” ^[1] (Parker Palmer).

The Science of the Whole Life Economy

There isn't any science behind this work. It is all based upon my own personal experience and insights, which have been explained in the preface.

This concept offers you an alternative perspective of how to view yourself and the world. There is nothing to add or to achieve, it is simply a process of self-reflection and self-discovery.

The work is about bringing your attention to the deep value that is already in your life. The principle is that as you begin to value yourself more, negative influences in your life will either be managed better, or you will automatically begin to discard them if they turn out to be unimportant. Valuing yourself is the essence of creating healthy boundaries. As you work through the personal resources, you will begin to understand more about what you have to offer the world. When you are not being drained by negative influences, you will have more energy to direct into those areas where you can have a real impact.

This process is not quantifiable, it is subjective and personal to you. Sometimes you will feel a great impact, other times not. Much depends upon your starting point, your own beliefs and your willingness to engage in the work. Your starting point should be in a place of willingness to grow and develop a relationship of deep value with yourself.

If you have a punishing relationship with alcohol, drugs or food, or are living with destructive relationship patterns, then trying to work with these ideas will be like putting the cart before the horse. Therefore, if this is your current experience, I urge you to seek help with those issues before coming back to this work.

How This Works

My first edition of this book brings you an introduction to this concept based upon my own experience of developing value in my life. I have used the analogy of economics to give structure and every day practicality.

I have shared my personal experience and insights and provided references and links to my inspirations. As you read through this book, I urge you to personalise this experience for the greatest impact in your life.

To help you do this, you may download the free workbook from www.oliviadsilva.com/ywle, if you haven't done so already.

These are essentially spiritual principles wrapped in a practical package. In this context, the meaning of 'spirituality' is simply a greater connection with your own spirit, or in other words, your sense of who you are. In today's society, it can be a real challenge to keep connected with yourself. It can be confusing when faced with a choice of what you want to do and what you feel you should be doing. When you are connected to your sense of who you are, this will serve to guide your decisions. You will find that when making decisions from this basis, the outcome is always best for everyone involved.

I believe this work will appeal to people who may not necessarily see themselves as spiritual but would like to create deeper meaning and a greater connection in their lives.

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YOUR WHOLE LIFE ECONOMY

Recognise Your True Value and Improve Your Quality of Life

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