

**Ep #16: Soul Work, Money Shame & Selfish
Generosity with The Philanthropic Femme Adi Shakti**



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Jess McKinley Uyeno

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Adi Shakti: That first year, one of my big projects was this playground. If any of you have been to Puerto Viejo, Costa Rica, the playground right there in the middle of town was funded by Soul Work and our collaborators. So what I was doing, and I'd like to speak about this multi-layered why, but I was sitting and having conversations with the business owners of the area, which was good for me and networking and building my position as a leader within the community and all of these beautiful things. But then getting checks from the business owners, and so everybody put into this pot, right, to be able to build this playground. I think I contributed all of the time that it took and the coordination and the construction team and all of those things and was able to put in a few hundred dollars or whatever it was.

And so that's just one of the ways that I was able to really have a super fulfilling role as a philanthropist without needing to give so substantially in a financial way.

Jessica McKinley Uyeno: Welcome back to *Fun Money*. I am so excited. Right before I pressed record, I was just saying how in a unique turn of events, talking about fun money is actually a lot deeper than we think. And finding the women that I want to have a conversation with. I always say that to me, my people, my clients, my peers, my network are the most interesting women in the world. And front-facing, that can look a certain way when it comes to money. Obviously, we as a society revere, we admire, we are fascinated by people who hit a certain revenue threshold. That's part of it, the earnings game, of course.

But most of the rest of our games, spending, saving, investing, having, giving money, these are games that are played more behind the scenes. We don't talk about them as much. So to find guests who have an intimate relationship with money across all of the games has been more challenging than I thought. And so when I found this guest for us and when she agreed to come on, I was so excited because I know you guys are in for a treat, a

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conversation around what it takes to really be able to play with money. What you have to work through, what you have to go through, how you have to be willing to fail and collect those failures.

So today we have Adi Shakti. And Adi is known in her circles and slowly becoming known around the world as the Philanthropic Femme. And something that she said that really struck me was that when women say yes to working with her, women are freer and children are safer. And it is because she has made a career of helping other women inside of their careers and also helping the world in the process and playing both the earnings game and the giving game at the same time. So we had to have her on so that she could share her wisdom with you so you can get inspired and figure out how you can do more in the giving. Thank you so much for joining us, Adi.

Adi Shakti: I'm so happy to be here, Jessica. Thank you so much for hosting me.

Jessica McKinley Uyeno: Yes. So tell us a little bit more about this very intriguing title, The Philanthropic Femme. What does that mean?

Adi Shakti: So, I believe that there is a misconception that crossing the threshold into philanthropy is a milestone. That there's this foundation of wealth that we need to build ourselves before we give others. And the truth is that as we hit higher and higher levels of income and revenue, the hunger doesn't stop. The horizon keeps moving. And so I know that being a philanthropist is a character quality.

And so before I was an entrepreneur, before I had any sort of business, before I was doing hundreds of thousands of dollars a year and all of these things, I was a humanitarian first. So before I began on this journey, I was in advocacy work, traveling around the world and bearing witness and being a part of all of these different kinds of projects ranging from human trafficking advocacy in India to indigenous rights advocacy in Ecuador. I've

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seen projects all around the world and have been able to support all kinds of different projects with my experience and with my vision. And that was pre-revenue, pre-revenue. And before that, going back even deeper, it's in high school tutoring at the inner city schools. I did a lot of prison outreach and different kinds of outreach with battered women's shelters, safe houses in Chicago before that.

And so this desire and seeing the value in giving, of being born for more, is something that is planted in us so, so, so young and so early. And some people I've found really, really value that and wanting to use their voice, their skills, their experience as a vehicle for good. That comes so early. And what I've done as I've built is I have found ways to weave in philanthropy, weave in giving into the structure of my business back when I was just very, very, very first starting and up to now. And what I've seen is how I've been able to grow and scale in my impact.

But being the Philanthropic Femme is having that character quality. And then of course, as we have more money to pour on the fire of our passion, those ripples go wider. And so I really, really love supporting and mentoring and coaching entrepreneurs on of course, increasing their revenue, but also in strategically weaving in these layers of philanthropy into every move that they're making throughout the lifetime of their business.

Jessica McKinley Uyeno: It's so interesting because I have a somewhat similar story to you. I felt like I started off my career kind of just knowing that I wanted to give and that I wanted to be somewhat aligned with the greater world than whatever place I was in. It felt like, okay, like there's a bigger thing that connects all of us. But I didn't have any examples of anyone who was doing this work and also, if they were wealthy and they were givers, they had gotten their wealth completely separate, and then they had turned to giving. I had never seen it done exactly how you described where we could be these givers first and kind of go out there and build wealth at the same time as we were giving.

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And I don't know if you found in working so closely with people who share this same born for more quality, as you said, if they have money beliefs that really hold them back from holding space for the earnings game and the giving game at the same time. Like what did you have to work through if anything, in order to hold space for both of those?

Adi Shakti: Yeah, so within the work that we do at Soul Work, you know, we have these three pillars. And a lot of times I meet people that really stand in the identity of one of the three. And there are so many emotional, spiritual, mindset shadows and kind of problems with each of these three. So those three are the entrepreneur, the person that's motivated by financial growth. So the person that's in the pursuit of business mastery.

And then we have the social justice, nonprofit, humanitarian warrior, right? And there's a whole set of shadows that come on that side of things. And those two things are typically seen as being in opposition to one another as you just described. And then we also have in my work and world in particular, the spiritual devotee. And so soul work is really the intersection of all three of those, of the business mastery, of the, we call it holy redistribution or this philanthropic femme archetype, and then the spiritual depth. And so it's this marriage of deep roots, wide branches, the journey from the soul to the work, that your work in the world can only span as wide as your spiritual life runs deep.

And so we're growing where there used to be, yes, this model that you described. It's like you make money from your job and then you donate out of the other hand, right? It's like very separate. It's like what does it actually mean to bring our spiritual depth with us? And we see this and we're seeing this trending, I think, especially with the women's wealth movement, but this relationship of understanding that our work in the world is the extension of our spiritual life, that we have this deep calling, we want to serve people. And we see how the energetics game of the emotional resilience and the emotional intelligence and how that's directly correlated to the revenue that

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we're able to build and all of these things. And then that other part of weaving in the philanthropic fem is really where I'm distinguishing myself in the marketplace and why people are really, really called to work with me.

But there's shadows on all three of those pillars, right? It's like the person who's pursuing revenue and is just willing to do it no matter what it takes, sacrificing their emotional well-being, sacrificing their family life, sacrificing their morals, getting to the top of the mountain and corporate and kind of looking around and realizing that you're lonely, right? And that's kind of like the story for a lot of people. It's like, oh, I worked, I worked, I worked. And then I got all the things and I looked around and realized that I had no meaning in my life, where for me, it's the opposite story of like having so much soul, so much desire to use my life for good, and then needing to learn these business skills to pour flame on that fire.

And so that's been my trajectory. But even with the spiritual work, like that's really where I started was more in the spiritual work or even in the humanitarian work. And then there's all of these shadows that come up around resistance to money or money being evil or not feeling safe to receive or receiving it and then putting it right back out. And talking about what's move through like every single angle has its own set of shadows and its own set of obstacles to really kind of find this holy trinity balance of the three because typically you find that people really identify with one.

Jessica McKinley Uyeno: Yeah.

Adi Shakti: Yes, so that's been a journey.

Jessica McKinley Uyeno: That is what I find and that is why it's been so interesting having conversations with women who are really killing it in the earnings game or who are like savvy with investments and who are growing their net worth and are now kind of like, okay, I have this money now. I've reached this new level. And then it starts to become a little boring if you're doing it right. Like if you're doing the earnings, investing, and

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savings game properly, it should be boring to play with money, but giving is what makes it fun.

To me, I don't understand how to play the game of money without the giving component. And so I want to be having this conversation more and more, but intertwining it from the beginning and building and saying, okay, you can participate in the giving game even if you've never hit six figures in your business or if you are someone who's in a salaried job, how do you distinguish or do you have any hard and fast rules for people who tend to be over-givers, but you want to help them create a more sustainable giving practice or do you have anything for yourself that has helped you? Would you describe yourself as someone who was an over-giver or has struggled with that?

Adi Shakti: I think that when I hear over-giving, I think more actually my relationship with my clients than I do in the kind of this like philanthropic contribution because for me too, it's like, of course, I'm showing up in my for-revenue business and I'm supporting my students, I'm supporting my mentees. That side of things is where the people pleaser comes up and out and I think that I've definitely worked through that and just in scaling, you know, and going from a \$10,000 month to a \$100,000 month, like if you're wanting to do that, then there's, yeah, this continued refinement game of access and time discipline and all of those things. And I think I've really seen that play out more so in my on that side of my business.

And then on the other side with the nonprofit initiatives, you know, I see that come up, but for me, I have a really unique perspective in that I've really spent a lot of time in super, super high poverty trauma areas like the most horrific that you can imagine, like young girls being rescued from a human trafficking ring, for example, you know, this is one of the projects that we're supporting next year. And so for me, it's like I never, I've never had the experience of feeling like I gave too much on that side.

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Jessica McKinley Uyeno: Yeah, right. You're like, what is that number? It's nothing. Too much.

Adi Shakti: Or just seeing the direct relationship between funding and dignity and safety for people that are like truly, truly vulnerable and in some cases desperate. You know, for me, I've always really just felt so good about that. If anything, yeah, it's like the other side of like the client relationships and like all of those things.

Jessica McKinley Uyeno: The time and the boundaries and all of that overgiving.

Adi Shakti: But when it's like those are such privileged conversations. I mean, they're beautiful conversations and they're necessary in this game of elevating, but it's like, yeah, it's like, oh, my client messaged me too many times on Telegram. And then you're like, at a human trafficking center and you're like, okay, I'm going to shut up now.

Jessica McKinley Uyeno: Well, this is kind of what I wanted to get to at the heart is like, okay, these women who are identify as bleeding hearts and who are out there just kind of struggling to have fun with money and to maybe spend on themselves or they feel guilt or they feel shame about earning at a certain level. Did you have to overcome anything like that in order to like break through?

Because that is the thing like, first of all, congratulations on your first 100k month. I know that we were both kind of in the chase and in the pursuit of this made up milestone in the earning game. But when you are so intimately connecting the games and you understand that when you earn this amount that you can then give this amount, that you can then invest this amount and spend and you can just play all the games and you can get better at all of them at the same time, it doesn't feel selfish or greedy. But we have all the lies. So tell me your experience with that.

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Adi Shakti: Absolutely. You know, for me, for example, it's like when women say yes to me, when people invest in soul work, when people invest in the philanthropic fem and my nonprofit initiatives, or even in my for-profit initiatives, it's like women are freer, children are safer. And the more people that come into my sphere, the more people that bet on me, the more people that invest in themselves through me, the more I'm able to directly increase the dignity of those that I serve. And I am not confused on that at all anymore, right?

When you first start making money and you do have this mindset or if you're going into business for money and you have this relationship with money of wanting it just for yourself or to hoard or whatever it is, of course, you're going to have some energetic, emotional, spiritual resistance to having more and more because you're not plugged into - like truly plugged into being a steward of something much bigger than yourself.

Jessica McKinley Uyeno: Right.

Adi Shakti: And so I think that there's a maturity that comes. You know, and I see this too and I've spoken with so many women around similar kinds of themes, but it's like something like motherhood or something like really being connected to a cause and something that's really important to you. It's like there's these thresholds of emotional, spiritual maturity where we recognize, like it's this mindset shift of, oh, if I do this, then I'm somehow greedy to like, if I don't do this, I am greedy. And so it's like I think there's just kind of this like wall and life somehow introduces it, but it's like I have a duty to self-actualize and to expand my capacity to be an even greater and greater steward of funds because I know and see the power of my heart and what ripples that it creates, right? Where if you are in this small mindset of just doing it for yourself or not really having a deeper spiritual or impact-driven why, then it would make sense that you would feel bad about it.

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Jessica McKinley Uyeno: I love that so much, right? The inversion of it. It's like almost impossible to stay in the middle once you start doing this work on that thought. At first, right, it's selfish to make more, and then it becomes selfish not to play big and not to make more and not to expand and not to put yourself out there and shoot for bigger milestones like a 100k month or a million-dollar year, whatever, nine figures, you know, one of our mentors is talking about right now. And what advice would you have for someone who has shifted to they feel comfortable in the earnings game, and now they're listening to this conversation and they're triggered by it. They're like, oh my gosh, wow, I really have put off or I've delayed some of this work and I've ignored it and I've avoided it, but of course, every human being has their own soul work. Every human being does have something that matters to them in the world. What would you say is like an easy way to override that, just get right into the giving game?

Adi Shakti: Yeah, I think that being open to advisory and mentorship, because I do and this is my humanitarian advocacy side coming out. I don't think that there's a bad reason to give. And I know a lot of people that give because, I mean, yeah, it's a tax write-off, right? It looks good for the brand.

I know for me, it's like me being able to share these stories of and I have so many of these different beautiful humanitarian projects that I've contributed to around the world. They build trust immediately, which supports my for-profit initiatives. Like there's all of these, and this is one of the layers of the philanthropic femme is kind of this lens of the selfish philanthropist and of like there're not being a bad reason to give. Like I have people that are like, Adi, like I have, I have to do my dump at the end of the year. Like what should I do with all this extra money, right? So that I'm not having to pay the taxes on it. It's like I will take the check, right?

There's no bad reason to give, but I do think, and I want this to be really clear, I do think there is a bad way to give. And what I mean by that is I think sometimes somebody could have this revelation and then there's this

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desire to just kind of put the responsibility on someone else to make sure that the funds are used properly or that it actually has the impact that they're wanting to have. Just because you write a check does not actually translate into tangible dignity and increasing the quality of life of who it is that you're writing the check to. There are people who are skilled in sourcing organizations who have an entire background in making sure that funds are used properly, that money's not wasted. And unfortunately, we see a lot of this where it's like, especially with some of these bigger organizations, unfortunately, it's like by the time you give \$100,000, maybe 500 of it actually makes it to what it is that you're wanting to support.

So I think that really being open to like it's not like you just have an epiphany and then start writing checks. Like actually being a part of an organization or having a mentor in this, having an advisor in this, being a part of a community that's specializing in something like this so that you have not only a relationship with your giving, but also in like really seeing the tangible impact of what it is that you're doing.

And then that in and of itself, it's like when you're going, you know, you come to a school with me in Guatemala and you see the immediate impact or you're doing through distribution with me or we're going out and we're meeting the indigenous elders and we're dropping off food. You know, like those kinds of experiences that we can have in our lives, like really just add so much depth and meaning and for me, fuel to the fire to continue to be a bigger steward of resources. So I think it's not just like, oh, like I'm waking up now, I'm going to be more generous with my checks. It's like really the invitation to pray for the mentor, trust that they'll come, and then to really meaningfully engage in the work that you're wanting to do and the impact that you're wanting to have.

Jessica McKinley Uyeno: Yeah. Wow, I have so many things that came up while you were saying that. Number one, I did my thesis on the poor distribution of aid in Africa, and I am very familiar with all of the mosquito

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nets that then were distributed without education and then were used for fishing and poisoned people and just like all of these ways where if you're not more involved and you're not more curious and you're not more diligent, that aid and especially cash is the hardest form to make sure that it goes the right way. So it is so important that people like you are these intermediaries, the real people, especially in the digital age where you just really can get scammed now as well in giving, which not to scare anyone away from giving.

Like I said, I also was watching a documentary on money and it talked about how scammers have always existed and it's really important for society that scams continue to exist, not scams exist, but that people continue to be able to get scammed because it requires a certain level of human trust that the world is what it says it is in order for scammers to exist. And it's always existed and in, you know, the 1400s, it was people saying, oh, yeah, this is a fake document saying I own this island over there and you'll never know because how could you prove that? Right? So when people are going to make this decision, having these experiences where you're boots on the ground can really make the difference in your little decisions because as we know, I mean, I don't know the specifics of your program.

I would love to know more about how you help people figure out how much can I afford to give? Is that a part of the conversation? Because I think that this is really interesting. I think most people are just confused. They think that they can't yet give because they have other goals with spending, other goals with earning that they're not yet hitting, other goals with saving. So they're like, I'll wait until all of these other buckets are magically full and then like you said, the goalpost moves and when are you really able to give and feel safe in your own giving?

Adi Shakti: So, I'll just give you some examples of, you know, when I was making, really blessed and thankful, my first year in business, I did six

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figures, which now is not much at all. But back then it was substantial for me, but I, you know, I was running teacher trainings in this little town, Puerto Viejo, Costa Rica and was starting to kind of make some money, starting to get my footing and all of this. And at that point in my life, even at that level, like I didn't really feel like I had a bunch of surplus, right? I'm trying to figure out my own life, I'm trying to take care of my business, I'm trying to create stability, the market's going to fluctuate, all of these different kinds of things, like really learning.

And so for me, that first year, one of my big projects was this playground. And if any of you have been to Puerto Viejo, Costa Rica, the playground right there in the middle of town was funded by Soul Work and our collaborators. And so what I was doing, and I like to speak about this multi-layered why, but I was sitting and having conversations with the business owners of the area, which was good for me and networking and building my position as a leader within the community and all of these beautiful things, but then getting checks from the business owners and so everybody put into this pot, right, to be able to build this playground.

And I think I contributed all of the time that it took and the coordination and the construction team and all of those things and was able to put in a few hundred dollars or whatever it was, but then I have something there that is a tangible expression of my brilliance supporting other businesses also and like feeling good. And so that's just like one of the ways that I was able to really have a super fulfilling role as a philanthropist without needing to need to give so substantially in a financial way. So I think there's a lot of ways that can play out. Like it doesn't, it's not always the check or the bigger and bigger check. Like we all have our role.

And you know, I think the most beautiful part of it for me again is this like the connection to the community, the seeing the morale increase. We would go in and freshen up the schools or paint the schools or get them new desks or new materials or all kinds of things that we were really able to

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do. You know, and that's an example of like just kind of getting started and things.

Jessica McKinley Uyeno: It's so smart, right, to just say, okay, cool, if cash isn't the thing yet, well, where are you spending that you could kind of, I hate the expression kill two birds with one stone. What's the nicer version of that? I don't know where you're...

Adi Shakti: But it's true. I feel like removing the shame around that too, right?

Jessica McKinley Uyeno: Yes.

Adi Shakti: It's like my layered why. It's like it's smart for me from a business perspective to sit down and to be known as a leader in this community. Like that's a for-profit smart move. And I'm able to do these beautiful things. And I think like they can be and.

Jessica McKinley Uyeno: Yeah, just removing the layers from having two motives, two ways that you're winning at the same time. And like you said, if you are someone who's always looking to give, to me, when I can find a way to give and invest at the same time, to give and earn at the same time, like you said, to give and establish authority or leadership, to give and build connection at the same time, it's a beautiful thing. And when some people will tell me, I don't have the time to go on one of these trips, it's like, well, okay, are you going on a vacation once a year, twice a year? I mean, I remember in college wanting to do something like this, but all I had was spring break. So we did spring break in New Orleans and we cleaned up after Hurricane Katrina and we built houses, painted houses, and then we went out at night.

And it's like, how can you find a way to have fun and play the money games? It's not a shameful thing. And when we figure out, like I feel like it feels dirty when I say like fun money, all of a sudden people assume what

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I'm talking about is like, I don't know, going to Vegas or something. And there's so many different ways to have fun with money and to me as well, I mean, I remember when I moved to Peru, my goal at that point was to delay getting a job at an office because I just couldn't imagine that after college and I wanted to continue to improve my Spanish and I really just wanted to travel and meet people and have fun. And then when I went there and I was in Lima figuring out where I was going to go next, I ended up moving to Arequipa, but before I did that, I remember looking out of Lima. I was at this incredible, I don't know if you've been there, but like this fountain park, and they have this whole park and it's all fountains. And then you can see from the city, shanty towns where they don't have running water.

And I remembered being on the ground, having this incredible, by all means at that point, selfish experience of traveling and having fun in the world, but understanding something profound that I wouldn't have been able to understand otherwise of being able to see what's happening with the money here that it is so concentrated in this city that is globalized and on the same standard as other cities, but the rest of the country is so poor. And you know, when you can blend some sort of thing that you love, a thing that is easy to do, something that is pleasurable to you and then is something that's maybe selfish that puts you in a position to be able to see what else might matter to you and where else you can give. What is your experience with hitting new revenue levels, hitting new net worth levels and then pushing the comfort zone of how much you can give away and how much like, I'm finding new levels of, okay, could I give \$10,000 in a month just from my own bank account with nothing else? And is that overgiving? Is that smart? Is that under-giving? What experience have you had with that?

Adi Shakti: I think that there's writing the check and then there's also just increased awareness in how it is that we distribute our funds for what it is that we do need, right? And for me, this journey of self-actualization is one

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of being of more and more sensitive and more and more aware of the impact that I have. And so it's like what does it mean for any time that you're spending for it to have a ripple that stems from this desire to create more of what you want to see in the world, right?

So it's like such simple things, but of who you hire, how you hire them, the food that you're buying, the clothes that you're buying, the venues that you're choosing for your events. I really try and see just or even like looking at my bank accounts and I used to really contract around money going out, but it's like something like paying my mentor or something like paying for something that I really enjoyed of like this like gratitude and having the opportunity to be able to steward the money in that way. So that's one way just of like seeing everything that's going out as this contribution and vote for the kind of world that you're wanting to create.

Jessica McKinley Uyeno: Yeah, so it's like the spending and the giving game being played at the same time, right? You're giving through your choices in spending right now, choosing to not necessarily shop Amazon on the whatever Amazon days, but instead choosing to be conscious about your spending.

Adi Shakti: Right. And even then, I mean, it's like the Amazon days. I mean, so many of those Amazon companies are like small...

Jessica McKinley Uyeno: Small businesses.

Adi Shakti: There's so many layers to all of this. But then I think your question too of like in terms of, you know, I think there's all kinds of different financial advice on the appropriate amount to kind of like tithe or what's an amount that we can have for a legacy intention for our future generations versus what's appropriate to give and you know, all of those different kinds of things. And I think that, I mean, yeah, that conversation is like so wildly personal for people because yes, I mean, supporting our family for

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generations to come, like there's so much beauty in being able to do that as well.

So I think that's something that people can really explore for themselves. But again, it's like making sure that whatever it is we are contributing is being done intentionally or just everything in our life just increasing our capacity to pay attention to the details and recognizing the decisions that we make and the way that we spend and the way that really impacts and ripples out. And so I think that reflecting with your financial advisor or whatever it is on what would be an appropriate contribution and then also making these contributions in a way that does support you, right?

It's like being able to have a table at a nonprofit event and positioning your business as someone who cares about the community. Like there's always so many different layers, right? It's not just like I release this money and hopefully I get some good karma from it, right? It's like to yeah, just be more strategic in this multi-layered why of just how we spend anything, you know, I think is really important.

Jessica McKinley Uyeno: It's so good. That's why I like to, you know, really highlight these six different games and I think that you're doing this work without using the vocabulary that I'm using, but you're doing it exactly the same way that I do it, which is thinking about, okay, when I'm earning, how is that playing a role into my giving? And when I'm spending, how does that play into my giving? And when I'm saving, I'm saving for future generations maybe or for like you said, a lump sum contribution at the end of the year or maybe I'm saving for a bigger project that I will be able to fund that hasn't come to me yet or the opportunity hasn't matched my level of visibility yet. And so that will be a future contribution and so as my net worth goes up and I'm playing the having game, that doesn't make me wrong, that makes me someone who can contribute at a higher level. And again, as you self-actualize, you reach new levels of what you understand that the

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world needs. So I'm so grateful for this conversation because this is exactly what I was hoping would happen.

I like to learn from every conversation I have and one thing that I've really learned in this conversation is how to reduce the shame from playing any one particular money game and having fun in it and how when you can tie them to the other games, when you're playing two or more games at the same time, you're always winning. You're always finding a way to let it be right and yourself be right for expanding, for playing, for experimenting, for constraining, for not doing the thing yet, for saying yes, for saying no, there isn't a right answer. It's just about learning. So, thank you for that.

And I'm so grateful for you agreeing to come on the show. I remember when I saw you on stage, I'd already known you and interacted with you on in the internet world, but when I saw you on stage say that you were sick of the conversation about building wealth for wealth's sake, I was like, yeah, that's a conversation I'm here to have. I want to have this conversation. So is there anything you want to say and leave the audience with in that light or anything else we hadn't covered?

Adi Shakti: I think that, yeah, the experience of shame comes in a vacuum. And shame so much so is tied to this experience of isolation. And shame can be super, super paralyzing. And I think that sometimes it can be tempting when we're just getting started with something to kind of allow shame to paralyze us. Like, why haven't I been doing this before? I don't know enough about this to take steps forward or there could be kind of all of this resistance that can come up.

And so I think that, you know, just driving home the multi-layered why, understanding that there are reasons why you're being introduced to these values or these concepts or invitations to get better at these layers and that yes, that it's absolutely beautiful and fine to think about your own self-preservation as a human being and to tie that into - even amplify that

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through your perspective on where you give and why and how and all of these things. So I think just, yeah, just to speak to that because I think that there's can be this undercurrent in these conversations of philanthropy or wealth, there's just all of these kind of complicated emotions that can come up around being a have versus a have-not. So just to invite people to, yeah, to see if there's discomfort, but then to know and trust that you're being introduced to these new ideas in a new way for a reason and to really lean in and to stay curious about what next steps could be for you.

Jessica McKinley Uyeno: So good. Well, if you guys want to connect with Adi, you can definitely go and follow her over on Instagram. Her feed is healing. Please tell everyone where they can find you.

Adi Shakti: It's Adi, that's A D I underscore Shakti, S H A K T I underscore rising is where you can find me over on the ground.

Jessica McKinley Uyeno: Amazing. Well, thank you so much. This was a really beautiful conversation about the intimacy of money. To me, it's not lost on me that money is not fun when you feel like the victim of it, when you feel like you can't control it, when you feel like you don't understand it, when you feel like you were not blessed with the ability to do any of those three things. And so these conversations are so important and they give you the next level where you can begin to play, where you can begin to give it out, where you can begin to learn and understand. So thank you again, and I can't wait to see what future conversations come from your self-actualizing. Thank you.

That's it for today's episode of *Fun Money*. But if your brain is buzzing and you want more, come hang out with me over on Instagram, @JessMcKinleyUyeno or visit us at FunMoneyPod.com because that's where the real magic happens. Until next time, stay bold, stay interesting, and for the love of God, go do something fun with your money!