

Awakening Your Everyday Wisdom: Spiritual Wealth

Handout

Here are some activities that have the potential of bringing us true joy, the kind that money can't buy:

- Carrying out your Spiritual Mission
- Practicing mindfulness
- Enjoying the little things in life that are often free
- Loving nature and revering life
- Playing games with children
- Sharing your abundance with others, without shorting yourself
- Laughing at silliness
- Watching a beautiful sunset or sunrise
- Building up good karma with sincere acts of kindness

Five Keys to Building Spiritual Wealth:

1. Start with Maslow's hierarchy: Get your basic survival needs covered. If you are worried about putting food on the table or whether your home and neighborhood are safe, it is difficult to focus on higher ideals. If you are able-bodied and have a sound mind, you can meet the basic needs of your existence.
2. Create your intentional family: Sometimes our family relationships are not conducive to building spiritual wealth. This can be due to a lot of factors, but mainly beliefs about money handed down from one generation to another. Like my mom passing her negative beliefs to me. If your immediate family is not open to the concept of spiritual wealth, select people that you can trust, who are open to exploring ideas, and interested in supporting each other.
3. Discover and activate your unique gifts and passions: Usually when people are fulfilled by pursuing what matters most to them, they feel wealthy and satisfied. Their souls are well fed. When someone is delighted with what they've produced, others want to exchange their money or other material necessities and luxuries for the goods that are produced out of love.
4. Share your authentic self: Remember what we learned in Bible school (those of us with a Christian upbringing), don't hide your light under a bushel, let it shine, let it shine. We've all heard about starving artists. I'd like to erase this concept from our collective consciousness. Yes, right-brained artists, writers, actors, and musicians may struggle with the left-brain actions they feel they need in order to generate revenue. There are many ways to market products, talents, and services in order to attract buyers and stimulate the flow of financial reward. Start by being your own living brochure: let it be very obvious who you truly are.
5. Forgive everyone and everything. Keep a clean slate. No one owes you anything. Release everyone from any debts you may think are owed to you. As long as we carry chips on our shoulders, play the victim role, feel unappreciated and unsupported, and relive the painful moments in our lives, we cannot experience the true joy of Spiritual Wealth. Reverse the effects of spiritual poverty by first forgiving.