

Where You Are Going

The 9 Dimensions of Self-Expression

Physicality	<i>Cultivating Security</i>
Identity	<i>Expansion of Self</i>
Sexuality	<i>Reflection of Other</i>
Creativity	<i>Expression of Flow</i>
Spirituality	<i>Connection with Source</i>
Authenticity	<i>Stepping into Uniqueness</i>
Contentment	<i>Knowing what is</i>
Service	<i>Following the call</i>
Power	<i>Being the still centre</i>

The 9 Dimensions of Self-Expression are destinations of new beingness that we aspire to develop into.

This is the real destination of our Wealth Journey. We are ultimately trying to integrate and ground these nine expressions of being into one awesome self. And before we begin, it is good to reflect on the fact that we already contain these various expressions of self. They emerge and take focus in our lives at various stages of both our physical as well as our emotional and spiritual development.

As we put our consciousness and attention on the attainment of these expressions as an act of expansion of wealth and self, so we can better navigate our Wealth Journey. We also come to realise the deep-rooted emotional needs that our wealth quest is really trying to fulfil and in so doing become better equipped to fill those needs.

It is also important to remember that these aspects of ourselves coexist. So we are separating them for ease of reference only and also to highlight the fact that at various times in our lives and at various points along our Wealth Journey one or other aspect is highlighted or focused upon almost to the exclusion of the rest. That does not mean that the other aspects disappear.

The different aspects of self-expression must be looked upon as different layers of a spiral-shaped three-dimensional onion. And if you can imagine that, you will certainly be able to pass through the eye of a needle – hump and all! It's important not to take any of this too seriously. It's important to take the time to giggle (and sneeze)! Bless you!

*Physicality is where and how we root ourselves
It is how we become grounded in the world*

1. Physicality - Cultivating Security

We begin the Wealth Journey wanting money and all manner of physical, tangible things. We want assets and cars and trips overseas, and a helicopter and maybe a yacht. Even before that we may want a roof over our heads (that we own) and clothes and food on the table. And most of this tangible wealth is associated with the feeling of being secure in the world. Very much in the same way as we develop our bodies from infancy to adolescence and then to adulthood. The physical expression of wealth - the clothing and housing and feeding of ourselves - is where all Wealth Journeys start.

This is one of the foundations of our journey. It is where and how we root ourselves. It is how we become grounded in the world, and so it is important that attention is paid here. It is important that the right habits and beliefs and patterns are put into place, for without firm foundations, the top (once it is created) will no doubt topple.

What does this mean in reality? What it means is that owning a yacht when the food on your table is paid for on credit is not appropriate. Now, much of the planet lives this way. They actually cannot afford the food on their table. They are paying for it by debt - credit card and overdraft and financial gearing or leverage (financing capital through outside lenders or shareholders).

And note how confusing our language is around this topic. Note how a credit card is actually a debit card, or more accurately a debt card. A debit card (with which you actually make immediate payment) should be called the credit card. Consider how many people would be proud to flash around their platinum debt card, if that was what it was called.

But let's get back to physical wealth, this being the expression of self we are going for on this level of our Wealth Journey. In order to create and cultivate good sound roots, we need to make sure we create credit and assets - in every way, while on this level.

We need to clarify our thinking around how we operate our life and our wealth. We need to create a life filled with assets, with what we can contain and with what we can afford. We need clear parameters. We need to decide what we really want. And we need to be *clear* about what we really want - both the physical stuff and the emotions that go with that physicality.

On the dimension of physicality we want to feel safe in the world. Often, at this level, there may be concerns about loss and theft. There may be much fear around both having and not having wealth. My first two books - *Money Alchemy*™ and *The Money Well*™ deal with these aspects at length and provide suitable processing to transcend these states and emotions.

Central to every dimension of self-expression is that we seek not only the wealth, but the key to unlocking the inner quality that that level represents. In physicality that quality is security.

Reflect on Security

- What do I need to feel secure in the world?
- What activities make me feel safe?
- What do I need to own to feel secure? List what you want.
- What does wealth mean to me in physical terms?
- What can I do to feel more secure, today?
- What will I have, when I am secure?

Connect with the feeling of Security

- Where is it in your body?
- What image or picture represents it?
- What activities invoke it?

Commit to absorbing and cultivating a sense of security in your world.

*All the security and safety you need
is hidden deep within you*

2. Identity - Expansion of Self

The cultivation and expansion of Self is what the whole Wealth Journey is all about. And the awareness of that self emerges for the first time as the second dimension of self-expression. Even as you begin to aspire towards and accumulate and even acquire physical possessions and the security these bring, you become aware that it is a new you that you are in fact aspiring to become.

Beyond and intertwined with the physicality of the Wealth Journey is the quest for a new self. This is a topic very central to my approach on wealth creation, and is woven throughout my writing. When we begin a Wealth Journey what we are really looking for is a new self. This new self simplistically speaking is a more wealthy self, but it is also someone who is different and who feels different from the self at the start of the Wealth Journey.

What we really want is how our wealth will make us feel

It is important to discover not only where you're going but also who you're trying to become. And, even more importantly, how you are hoping that that new you and the increased wealth will make you feel. Because what we are always after is a feeling. What we really want is how our wealth will make us feel.

The feeling we hope wealth will bring is different for everyone. Some people want to feel secure, others want more power. For some wealth means more freedom to do exactly as they please. Indeed, we often connect eccentricity with wealth. Some people want wealth so they can feel more attractive, less insecure, more creative.

Find out what more wealth means for you. Find out who you are trying to become and what you are trying to feel with your extra currency. This is the beginning of your journey of self-awareness which will be expanded upon over and over again as you progress along the various dimensions of self-expression.

The process of wealth creation begins with a realisation that it is the I who is the self without wealth wanting to change into the I who is the self with wealth. Somewhere along the Wealth Journey comes the clear knowledge that 'I am the creator of the wealth', 'The wealth comes from me'.

Your Wealth Journey through the various levels of self-expression is a continuous deepening and grounding of that fact. Begin by reflecting on that fact, and on the feelings and beingness you are hoping wealth will provide an opportunity for.

*It is important to discover not only where you're going
but also who you're trying to become*

Reflect on Feeling Wealthy

- What feeling do I want wealth to provide?
- Who do I want to become when I am wealthy?
- What does a wealthy me feel like?
- What has a wealthy me overcome?
- What is a wealthy me free to express?

Connect with the feeling of Wealth-Being™

- Where is it in your body?
- What image or picture represents it?

What activities invoke it?

Commit to absorbing and cultivating a sense of Wealth-Being™ in your daily life.

Once you have discovered what the wealthy you feels like, practise feeling that way as much and as often as you can. The feeling will attract the wealth to you faster than any action plan will. Try it!

3. Sexuality - Reflection of Other

The next level or expression of wealth is sexuality. Many people equate the acquisition of wealth with a partner or partners, a love affair or affairs, or the easy conquest of desirable and attractive people. And, indeed, we see evidence of this all around. The wealthy toads do indeed marry beautiful princesses even without turning into princes first (and vice versa) . . . It is one of the privileges that wealth brings.

So we may seek wealth as a means of enhancing our sexuality. We may be trying to become wealthier because we think that that will ensure a good partner, or make us more attractive to a good partner. (And it does . . .)

In seeking and exploring this path, we are in fact exploring that aspect of ourselves that reflects itself in others and is reflected by others. We are looking for mirrors. We are looking to integrate our inner male or female. We may also be exploring the parameters of our society in terms of archetypal roles of male/female in terms of earning and support.

In fact when we enter the level of Sexuality we begin to look at our support structure for wealth in the world. Many of the women I see in my practice are questioning and grappling with finding their place with respect to wealth and earnings in their marriages and partnerships.

Which relationships does wealth reflect?

Many issues arise when you reflect on wealth from the perspective of intimate relationships, partnerships and marriage. The traditional roles of male as primary earner and female as supportive housewife and mother are being challenged by both men and women.

Whereas some time back women fought for the right to earn alongside men, today many of these same women are questioning the validity of staying at home, especially when children arrive. In addition, the earning capacity of many women surpasses that of their men. This too leads to many questions around support, what it is to be a man or woman, roles in the marriage or partnership, and control.

Some men take on the role of house-husband, taking care of the home and children while the woman goes to work. In other cases, both parties take responsibility for the children in turn, working and caring together.

At the same time, there are men (and women) who believe that women should stick with their traditional role of keeping house, home and entertainment going for their man, while the man spoils and supports her. Some wealthy men believe that the woman should also work and do her part. They run their marriages like a business, dividing everything straight down the line in terms of money coming in and money going out.

When we explore Sexuality as the destination for our Wealth Journey we need to reflect on many of these aspects. I want to point out again that these aspects of self-expression coexist and are intertwined. So although for some the sexual aspect of their Wealth Journey is the sole focus for their destination, for most it is not only just one part of the computation, it is also a process of transcending and integrating levels of self.

Ultimately all journeys, including the Wealth Journey are about an exploration and deepening knowledge of who we are and what we want from life. Knowing this as it relates to significant others is quite an important part.

Reflect on Wealth & Relationships

What link do I make between money and relationships?
How would being wealthy make me more sexually attractive?
What is my financial role in my relationship?
How do I see my partner's financial role in the relationship?
What is the role of man/woman in a relationship?
What is the role of money in a relationship?
How does money reflect my relationships?
If money was my significant other, what would it say about me?

Connect with the feeling of being loved and accepted

Where is it in your body?
What image or picture represents it?
What activities invoke it?

Commit to absorbing and cultivating a sense of being loved and accepted in your daily life.

4. Creativity - Expression of Flow

Once we feel safe in the world, start to explore our sense of self and connect with Other, we begin to expand our life further outward, and to extend our connectivity into the broader whole. We start to express and experience ourselves in terms of Creativity. Indeed one of the most common things people who are contemplating making a career change say to me is -'I want to explore my creativity. I want to do something more creative.'

Now it's a sad state of affairs that we should not consider our work as that thing which is creative and fulfilling. It is a sad reflection of the collective viewpoint on money and earnings that many feel earning a living is something separate from and not connected with their creative juices. This is the type of thinking my work is aiming to transform.

Many of us see wealth as opening doors to our creativity and enabling us to live life and to work differently. This is certainly the case. With money you can take time out to write and paint and compose and direct and train in surfing. There is no doubt whatsoever about that.

However, there is also a lot of evidence to support the fact that when you pursue that thing which you love to do with focus and intent and passion, you will be successful in that thing. All it takes to get on track is courage, belief in miracles and wonders and focused intent.

Take me as an example. I decided to first earn and become financially independent before I went off to write and teach. Of course my journey though the business world and the world of transformation has played a huge role in enabling me to gain first-hand experience around my subject and to create workable processes and a really unique, holistic approach to wealth creation. Also, the fact that I can, and have, created enormous wealth for myself and others, certainly adds huge credibility to the validity of my approach.

However . . . yes, lately the however has occurred to me . . . however, had I started writing way back then - if not straight after school, then after my first business experience in my late twenties - imagine where I'd be today. Imagine how much I could have written and created. That thought occurs to me, yes, it does.

Sure, my work may have developed differently, perhaps I'd be teaching energy differently, who knows? But one thing I know for sure - I could have done it. I could have just started writing and teaching. Just like that. From the beginning. From the word go. It may not have been as ideal as the path I actually took (from many perspectives), but it was definitely a doable course of action, which would also have produced superb results.

Most of the top creative people in our world devote their lives to creating in their chosen field. That's why they become the best. They don't first take time out to study for a degree 'to

fall back on'. And let me just say how much of our language needs to change! Why do we need to fall, so requiring something to fall on? Why do we need to go back, or fall back? Why are we not encouraged to study that thing that we can move forward towards, or 'fly up to'?

So, for many people the creative world is what the destination of their Wealth Journey is all about. They want time to create, whether it's a work of art or a piece of music or whether it's a business or a family. Creating a family is, in fact, a highly creative act, something we often overlook.

What we need to recognise is that we create all the time, in many different ways and that we can create whatever we want, wherever we are. When our every step through life is a beautiful dance, then the flows of creation are indeed open, and will result in more flow towards and around us.

We also need to believe that wealth and creativity do in fact go together. We need to cultivate and put energy into that thought form. We must bring that new thinking into being. We need to create sayings like, 'Don't go for a business degree, there's lots more money to be made in music' or, 'Writing? That's fabulous! Lots of money to be made in that' or, 'Why don't you rather pursue your dancing?' We need to start assessing our life work in terms of how much thrill and joy it generates for us. We need to say to our children, 'Surfing is what you really enjoy, so why not do that for a living? You could teach, become a champion, or open a surfing store.' Then we need to give them the skills to survive and excel in that, their chosen field.

Going back (or forward) into Creativity as the destination of our Wealth Journey, we reflect on what creativity means for us, and what feeling that creativity inspires.

Reflect on Creativity

How do I express my creativity in my daily life?
Which areas of my creative self am I not containing?
What aspect of creativity do I want wealth for?
How can I incorporate creativity into my work?
What am I trying to express?
How much of my life am I creating?
How does being creative feel?

Connect with the feeling of creation

Where is it in your body?
What image or picture represents it?
What activities invoke it?

Commit to absorbing and cultivating a sense of being the creator in your daily life.

When we create, we become in charge of our world - that is what we try to capture with our creativity.

5. Spirituality - Connection with Source

In many spiritual paths it is considered extremely fortunate to be born wealthy, as this gives one the opportunity to pursue one's spiritual path. Wealth is considered to be the result of much past karmic good, and the purpose of wealth is seen as the deepening of one's spiritual practice. Indeed, a wealthy person who has no need to stress and toil for food or lodgings is free to pursue their enlightenment, and to help with the enlightenment of others.

And whereas we do see some of the rich and famous engaged in wine, (wo)men and song, by far the majority have a keen awareness of the need to deepen their spiritual practice and to help those less fortunate than themselves.

Once we have acquired sufficient wealth to deal with our physical needs (in excess, naturally . . .), our relationships, and broader aspects of creativity like business, children, or creativity itself, the need to express our spirituality emerges. For many, it is this need itself which inspires the Wealth Journey in the first place. For some, money is nothing more than the means through which they can follow God. And in a very general sense that is the case for all of us.

You don't need much money (at all) to connect with God!

At some point we question whether there is more to life than the visible, than our work and home and play, and it is at this point that Spirituality and our connection to source is explored. For many, it is at this point that new career choices are contemplated, or the change of life partners, or home.

There is a quest for meaning, and it is here that the seeds for service are sown. This questing is what was traditionally known as the mid-life crisis, and it usually comes any time between the early forties and the mid-fifties. In cultures of old, people were supported through this period of crisis, both materially and emotionally. It was understood that this is a rite of passage, and the beginning of coming into one's power.

In Vedic culture the head of the home (usually the man) would leave householder life (his wife and family) and head for the hills when he was somewhere in his fifties (once children had grown up and started their own families), in pursuit of his spiritual practice. This was understood to be a good and proper thing to do. (In Sanskrit the word *veda* means knowledge and the Vedic culture, based on the sacred texts of the Vedas, flourished all over the ancient world.)

Of course if spiritual practice of any kind is something that draws you, why not save time and lots of energy, and simply join a church, ashram or path where you can be supported while you practise, in exchange for service?

If you are trying to create wealth as a means of deepening your connection with God, start to practise today! You don't need much money (at all) to connect with God!

Reflect on Spirit

- How do I express my spirituality in my daily life?
- Which part of my spirit am I not containing?
- What aspect of spiritual practice do I want wealth for?
- How can I incorporate my spiritual practice into my work?
- Which aspect of spirituality do I want wealth for?
- How do I stay connected with Source?
- How does being spiritual feel?

Connect with the feeling of Connection with Source

- Where is it in your body?
- What image or picture represents it?
- What activities invoke it?

Commit to absorbing and cultivating a sense of the Spiritual in your daily life.

When we are connected with Source, with the Divine spark within, then the path towards our wealth becomes truly illuminated

6. Authenticity - Stepping into Uniqueness

The search for Authenticity is a lifelong one and it is apparent at every step along the Wealth Journey. In one sense we can say that that is where the Wealth Journey both begins and ends. But discovering our uniqueness and truly stepping into it and owning it is something not all of us achieve.

Authenticity is about walking life in a way that always resonates with, and remains true to who you are

Yet Authenticity is no doubt a big inducement for our journey. Many of us want wealth so we can freely express who we are without reservation, and although this subject was touched upon earlier in the section on 'Identity - Awareness of Self', this is a much higher resonance of that expression. What began as basic differentiation is now being cultivated into a quality from which Power will emerge.

Authenticity is not only about recognition of self, or about integrating both sides - the light and the shadow - Authenticity is about walking life in a way that always resonates with and remains true to who you are. This means right speech, right action, right livelihood, right thinking. It means no compromising with ourselves and what is right for us.

This is a very freeing state of mind. It is very clear and very open. And we do not need wealth to attain it. The interesting thing about the various levels of self-expression that we try to acquire with wealth, is that we very soon come to see that the higher up we go the less wealth we *actually* need. This may seem a strange thing to read in a wealth creation book, but it's true none the less.

The less we compromise on who we are and what we need, the clearer our resonance and flow, the easier for things to flow from, through, and to us. Energy and flow cannot work when they have been distorted and suppressed and reshaped into what they are not. We don't see nature ever behaving this way. We never see a rose trying to be a daffodil. We never see a fish trying to be an eagle, or an oak tree trying to become a rock (not unless it's petrified, that is - interesting, how that happens to us too . . .)

Yet we spend our lives trying to be who and what we are not. We do everything from changing the colour and shape of our hair to re-contouring our bodies to trying to live in places that are not conducive to our health. We try to act in ways that will please our partners, hold off saying anything that will displease our boss, and put up with all manner of indignities and unacceptable-ness and shrinking and maligning of our person to the extent that we need therapy to tell us we are okay! And then we still don't believe it for the first seven years of treatment!

What are we thinking? Who are we trying to be? Who are we trying to become?

We think wealth will make everything okay. That with wealth we will suddenly be able to accept and love ourselves. We believe that with enough money we will no longer run the internal hate speech that disempowers and shrinks us. We think money will make everything okay.

Well, it will not.

You need to discover, connect with, and practise living in harmony with your Authenticity. That is the true well of wealth.

Reflect on Authenticity

Who is my authentic self?

Which part of my authenticity am I not containing?

Which part of my authenticity am I hiding from the world?

Where do I compromise my beingness?

How am I not true to myself?

What needs to happen for me to feel free to be me?

How does being authentic feel?

Connect with the feeling of Authenticity

Where is it in your body?

What image or picture represents it?

What activities cultivate it?

Commit to absorbing and cultivating a sense of Authenticity in your daily life.

The call to Authenticity is initiated by your connection with Source. When you enter into or deepen your spiritual practice, you connect with that part of you which is Divine, authentic and true. Now you must walk in that truth.

Authenticity is the true well of wealth

7. Contentment - Knowing what is

Contentment is containment. It is peace. It is knowing that all is as it should be. All is well. Everything is fine. Contentment is knowing what is. And when you really know what is, you are fully in the present and looking at the way things are without judgement.

On our path of transformation, whichever path that may be, we are really trying to do two things - come into the present and accept what is, as it is. The two are synonymous. Most of our pain and suffering comes from not accepting those two conditions. Either we are caught in the past in some or other way, or we will not accept the way things are in the present. And before we can try to change the situation, we need to see what is there.

When our attention and energy and power are caught in the past, we cannot function properly. We get caught in the past because our minds get stuck on some old incident, or we believe our thoughts about something, or we are reminded of some old thought or emotion or painful incident and plunge into reliving it, or we follow an old track, one that our mind is well grooved into running along, almost without thinking.

Being stuck in the past is not conducive to contentment. Contentment is synonymous with containment and we can only contain what is here. We cannot contain what is not - the past, or what we do not want. We can also only be content in the here and now. Contentment is the sense of being full and being okay. It involves a high degree of self-acceptance.

It's okay, you're okay, and everything is fine

That does not mean we do not change anything. What it means is that we can see what is there but we do not need to be sucked into it, fight it, run away from it. We observe what is, quite openly and with contentment, and then we make whatever changes we see fit to that.

Often we are so caught up in the past or in our stories that we do not see what is there. We do not accept, we do not appreciate, we do not see. Often we are living a wonderful life but our mind is running a different story to reality and we cannot see reality for what it is.

Often we have enough, we are living a good life, supported by good people who love us, we have the luxury of holidays and gifts and friends, yet we are filled with discontent and unhappiness. We take small, irrelevant aspects of our life and magnify them into huge problems.

We become delusional, thinking a bit of excess weight, or a couple of wrinkles, or the fact that our husband watches too much television or does not buy us flowers or never cooks, or the fact that our wife cooks too much, thereby making us overweight, is some sort of huge insurmountable obstacle to our happiness and well-being.

THEN, we irrationally conclude that what we *really* need is more money! Then we would lose weight, fix the wrinkles, get a health chef and order our own flowers. This is what we think. And it's nothing more than a silly story.

We need to really look. Pay attention. See what's there. Embrace our lives. Become content with what we have, with who we are, with life, with the sunrise and sunset. We need to recognise that soon we will be dead. We are here but for a fleeting moment – and then it's gone. And no matter what your belief system: whether you believe you will reincarnate onto this planet or another, or go to heaven (or hell), or that it all just ends – Kaput! – you certainly won't know the final answers in the here and now (if you know what I mean). So, really, put down this book and celebrate what you have, and start to be happy with it.

It's okay, you're okay, and everything is fine. There is nothing you need to do to better yourself! When you really grasp that, you can throw out all your transformational books (including this one) and head for the beach. That's what the seagulls do. And they should know.

There is nothing you need to do to better yourself

Reflect on Contentment

What am I not appreciating in my life?
What am I not seeing for what it is?
What gives me a sense of contentment?
How do I create discontent in my life?
How do I measure contentment?
What needs to happen for me to feel content?
How does being content feel?

Connect with the feeling of Contentment

Where is it in your body?
What image or picture represents it?
What activities create it?

Commit to absorbing and cultivating a sense of Contentment in your daily life.

When we discover the key to our contentment, we will discover the key to wealth.

8. Service - Following the call

So very many people express a desire to serve the greater whole – the humanitarians of the world, social workers and environmental activists, health professionals and healers, energy workers and performers, politicians and animal lovers as well as the average man and woman in the street.

I am writing this book because I am one of those people. And I began writing wealth creation books because of the very many people I encountered in my own life who were keen to serve, yet were always strapped for cash.

We all seek to serve, one way or another. It is almost a primal need which arises out of our connection with one another and our connection with the greater whole. We are all connected because we are all energy and we are all part of the Divine spark.

Our desire to serve takes many forms. From the service of parents towards their children to the service performed by nurses, doctors, teachers, fire fighters, police, garbage-disposal people and all those who maintain the structure of our society. Some serve the world through great inventions that make the world a better place or save lives. Others serve through enlivening our spirit through wonderful works of art or literature or music. Still others create

and run enormous corporations that serve through employing thousands of people thus feeding and clothing them and keeping them alive.

We all serve and we are all in service. No service is more important, or more noble than any other. Not really. We need to recognise and respect the fact that we all serve ourselves and one another as best we can. We need to extend the attitude and intent of service to everything we do.

And when we come to our Wealth Journey with the intent to serve the greater whole – no matter whether that is through providing tailor-made suits or building homes for the poor – we certainly open up and speed up the journey.

There is nothing else to do here on this planet, really, other than to serve the greater whole. And it should be our intent, our prayer and our mission to put all our skills, talents, abilities, gifts – in fact the full measure of our Authenticity – towards serving the greater whole.

Because when we serve the greater whole we serve ourselves and then the greater whole serves us too. More and more people are realising this simple fact, which is why we are experiencing so much expansion at this time.

Reflect on Service

How can I serve the greater whole?
Where am I drawn to serve?
What gives me a sense of service?
Who most needs my unique blend of talents and skills?
Where would my life make a difference?
How does being in service feel?

Connect with the feeling of Service

Where is it in your body?
What image or picture represents it?
What activities cultivate it?

Commit to absorbing and cultivating a sense of Service in your daily life.

You can decide to serve in so many ways – the choice is yours. What is important is your intent to be a contributing part of the greater whole.

*When we serve the greater whole, we serve ourselves,
and the greater whole serves us too*

9. Power - Being the still centre

Everyone wants Power. And we see how it can corrupt and poison – especially those ‘in power’. So what does it mean to have Power, and how do we get there in terms of our Wealth Journey, for there is no doubt it is the reason many people want to get to wealth.

Many people feel very powerless in the world and they think that more money would fix that. That is true to a point, and it’s also one of those paradoxical catch-22s. For in order to make more money, you need to become more powerful in the world in many different ways. The way you become more powerful, the qualities you need to cultivate and integrate and the pathways you need to travel, are in fact the subject of this book.

Power is recognising the still centre within

This book, my work, is all about becoming empowered. It is a word very often used after my sessions or courses. People feel more empowered. What does that mean? It is nothing more than the awareness that their power is within, that they are the ones with the power.

Power is recognising the still centre within. That is all. The still centre within cannot be created or destroyed. It is not affected by what goes on around it. It is contained and it is present. The still centre within has been and is always with us. We simply need to remember it is there.

Power is the recognition that we are creating what goes on around us, and therefore we can change it. Power is finding our direction, activating our intent and mobilising our will. Power is what this book will give you (or rather activate within you), if you read it and do the work.

Power is knowing you have power, no matter how much money is in the bank, because you are the creator of the money. Power is remembering who you are, and that it's okay. Power is knowing that you can have the life you want, that you have choice, and that you can exercise that choice.

Power is changing your story, expanding beyond it. Power is embracing change. Power is having fun, laughing, becoming like a little child again – because who wields more power in this world than a newborn infant?

Power is knowing that you know best what is right for you and for your journey. Power is the proper use and flow of energy. Power is allowing and bending and yielding effortlessly like a tree.

You have the Power

Reflect on Power

How can I connect with my power?
Where do I lose or leak power?
What gives me a sense of power?
What does having power mean to me?
How can I best use my power to serve?
How does having power feel?

Connect with the feeling of Power

Where is it in your body?
What image or picture represents it?
What activities invoke it?

Commit to absorbing and cultivating a sense of POWER in your daily life.

You have the Power. Use it.

In the next section you will learn how to identify and integrate the various wealth challenges you face along your path to wealth and how to overcome these through integrating the gifts they offer so that you can move effortlessly from the one level of Wealth Consciousness to the next.