

'Whealth' Consciousness by Maxine Hyndman

99% of our issues with money have nothing to do with money and everything to do with the relationship we have with ourselves – whealth is about this relationship.

Wealth in our society has come to represent only fiscal abundance and although this is part of the truth it certainly isn't the whole truth. It's important to recognize that wealth is about much more than money, this is why I use the word "**whealth**" which simply means a healthy relationship with money on all levels – physical, emotional, mental and spiritual – it involves a critical shift in perspective that precedes making the journey to financial abundance but is very rarely factored into budget making and saving etc.. Money is about all of these levels and whenever there is financial trouble it's usually the end result of one of these areas being seriously out of balance.

In my earlier struggles with bankruptcy and debt I realized that it wasn't enough to deal with money issues on one level alone; it was something that had to be approached and mended on *all* four levels.

I realized that if I wanted to make that vision a reality, I would have to **be** it myself. There was no room for telling tales in this story, I had to become 'naked' – the first step in building 'whealth'. Becoming **naked** involves telling the truth, taking a look at the whole picture as you would a painting: this is green, this is blue, I don't like that shade of blue but it's blue, you get the idea. Telling yourself the truth about how you got into your financial mess in the first place is vital to creating a healthy relationship with your money because it's the only way that true, lasting 'whealth' is created.

I believe it's essential for us to create a new kind of awareness about money, one where the focus is on integrity, the wholeness of you, the individual not the money – and integrity between money and the individual can only occur when you have all the four pillars of 'whealth': core values, core beliefs, Greater Purpose and your daily actions – once these are in place, money, a lot of it, is a natural outcome. In the coming issues we'll be exploring these and other aspects of whealth creation, but for now here's the overview:

Core Values – These are made of up seven essential qualities that you live, work and love by. They are at the centre of every important decision you make. They could be: Fun, Adventure, Community, Integrity, Sincerity, Laughter etc. It takes many attempts and serious searching to get through the layers of what you 'should' be valuing and what really are your true values.

Core Beliefs – Our beliefs are what structure out experience of life. We all have come into this world with different environments but it's what beliefs we create about them that dictate what we are left with on a day to day basis. If we're continually coming home feeling poor, miserable and cheated then chances are we have this as a central belief and we need to change it.

Greater Purpose – Your Purpose in life is to be great! Finding out what and living it is what are lives are all about. One secret is that when you find your greater purpose it usually involves being of service to large numbers of people while at the

same time being filled through and through as an individual. One example could be: to make the human race healthier. Once you find your Greater Purpose it's almost always bigger than you and it can tend to overwhelm you but you're no doubt always left with more energy, passion and money after finding it.

Daily Actions – Many think that wishing 'whealth' into being is enough. I'm here to tell you it's not. It's work. But one thing that makes the task that much easier is simplify. We all have to-do lists as long as our arm when we set goals, but it's important to identify the **one** thing that is pivotal to your day, the one thing that's crucial to getting you closer. That's the action that has the energy to carry you forward and it is a key ingredient to creating 'whealth', one that many overlook.

Now you have the four tools that are essential to creating and sustaining a healthy foundation for 'whealth'. It doesn't happen over night but what can happen over night is that state of mind shift I was talking about that every rich man and woman possesses. That state of whealth consciousness is the place you want to be in before you can start experiencing abundance on all levels. Think of it as an embrace, an acceptance of all that you are and are ready to become.