

2. WHERE YOU ARE GOING – The 9 Aspects of Self-expression

The 9 Aspects of Self-expression are destinations of new being that we aspire to develop and grow, into one awesome self. This is the real destination of our Wealth Journey. As we acknowledge and nourish the deep-rooted emotional needs that our wealth quest is really trying to fulfil, we become better equipped to navigate the wealth journey as an act of expansion of self.

It begins with *Physicality* which is the need to cultivate security. Here we focus on tangible wealth – acquiring houses, cars, food – to become grounded in the world and form strong roots. Discover, ‘What do I need to feel secure in the world? What will I have when I am secure? How will that feel?’

The quest for *Identity* follows and is what the Wealth Journey is really about. We seek a wealthier self. A self who feels different from the self at the start of the Wealth Journey. We want how our wealth will make us feel. That feeling is different for everyone. We may want more freedom, power, security, to feel more attractive, more creative. Find out what more wealth means for you. Find out who you are trying to become, what the wealthy

you feels like. Practise feeling that way as much as possible. The feeling will attract wealth to you faster than any action plan will. Where is it in your body? What image represents it? Reflect, 'What does a wealthy me feel like?'

The next aspect of self in relation to wealth is *Sexuality*. Many seek wealth as a way to more or better partners. It is an exploration of that aspect of self that reflects itself in others and is reflecting from others. We search for mirrors. We try to integrate our inner male or female. We may also be exploring the limits of our society in terms the roles of male/female in terms of earning and support. Which partner is responsible for wealth? In *Sexuality*, we examine our support structure for wealth in the world. Who creates the wealth? Who hinders its creation? Consider, 'How does money reflect my relationships? If money was my significant other, what would it say about me?'

Once we feel safe in the world, start to explore our sense of self and connect with our significant other, we begin to expand our life further outward. We start to express and experience ourselves in terms of *Creativity*. Wealth is now sought to open the doors of creativity. We want to live and work differently – joyfully, creatively. Yet we create all the time – growing a family or business is as creative

as producing great music or art. Recognising and connecting with creativity allows the flow of wealth to open and expand. Reflect, 'How do I express my creativity? How can I expand it?' When we create, we become in charge of our world – that is what we try to capture with our creativity.

With sufficient wealth to deal with physical needs, relationships, and aspects of creativity like business, children, or creativity itself, the need to express our *Spirituality* emerges. We question whether there is more to life than the visible – work, home, and play. New career choices are contemplated, or the change of life partners, or home. There is a quest for meaning, and here the seeds for service are sown. If you are trying to create wealth as a way to deepen your connection with God, start to practise today! You don't need much money (at all) to connect with God! Consider, 'Which aspect of spirituality do I want wealth for? How do I stay connected with Source? How can I connect with Divinity?'

Authenticity or stepping into uniqueness is a lifelong quest. It is where the Wealth Journey both begins and ends. Authenticity is not only about recognising self, integrating both the light and the shadow, authenticity is about walking life in a way that always remains true to who you are. This means right speech, right action, right livelihood,

right thinking. It means not compromising with ourselves and what is right for us. This is a very clear, open state of mind. We do not need wealth to attain it. You need to discover, connect with, and practise living in harmony with your authentic self. That is the true well of wealth. Reflect, 'Who is my authentic self? How can I be true to myself in all dealings?'

Contentment, means accepting that all is as it should be. It is containment. And we can only contain what is here. We can only be content in the now. This means letting go of the past and the future, coming into the present. Contentment is being full and feeling okay; it is self-acceptance. We observe what is, openly and with contentment, then make any changes needed to expand. We need to embrace our lives. Become content with what we have, with who we are. Know what that means. Reflect, 'How do I measure contentment? What needs to happen for me to feel content? How does contentment feel?' When we discover the key to our contentment, we will discover the key to wealth.

The call to *Service* arises because we are all energy, all connected and all part of the Divine spark. In different ways, we all serve and are in service. No service is more important or nobler than another. When we come to our Wealth Journey with the

intent to serve the greater whole – whether through providing tailor-made suits or building homes for the poor – we expand, and speed up our journey. Develop the intent to put all your skills, talents, abilities, gifts – the full measure of your authentic self – towards Service. When we serve the greater whole we serve ourselves, and the greater whole serves us too. Ask, ‘How can I serve the greater whole? Where would my life make a difference?’

Self-Expression culminates with *Power* which means becoming the still centre. To make more money, you need to become more powerful in the world in many different ways. Power is recognising that the still centre within, which cannot be created or destroyed, is always present. Power is knowing that we co-create everything around us, so we can change it. It is finding our direction, activating intent and mobilising our will. Power is changing your story, embracing change, having fun, laughing, becoming like a little child again. Power is the proper use and flow of energy – allowing and bending and yielding effortlessly like a tree. Discover, ‘Where do I lose or leak power? How can I contain more? How can I best use my power to serve?’ You have the Power!

Once you know where you are and where you are going; once you have focused your intent and gathered your will(ingness) your journey has begun. But as you progress along your wealth path you will need to overcome challenges. Overcoming these challenges will help you develop the qualities of Wealth Being you need, to be able to continue and complete your journey.