

Wealth Fitness Workshop Series
Session 1 Recap – Cultivating a Wealthy Mindset
By Dana Moulden

In the first of three sessions hosted monthly this summer at SEC, Rev. Johanna Dolan opened the Wealth Fitness Workshop Series with a metaphysical discussion about wealth entitled *Piece of Mind*. These brief notes are from that very inspiring lecture:

- Unlike what is held as the common truth that all that we can be certain of is death and taxes, the Truth is God promises life and prosperity. What we think and prosper in is our prayer back to God. Money is a way of measuring our beliefs.
- The root chakra holds where we are always grounded – if we believe it, it is within us here. The sacral chakra holds our creative and expansive energy. The bigger we become, the more we expand, the greater resources we build to serve others.
- M.O.N.E.Y. - my own natural energy yield
- Also connected with sacral energy is procreation and sex – from a metaphysical perspective sex and money are the same in that these are two ways in which we express ourselves reveals who we really are. Be aware of how you are in each realm.
- Energy is everything, and everything is energy. From this perspective both energies (sex and money) require our intention and direction. The energy behind our intentions creates what we have.
- Financial stewardship directs our energy towards financial power, so hold faith in Spirit.
- “Poverty is not an accident. Like slavery and apartheid, it is manmade and can be removed by the actions of human beings.” - Nelson Mandela
- Blocking this (financial) flow of creativity causes problems. If we think “retaliation” we block ourselves. If your spirit is depressed, you have learned to press it down, to suppress it. Poverty is a direct result of spiritual depression, and is a symptom of that fear.
- Part of being a steward is being a gardener, from the inside out!! So tend to the thoughts that you hold in your mind. Are they of poverty, woe and lack or are they of creativity and abundance?
- Everything in the American financial system has GOD in it, acknowledging that energy at all times is coming from Source!
- If you can't do it for yourself, find someone who can speak prosperity for you!
- “It takes a habit to replace a habit.” - Napoleon Hill
- I will pull my weeds, till my soil, plant my seeds and cultivate my garden – this is the wealthy mindset, financial stewardship as a conscious and intentional practice.
- It is Truth that you always have more than you need.
- Over time, learn how to garden. Take care of your birthright – remember prosperity can be poor or abundant!!

Following Rev. Dolan was Deborah Owens, the Wealth Coach and CEO of Owens Media Group. Mrs. Owens shared her Seven Wealthy Habits of Financially Successful People, which is also shared in her book, *A Purse of Your Own: An Easy Guide to Financial Security*. She also shared from her new book, *Nickel and Dime Your Way to Wealth*. These brief notes do not do her lecture justice.

People don't want to talk about money – there is a cultural context of scarcity and shame around money. But the only way to pierce the veil of ignorance around money is to deal with it head on. Wealth is an outcome of one's attitudes, beliefs and behaviors. It is not solely a function of one's

earnings capacity, as demonstrated by the parking attendant who built his fortune by unquestionably doing those things that he observed wealthy people doing. Accordingly, Mrs. Owens also studied the habits of wealthy people and developed this framework to share them with us:

- 1) The habit of adding value – Wealth is about giving. When you do something for others, it sets up a whole cycle of reciprocity in your life. In Give and Take, Adam Bryant posits that givers in the long run are the winners in life. The Law of Contrast consistently demonstrates that exceeding expectations opens up the world to the individual committed to it. Also, invest in things that grow in value.
- 2) The habit of leveraging your unique strengths and talents in the service of others. Plant your gifts in the gardens that are valued and add value.
- 3) The habit of lifelong learning and increasing financial acumen. Do not settle for being one of our many financially illiterate citizens, educate yourself. Understand how the economy, money, and inflation work so that you can effectively preserve your wealth.
- 4) The habit of viewing problem as opportunities. The Chinese pictogram for crisis was made of two words – danger and opportunity. Diversify your investment portfolio in order to stay the course – prepare yourself for the inevitable bunks in the stock market.
- 5) The habit of setting and achieving goals. The basic goals of having cash reserves, no debt, one's own home and financial independence are quite achievable if planned for. The edict “if you fail to plan, you plan to fail” certainly holds true in spiritual economics as well.
- 6) The habit of systemizing one's finances – implement a Wealth System that is automated – pay yourself first, place as many bills on automatic payment, and put any amount you possibly can into an IRA.
- 7) The habit of paying it forward into our and our families' futures. Consider if what you value and how you finance it are aligned with your goals. By investing in giving financial literacy to others, especially the next generation, we make our community even stronger.

The series continues on Saturday, July 20, 2013 – we hope to see you there!!