



by Aurora Winter

**Most of us are focused on making more money. If we had a bit more money -- or a lot more -- then things would really be good!**

Then we'd do all those things we've wanted to do. But first, we really have to slay the financial dragon.

So we put off taking that family vacation, put off starting our screenplay, put off having that child. We think that there will be plenty of time for those things next year.

I know -- I was living this way myself, delaying family holidays, delaying having a second child, intent upon achieving financial freedom.

Then one day I suddenly achieved financial freedom. And I never felt so impoverished in my entire life.

My financial freedom came in the form of a check from a life insurance company. My beloved - my 33-year-old husband -- had died.

His sudden death turned my whole world upside down. He was my best friend. He was my business partner. He was the father of our 4-year-old son. We would never again take a family holiday together.

The financial goals I had been pursuing were suddenly worthless. One more family holiday would have been priceless. I realized that my world had been upside-down before he died -- it was only now that it was right-side up. It was

only now that I saw clearly what really mattered. It was only now that I understood what wealth was.

I realized that true wealth has nothing to do with the balance in your bank account, your stock portfolio, or your real estate holdings. True wealth is rooted in four things:

## LOVE

The people in our lives are our biggest treasure. Giving and receiving love is life's sweetest blessing -- and it is free. All it takes is a little time and attention.

Yet so often we forget to tell those who are near and dear to us that we love them. So often they bear the brunt of our moods -- while we give our best to perfect strangers.

Don't make this mistake. Tell everyone you love how much you love and appreciate them. Tell your wife, your husband, your lover, your brother, your mother, your child.

Do it right now. You may not get another chance tomorrow. And if you do get another chance tomorrow, tell them all over again. You can never give someone too much love or too much appreciation.

## GRATITUDE

Gratitude is the key to bringing the awareness of prosperity into your consciousness right now. What do you need right now, in this very moment? Take a deep breath and consider your answer.

Anyone who is reading this article can truthfully answer that right now -- in this very moment -- all needs are met. As Rev. Michael Beckwith says, when you realize that all your needs are met, you create an energy field of all needs being met. Then the Universe delivers to you more and more experiences of all your needs being met.

After my husband died, there were many times when I felt empty and grief-stricken. Yet, when I focused on how grateful I was for our son and for the time we shared, I would feel full and blessed. The more things for which I expressed gratitude --the more things I discovered for which I should be grateful. Whatever it is on which you focus - will expand.

I begin every day with a prayer of gratitude. I highly recommend it. It will change your life.

## HEALTH

King, a friend of mine who was HIV positive, once told me, *"If it can be solved with money, it's not a problem."* He died -- but his words live on. I find this thought powerful and profound. It keeps things in proper perspective. If it can be solved with money, it may be a challenge, it may be an opportunity for growth -- but it's not a problem.

Our health is one of our biggest treasures--yet how many people take it for granted? How many people are too busy to exercise? How many people don't make the time to eat healthy, balanced meals? How many people are too busy to pray and meditate, even though it effectively makes you 10 years younger?

If your heart stops ticking, your schedule will be completely cleared. Don't wait for a heart attack--cherish your body like the temple that it is. It houses a Divine being--you.

Exercise, eat right, drink plenty of water, and relieve stress through meditation and other rejuvenating and healing activities. Your health is your wealth.

## PEACE

The greatest treasure of all is peace of mind. With peace of mind, you can remain calm and connected no matter what challenges life brings to you -- even the death of a loved one, or a devastating blow to your health. Peace of mind

brings clarity and the freedom to take appropriate action in every situation.

Peace of mind happens when the biggest dream-stealer of all -- unresolved loss -- is faced and released. The unresolved loss could be death, divorce, a broken dream, or another loss.

My experience is that once the grief is released, love, health, and gratitude rush in. With the right coaching, peace of mind follows. **That** is true wealth. 🌱

About the author:

Aurora Winter is a speaker, Certified Grief Recovery Counselor, healing spa retreat leader, and the author of: 'From Heartbreak to Happiness: An Intimate Diary of Healing'

For Aurora's upcoming events, to purchase a copy of Aurora's hardcover book, or to sign up to receive one for free via email, please visit: <http://www.aurorawinter.com/marilee>

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