

Wealth – Real or Imaginary?

Enjoy the journey, develop systems to track and manage your wealth and watch it grow.... What you focus on expands!

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I remember my Mother always saying to me when I was young, that she wanted to meet a “rich millionaire.” I never understood, why she needed to qualify a rich millionaire! If you have a million dollars (especially back then)... aren’t you rich?

Apparently not! It took a while but I have only just realized the difference between a *rich* millionaire

versus a poor millionaire.

Rich millionaires are wealthy, they think abundantly, they focus on growing their money, on investing and what new and exciting adventures life will bring them.

Where as a poor millionaire, is more like the scrooge character in the Christmas story. No matter how much money they may have there is a presence of fear and an attitude of lack and scarcity, even if they have profitable businesses and ventures, even if they wear expensive clothes and eat at the best restaurants, driving the latest sports cars, there still seems to be an aura of “lack” that surrounds them.

Real wealth is an attitude, sure it helps if you have lots and lots and lots of money, but to be truly wealthy one needs to display an attitude of abundance. I like the Stuart Wilde’s quote from his book, “*The trick to money is having some*”

*“Abundance will never be a factor of how much money one has. Rather it is always a factor of how one **feels** about the money one*

does have”- Stuart Wilde

As a Law of Attraction and Energy Leadership Development coach I am compelled to urge you to begin from the inside, and work in your inner world before you expect too much to change in your outer world. In order to experience real wealth in the outer world, the world of situations, circumstances, things and events you need to know what wealth and abundance actually is, for you. How it feels, what it would look like and how you would invest and manage your wealth. Of course... create a vision board so you can see the end result of what wealth looks like - no need to leave it up to your imagination, just get the pictures and paste them on your board, or download the images from your desktop to your smart phone.

Anything works, when you can give yourself the visual cues and have a constant reminder of what real wealth looks and feels like for you.

What is wealth for you financially?

Spiritually?

Emotionally?

In a family setting?

In contribution to your community?

In relationships, both intimate and social?

As you consider these questions and look for images that represent what wealth and abundance means to you, there will be an energy starting to flow through your mind and new thoughts of wealth and abundance will naturally arise.

“Like attracts like.”

Your reticular activating system, the part of your brain that acts like a spam filter on the computer - which tells you to “pay attention” to some things and ignore other things - will start to highlight in the environment the right path to help you achieve your goals. You will have an inspired idea to start a new venture, or to revisit a project that you dropped, or you

may co-incidentally meet someone who will be able to support your wealth and abundance. Or even receive money “out of the blue” totally unexpected... it's a start don't knock it.

To condition your mind to help your reticular activator guide you to wealth and abundance, spend time looking at your pictures, enjoying the vision as an accomplished goal.

Another way to help reprogram your mind is to focus on what you want by spending 5 minutes every day contemplating, wondering, musing, thinking about wealth and what it means to you. Contemplation is like an active focused meditation... it is not a solution focused type of thinking, rather its an exploratory type of thinking.

“Whatever the mind can conceive and belief it will achieve.”- Henry Ford

The more often you spend 5 minutes looking at the images, enjoying the vision of your future wealth as if it was real now and adding the contemplation of the same future reality, the quicker your own internal GPS system will guide you to take to right actions steps to achieve the wealth and abundance you desire.

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Barbara Pellegrino is a renowned expert Vision Board Success Trainer.

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