

Money matters

Buy back your life with the currency of contentment. By Jill Lawson

How do the words 'economic recession' make you feel? Most people these days are a little edgy, uptight, stressed and worried. There are better ways to feel, and taking a moment to bargain with a new concept of money can help. If you let it, money can impact the quality of your life more than any tragedy, change in job or relationship status. The following quote, "For the love of money is a root of all kinds of evil," suggests that even as far back as biblical times, money has captured our attention as a factor in stealing inner goodness.

We cannot completely pull these evil roots out of our 'garden of good' because money is a necessity for most. However, we can yank from our pockets our rich or poor associations with money that cause us to feel stress. Understanding money as a defenceless token used to attain, acquire and accomplish what you want or need is the first step. Money does not define you in any way; it is simply nothing more than an energetic element of exchange. It is a conduit in the current of giving and receiving.

To help barter your perspective on money from the root of evil to an instrument of interchange, practice this simple guided meditation. Sit for a moment in a comfortable position with your eyes closed. Visualise money in your hands, whether a stack of banknotes or a simple coin. Imagine the countless pockets this money has called home, and the many ways it was used. See it traveling around the world for years and years, as a catalyst of change, inducing self-importance when it comes and insecurity when it goes. Notice any feelings that arise when you imagine the influence this money in your hand has potentially had on you and your loved ones.

Now it's time to let go of the authority money has over your feelings and attitudes. See money as nothing more than a means to exchange goods and services instead of a thief that pickpockets your inner peace. Own your power over money by buying back your life with the currency of contentment and spend less time fretting over your bank account. When money loses its power in the hand of the beholder, the 'roots of evil' cannot survive. To coin the phrase, 'money is no object' is to sell evil a bill of goods, and that is worth its weight in gold.

