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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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The Freedom of Wealth—or What Wealth Means to Me

By Mary Wilkey

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No, money cannot buy happiness—that's true. But what is also true is that it sure does make life a whole lot easier to deal with.

The freedom of wealth means being:

*Free of any need for pretense (if we are who we claim to be, we need not pretend). I am who I am.

*Free of the burden to carry cash, checks, or credit cards (our person is recognized and respected as having means—we are free from the burden of having to prove it.) I have what I have.

*Free to go anywhere or do anything lawful. I stand where I stand.

*Free from worry about provision. I have what I claim and claim what I have.

*Free from the limitations of this world. I go where I go. I know what I know. I rest where I rest.

Everything is mine, because I remember all His benefits. I am who I am in Him.

To enjoy wealth, one has to be aware of it. (If we have millions in our account, but if we don't realize it because we are insane, we cannot enjoy it.)

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It occurs to me that each of us fortunate enough to be in our right mind is independently wealthy. We have only to realize that wealth. Here I refer to that which transcends monetary wealth.

It is all in our mind. We have but to "go within" to discover it. We've all heard it said that, if any self-made millionaire were to lose everything, he'd gain it all back very shortly, because he knows the secret.

This is true. The power to get wealth comes from within!

Here I'm going to share with you several books which have made a lasting impression on me, all of which I've read several times,

and all of which I probably will read again and again. They each contain a wealth of information on the "secret" to tapping into this inner power:

The Secret of the Ages--by Robert Collier
Think and Grow Rich--by Napoleon Hill
Power Through Constructive Thinking--by Emmet Fox
The Magic of Believing--by Claude Bristol

Of course, many more treasures could be added to this list, because the "secret" is not really a secret at all. It is freely available to any sincere seeker.

So, next time you're feeling "po," remember that you're really wealthy beyond your wildest imagination--and erase that "po" mindset once and for all!

Feel free to reprint the above article with this info intact: Article penned by Mary Wilkey, publisher of 'elf Expressions Ezine: <http://elfexpressionsezone.com>. To subscribe, email subscribe@elfexpressionsezone.com

An Easy Wealth Exercise: Ten Steps To Wealth

By Silvia Hartmann

Welcome to this simple, fun and easy exercise to improve your wealth consciousness, focus your mind and get behind yourself so that you can achieve wealth for real, and easily.

The following exercise is just one of 365 different daily "wealth gym" mini-workouts that you can do right there and then, in front of your computer, without even having to get up, and which doesn't take

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any more than 60 seconds to complete, from our "60 Second Wealth Creator Series".

This is a basic visualisation exercise which is very neat to do for real when you come down a flight of steps.

For now, imagine you're standing at the top of a flight of steps and for each step, we'll make a wealth affirmation.

10. I am ready for wealth!

Take a deep breath and step down to the next step.

9. Wealth is my birthright.

Take a deep breath and step down to the next step.

8. I achieve wealth easily.

Take a deep breath and step down to the next step.

7. Wealth comes to me readily.

Take a deep breath and step down to the next step.

6. I invite wealth to come into all I do.

Take a deep breath and step down to the next step.

5. Wealth is my partner and my friend.

Take a deep breath and step down to the next step.

4. Wealth is joyous and delightful.

Take a deep breath and step down to the next step.

3. Wealth enters into all and every aspect of my life.

Take a deep breath and step down to the next step.

2. I am on my way to wealth ...

Now take a deep breath and JUMP off the last step and onto the next level:

1. I AM WEALTHY!

Clap your hands and give yourself a round of applause!

If you enjoyed this exercise, by all means come along and sign up for the full course - it is entirely FREE and not only that, we have some fascinating bonuses too.

Think wealthy, FEEL wealthy and BECOME WEALTHY!

Silvia Hartmann

Silvia Hartmann is the author of MindMillion. To take part in the "60 Second Wealth Boosters" programme for free, go to



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