

Spirituality: The true wealth

People say that “Health is the greatest wealth,” or “A good mind is paramount,” or “Having loving relationships is what’s really important.” One prayer from India entreats *Lakshmi*, the goddess of wealth, to shower blessings in the form of intelligence, enjoyments, success, worldly positions, prosperity — and most importantly according to this prayer, the wealth of becoming free from ego, the limited self-identification that keeps us from remembering the true greatness that exists beyond all these external accoutrements. (See Chapter 3 for more about ego.)

Wealth and riches come in many forms; however, there is a prosperity that only a small percentage of people attain. This precious treasure is the experience of expanded consciousness, inner peace, and serenity that comes from the light of spiritual awareness.

Consider

Got a good family? Great. Lots of money? Fine. Exciting career? Fabulous. Spiritual awareness? Priceless!

Spiritual wisdom reveals the hand of grace that uplifts all the ever-changing circumstances of your life into the eternal light of divine spirit. With spiritual understanding, you may outwardly look nearly the same as you did before, but inside you’ll have gained a great wealth of spiritual vision, peacefulness, faith, and love.

What does “spirituality” mean?

Although people sometimes confuse the word spirituality with a religious movement called *spiritualism*, the words *spirit*, *spiritual*, and *spirituality* originally referred to breath and wind and first appeared in the 13th, 14th, and 15th centuries, respectively. These terms weren’t even around during the indeterminable antiquity when many world religions were formed, although other words have been available in world cultures and traditions throughout the ages to refer to aspects of what is now called spiritual energy. These words include Holy Ghost, Chi, Tao, Sefirah, Prana, Ki, Ruach, and for at least one bushman tribe in Africa, a clicking sound made with your tongue.

- Spirituality is a personal approach to connecting with the divine and experiencing the realms that exist beyond the sensory world.
- Spiritualism is a religious movement that was developed in the 18th and 19th centuries and focuses on communicating with the aspect of spirit that survives bodily death.