

# Awareness can Herald Greater Wealth and a STRONGER Marriage



■ By KELLEY KEEHN

*There was once a man and woman who had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about. For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted doilies and a stack of money totalling \$25,000. He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doily." The little old man was so moved, he had to fight back tears. Only two precious doilies were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness. "Honey," he said, "that explains the doilies, but what about all of this money? Where did it come from?" "Oh," she said, "that's the money I made from selling the doilies."*

*(Source: C. Byrd from [www.businessballs.com](http://www.businessballs.com))*

I really enjoy that little story. It's so important in relationships to rid ourselves of negative thoughts about our spouses and ourselves. Having a positive mental focus will increase your chances for greater wealth and will strengthen your relationship at the same time.

The first step in achieving positive mental focus is awareness. Once you realize that what you think about—whether it's a new car or the retirement funds needed for your desired lifestyle—expands in your experience, you become more open to searching for a solution.

It may be just as necessary for us to cleanse our mental houses, clearing out thoughts of gloom and doom, as it is to clean and freshen our homes each spring.

Experts, including the famed Dr. Deepak Chopra, say that the average person thinks 60,000 thoughts a day. (Unfortunately, 95% of those thoughts are reruns from the day before and the day before that. In fact, many of us continue to entertain the same thoughts over and over throughout the years, never questioning the lack of new content in our minds.)

The average person is exposed to thousands of bits of information at any given moment, but can focus on only a few at a time. Think of the last time you bought a car. Say it was a green Toyota Camry. Suddenly, you find yourself noticing all the green Toyotas on the road. Where were they before? In fact, they were always there but, until you focused on the car that had become important to you, you missed them.

How about if I ask you to 'not' think of the colour blue? What do you immediately think of? Something blue, right? Now, if you were to focus your attention on the colour you wanted, say green or red, independent of my suggestion, you would be on your way to focusing your mind on the things you want and experiencing more of them in your life.

In focusing our thoughts, our brains use a process called the Reticular Activating System. This is a system you can use to increase your wealth.

How? Simply by focusing on what it is you want more of in life. Struggling with bills, focusing on the negativity of a situation and on possible calls from creditors will not improve your life. But by steering your mind towards what