

### Section 3 – Wealth as per our scriptures

Our mind flickers; more so when it comes to money. A variety of emotions arise. Those emotions cause disturbances. They take away our mental peace and calmness. They do not allow us to enjoy our present, or the money already earned and wealth created. Even when money is earned and wealth is created, there is anxiety, greed, ego, insecurity, et al. To seek mental peace and calmness, so that we can enjoy ourselves, we chase money. However, our scriptures show us the way to enjoy our wealth.

Firstly, the definition of wealth is much more comprehensive and holistic than we perceive it to be. Predominantly, there are four kinds of wealth, viz. physical wealth (our health), social wealth (relationship with spouse, family, friends, relatives, society in general), emotional wealth and financial wealth. If any one of these is not in harmony, we will not be able to enjoy the other three. Yoga is about harmony. Only when all four kinds of wealth are in harmony with each other we will achieve spiritual wealth. Spiritual wealth is about harmony and absolute joy. Spirituality, absolute joy and calmness from within are needed to enjoy wealth.

Meditation is the way to achieve that calmness. There are various ways to meditate. All of them will get us peace. Peace from disturbing thoughts. In meditation there is no right way or wrong way. There is only 'my way'; the way or path which gives us peace, calmness, serenity is the one for us. For some, it may be painting or music, for others it may be exercise, for still others it could be a walk along the seashore and the list of possibilities could be endless. As long as there is inner peace and calmness, along with purity of *mann (mind)*, *vachan (word)* and *karma (deed)* and no harm is caused to any other living being, it is a form of meditation.

In the third section, the discussion is about meditating. Meditating on wealth. There are two ways discussed here. One way is meditating on Goddess Laxmi. Respecting her, worshiping her. Another way is to look within and seek self-realisation. Almost all forms of meditation that we choose – getting back to our earlier examples of painting or music or nature – will eventually lead to one of these two ways of meditation. In the Bhagvat Gita, the discussion is about *Bhakti Yoga* and *Jnan Yoga*. Meditating on Goddess Laxmi, worshiping her, respecting her is *Bhakti Yoga*. Self awareness, to look within us, is *Jnana Yoga*. All religions and sects showcase a variety of paths. As I said earlier, there is no right way or wrong way. There is no superior or inferior way. The right way for us is the way which allows us to remain calm.

Scriptures have suggested ways to worship Goddess Laxmi. These are indicative and not conclusive. They can certainly be the starting point.

Self-awareness is another angle that needs to be explored. Both worship of Goddess Laxmi and Self-awareness can be considered.

The third section explains ways and options to meditate on wealth that are described in our scriptures. Meditate to enjoy wealth in a blissful manner.

When we read our scriptures, we realise that wealth is not criticised. It is not something to feel ashamed of or something to hide. The concept of wealth is much more comprehensive and holistic than we think.

Similarly, meditation is a much broader practice. Meditation or worship is not necessarily about going to the temple and/or sitting with folded legs, closed eyes and wearing white or saffron clothes. It is about dealing with our own mind and restricting its inherent nature of flickering.

Read the section and aspire for Yogic Wealth; wealth which will bring harmony. Wealth which will give bliss.