

Mind Your Body & Grow Rich



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Channel your internal cues into financial prosperity

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Would you believe that there are built in mechanisms which help you determine whether you are making a healthy decision or otherwise? Simply ask your body and ye shall receive the answer.

The healthy answer. The right answer.

The below list is a collection, curated from mostly ancient and all legit sources, are cross-cultural and apply to everyone. Best of all, they are easily applicable and... they are FREE! Consider a possible decision to go forward with. Then consider the other option.

Take note of the following:

A healthy thought impulse

1. Has a soft voice emanating from a deep internal source
2. Talks to “you” in second person, as opposed to “I.”
3. Is never an “all or nothing” proposition.
4. Doesn’t say “now or never,” or “if you do this then you’ll be okay.”
5. Feel the energy of the decision's wisdom resonate throughout your body, not just your head.
6. Represents what you really want as opposed to what you are currently feeling.
7. Can only be heard when you are ready to listen and accept as opposed to an impulse making itself heard without invitation.
8. When your ear is tuned intuitively, into your authentic truth, it may only suggest its thoughts once, as opposed to a negative source, is untiringly repetitive.
9. Will offer a principle, a rule, general idea and often allow for more than one way to do it, or get there etc.
10. Originates in the head (often the back or middle of the head) and then felt in the chest and abdomen, as opposed to an unhealthy thought which is often felt only in the front of the head.

11. When you ask yourself, “what would you do if you had no fear” or any other negative emotions or factors clouding your thoughts and decision making, what you would do then most naturally, is a healthy thought.
12. Can often be traced to many small reasons yet, it cannot point to a single compelling one as it is sourced from a higher and more refined place, as opposed to an unhealthy thought, places its justification upon a “single and undeniable fact of life”
13. Your head will often “jerk back” when the healthy answer comes and you will feel a certain sense of “lightness” resonating throughout. An unhealthy impulse is usually centered around one area and you find yourself slightly crouching, slumping or with less general energy when the thought is felt.