

## Money Will Not Solve Internal Issues!

In terms of managing money, there are two kinds of skills that I need to master. Firstly, I need to be able to manage small amount of money. If I know how to manage small amount of money well, then I will be able to save and invest in assets that generates passive income. If I keep repeating the assets investment formula as learned from the Rich Dad's series by Robert Kiyosaki, then I will be able to accumulate a substantial amount of money in the long run.

This brings me to the second kind of skills that I need to learn. That is I need to learn how to manage a large sum of money. If you do a search in the Internet about lottery winners, you will find that most of them loss all their money in a few years time. In fact some of them are much worst off than before they have struck the lottery. Thus, I conclude that managing a large amount of money is totally different from managing a small amount of money.

On top of that, I realize that having a lot of money does not solve any existing internal issues. A lot of people always think that having money will solve all their problems. But if their problems are arising due to internal issues, then a lot money will simply magnifying the impact arising from internal issues.

The first aspect of internal issue is what I classified as a physical aspect. If I do not take care of my body when I am having a small amount of money, then I will not take care of my body when I have a lot of money. In fact this internal issue will be magnified if I have a lot of money.

For example, I always overeate and thus I gain a lot of weight to the extent that I am becoming more and more unhealthy. And also, I do not exercise to keep fit at all. When I have a small amount of money, I will have to control my spending on eating. But when I have a lot of money, I will not need to worry about overspending on eating. As a result, I will end up overeating a lot more than before and become fatter at an accelerated rate.

The next aspect of internal issue is what I termed as the mental aspect. If I always feel depressed, angry and restless while I am having a small amount of wealth, then I will not have internal peace when I have large amount of money. Why? This is because I do not know how to train my mind to gain internal peace. Having a lot of money has nothing to do with training my mind to gain internal peace.

For example, I always get depressed easily. I may feel depressed due to a lack of money because I am not able to enjoy a lot of luxury items. But when I have a lot of money, I will still get depressed because now I worry that I will loss all my money. And because I have a lot of money, I will end up have a lot of unoccupied time to think about negative things. As you can see, having a lot of money got nothing to do with why I always depressed easily. I get depressed easily is because I choose to be depressed in reaction to external events. This is a bad mental habit that I need to break

Then, there is relationship issue. If a couple is incompatible in terms of characteristics and thinking, then no amount of money will be able to resolve the conflicts arising out of the difference between them. The conflicts in relationship need to be resolved whether there is money or not. Though having a small amount of money may add to the conflicts in relationship because of money problem, it is still an external issue. Having a lot of money will solve this external issue of money problem but it will not solve the root cause of relationship conflicts. Also, I may feel that since I have a lot of money, I need not give in to the other party to make the relationship work. As a result, a lot of money may destroy my relationship completely.

I feel that whatever internal issues I have, I need to resolve the issues at the root cause. That is I need to change my mindset internally to solve the issues. For physical issues, I should change my mindset to that of keeping my body physically fit and healthy is important regardless of whether I am wealthy or not. For mental issues, I should internalize the understanding that it is important to train my mind to be healthy and fit so that I can deal with external events in a more peaceful and calmly manners. For relationship issues, I should realize that relationship requires give and take to make things work. It is neither about me taking from the other party completely nor about me giving in to the other party all the time. It takes two hands to clap and make the relationship work.

In conclusion, if I want to learn how to manage a lot of money, I need to learn to deal with my internal issues first. With the internal issues resolved, I will be in a better position to manage a large sum of money and gain financial freedom.

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