

## bTW

ON EMOTIONAL WEALTH

*I already feel like a millionaire*

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**A**CCORDING to a recent report, Singapore saw a total of 10,000 people joining the millionaires club, bringing the total number here to 77,000.

I am certainly not in that league.

But when a very dear friend, who works as a financial planner, asked me what I would do if I were a millionaire, I didn't hesitate in my response.

"If money was no object," she asked, "what would you do with yourself? I mean, you wouldn't have to go to work, your time would be freed up, and you would be able to do anything you please."

I wouldn't be doing anything different, I replied. In fact, I already feel like a millionaire.

"Really?" she said, surprised. "Yes," I said, also surprised.

I, like many of our friends, live payday to payday, struggling to save and pay off debts.

I would love to have more disposable cash for any number of things, from being able to go off and do a two-month yoga-teaching course in Mexico to taking a trip to Italy where I would eat my way through the country, from Naples to Venice.

But, by and large, I wouldn't really change anything. I wouldn't even want to quit my job because there's actually nothing else I'd rather be doing.

In short, I'm happy and genuinely feeling like I'm on top of the world every day.

I didn't always feel like this. Not to sound corny, but regular yoga practice, as well as reading books like Elizabeth Gilbert's *Eat, Pray, Love* and the Oprah Winfrey-endorsed *The Secret*,

helped me to get to a state of almost daily bliss.

From what I've heard, I believe some people call it "emotional wealth".

Many books that I read were based on the foundation of gratitude. Be thankful for anything and everything in your life.

I began to realise that I was thankful for a lot – the people in my life like my friends; my wonderful mother who, back in the 1970s, quit her job to raise me; my father who still provides for the family; the gorgeous human being who is my boyfriend.

In yoga, I also learnt a beautiful mantra – *om namah shivaya* – which roughly means "I bow to the divine within myself". I was using it to get through a posture which I find immensely difficult.

There, in class with my legs spread, my hands clasping my feet and struggling to touch my sweaty forehead to the floor, something clicked. I realised that everybody carries the di-

vine within them, and the enormity of that realisation so moved me that I stopped struggling – both in class and in my own life.

It's by no means a unique experience. And I'm not saying I'm some kind of saint who never gets annoyed, angry, or resentful, or that touching on that feeling makes me better than someone else.

But it gave me room in my life to breathe a little more, to create a little space. It freed me from struggling for more love, more happiness, more money, more whatever. In that space, I found some joy in just being where I'm at.

"You cannot force anything to change, but you can let it become good again," says a website on emotional wealth. "Being and allowing are positive energies, and they bring happiness and success to you."

My ex, who I hadn't seen in a year, was unused to my new state of mind. He used to find

my anger amusing, and would gleefully brace himself for an anticipated tirade every so often. When they didn't happen, he asked what was up.

"I don't know," I said. "I guess I'm happy and things bother me less."

Would I like to be a millionaire? Sure thing. But I could easily take it or leave it. If you're happy every single day of your life, you feel like you're living like one anyway.

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## HELPDESK 我的字典

▣ **Disposable cash:**  
可使用的现款  
kě shǐ yòng de xiàn kuǎn

▣ **Gratitude:** 感激 gǎn jī

▣ **Tirade:** 长篇责备的话  
cháng piān zé bèi de huà

## GROUND ZERO

CITIZEN JOURNALISM IN ACTION

**Laptop users stealing power at T3**

**A** STOMP contributor caught people making use of the power supply at the Arrival Hall of Changi Airport's Terminal 3.

Said ZZ in an e-mail to the citizen website yesterday: "We were surprised to see how boldly these two groups of people (were) openly stealing power from T3's hidden sockets while surfing on wireless Internet connection."

He saw two students and a man tapping electricity from the power sources. He said the man was even bolder: "He even had extension sockets for additional power input tapped from the same source to power other devices."

"Security officers walked by and turned a blind eye," he added.

**Follow this truck at your own risk**

**S** TOMP contributor, Desmond, was shocked by the sight of this truck loaded with unsecured construction materials in Farrer Road.

He called it a traffic hazard.

Desmond saw the truck last Friday afternoon. He was worried that should the vehicle need to brake suddenly, the loose materials on the back could be hurled towards other motorists and cause harm.

He said: "Is this allowed on the road?"

"Look at the loose materials on the back with the tail gate open. With a sudden brake, the loose materials may start falling off and cause danger to the vehicle behind."

**Vehicle chaos at Tampines junction**

**A** FTER reading an earlier Stomp posting on drivers cutting lanes and nearly causing accidents at the junction near Tampines MRT and mall, reader April saw a picture posted as a link by Stomper kmmk1980 showing the same congested junction in Tampines and was taken aback.

In an e-mail to the website yesterday, she said: "His picture really shocked me. It really looks horrible in Tampines. The whole purpose of this e-mail is to inform everyone that the junction outside Tampines MRT is really messy."

"I hope LTA can do something about it. I live in Tampines and I really hate to go out there during the weekends."