

Accept Your Wealth

A Guide to Financial Freedom Through Emotional Intelligence and Spiritual Practice

Preface

Life is a balancing act.

I learned this not from a book or a guru, but from sitting on a beach in Bali at 3 AM, successful by every conventional measure, yet completely miserable. I had built multiple businesses, consulted for major companies across Southeast Asia, and was earning more money than I'd ever dreamed of as a kid in Lithuania. Yet there I was, feeling emptier than when I'd started.

This book isn't about getting rich. It's about something far more radical: accepting the wealth that's already trying to flow through your life.

There are levels to this game—what I call the 7-8 levels of consciousness ranging from the slow, burning lava of survival mode (level 0) to the golden, divine flow of pure abundance (level 8). Most of us spend our lives fighting somewhere in the middle, using our impressive IQ to chase more while our EQ—our emotional relationship with money—remains completely undeveloped.

I should know. I spent the first part of my life maximizing my intellect. Born with what some might call the blessing and curse of a high IQ, I coasted through school with A+ grades while playing basketball, chasing girls, and partying harder than my peers who studied all night. Later, in Silicon Valley, I was taking nootropics to boost my brain function until my head literally buzzed. I was clocking IQ scores in the top percentiles, but I was destroying myself and every relationship that mattered.

That's when I discovered something that changed everything: as a toddler, I could literally manifest money. I'd forgotten this completely until I began the work that became this book. I would want something—ice cream, a toy—with pure, honest love, and money would appear on my path. Coins would show up, then bills, exactly what I needed. My parents confirmed these memories weren't imagination. I had a natural, effortless relationship with abundance before I learned to complicate it with my ego and lack of self-compassion.

This book is my attempt to find my way back to that simplicity. It's also my gift to anyone else who recognizes themselves in this story: the high achievers, the overthinkers, the ones who've mastered the mental game but are losing the spiritual one.

What You'll Find Here

This isn't a traditional money book. You won't find investment strategies or budgeting tips. Instead, you'll discover:

The Wealth Container Concept: Imagine every person has a unique container for abundance. Some are golden and spacious, others are rusty with holes in the bottom. The size doesn't matter—what matters is how well you can let wealth flow in and out without leaks or blockages. Throughout this book, we'll explore how to repair, expand, and purify your container.

The Arigato Method: A powerful practice borrowed from Japanese wisdom meaning "thank you for the difficult thing that exists." We'll learn to say "Arigato In" for money entering our lives and "Arigato Out" for money leaving, transforming every transaction into conscious gratitude.

Money EQ Assessment: While most people develop Money IQ (the technical skills), few develop Money EQ (the emotional intelligence). You'll discover your money personality type, identify your emotional triggers, and learn to make financial decisions from regulation rather than reaction.

The Decision-Making Framework: A step-by-step process I've used to navigate major life decisions, from accepting my wealth to writing this book. This framework helps you move from chronic indecision to aligned action.

Healing Family Money Wounds: Money patterns run in families like DNA. We'll explore how to identify inherited money trauma and transform generational patterns that no longer serve you.

Spiritual Practices for Abundance: From guided meditations to daily rituals, you'll learn practical techniques to align your nervous system with abundance rather than scarcity.

Who This Book Is For

This book is for anyone who has achieved external success but feels spiritually bankrupt. It's for the entrepreneurs who can scale businesses but can't enjoy their wealth. It's for the high achievers who work themselves to exhaustion and then self-destruct with alcohol, drugs, or other addictive behaviors. It's for anyone who suspects there's a deeper game to money than just making more of it.

If you've ever felt like you're a bull terrier holding onto something that's destroying you, this book is for you. If you recognize the pattern of chase-achieve-crash-repeat, this is your roadmap out.

How to Use This Book

This is designed as both a book and a coursebook. Each chapter includes:

- Personal stories from my journey and case studies from others
- Practical exercises and reflection prompts
- Spiritual practices you can implement immediately
- Assessment tools to measure your progress

I recommend reading through once for the concepts, then returning to work through the exercises systematically. Like the Japanese mentor's course I've taken four times, this material deepens with repetition.

Consider this your guide to what I call "Royal Yoga"—the integration of material abundance with spiritual fulfillment. Not the renunciation of wealth, but the acceptance of it. Not the worship of money, but the recognition that wealth is energy, and energy wants to flow.

A Personal Note

I'm not claiming to know something I can sell you for profit. Actually, it's quite the contrary—with more years on my mileage, I'm realizing I know nothing at all. (As Carl Jung said, life begins after 40; until then, you're just doing research.)

This book isn't meant to influence you into doing anything. Primarily, it's a milestone for myself—putting these insights out there, writing them down, developing them into something useful was my only goal. I've struggled with a massive writing block for years, the result of rejected business plans and failed pitches. At some point, I was only copying and pasting from old emails rather than creating fresh content.

But if there's a single person in this world who picks this up, reads it, and actually applies these insights for positive personal change, that would be victory beyond my imagination.

This book is a testament to breaking through creative blocks, healing the relationship between ambition and peace, and discovering that accepting your wealth—whatever that means for you—is the first step to genuine freedom.

The container you inherited isn't your fault, but it is your responsibility. Not to fix—that's impossible. Not to escape—that's denial. But to transform, one conscious choice at a time.

Let's begin.

"Love everyone, serve everyone, and remember God—only that."

—MK, Vilnius, 2024