

# How to Gain The World

## 1. What Is Your Life Goal?

What does this verse refer to "For what is a man profited, if he shall gain the whole world, and lose his own soul?" Matthew 16:26

These words, profound in their simplicity, hold a deep significance that resonates with the core essence of our existence. In a world often consumed by materialistic pursuits and the desire for power, wealth, and success, this verse serves as a poignant reminder of what truly matters. When we consider the concept of gaining the "whole world," it symbolizes the attainment of all worldly possessions, limitless wealth, and boundless authority. It epitomizes a life filled with achievements and accomplishments, where every desire and aspiration is met. On the surface, such a life may seem enviable and desirable, but the verse urges us to pause and reflect.

## 2. What Do You Value?

It questions the very essence of profiting from such worldly gains if, in the process, we lose our own soul. Our soul represents the core of our being, our inner self, the seat of our emotions, morals, and values. It encompasses our integrity, compassion, empathy, and the connection we have with our fellow human beings. In the pursuit of worldly gains, it is all too easy to lose sight of our true selves. We may become consumed by the pursuit of material possessions, blinded by the allure of power and influence. In this relentless chase, we risk compromising our principles, neglecting our relationships, and forsaking our own well-being.

True wealth lies not in the accumulation of external possessions but in nurturing our inner selves. It is in fostering kindness, love, and compassion towards others, in maintaining our integrity and staying true to our values. Our soul thrives when we seek harmony within ourselves and build meaningful connections with those around us. The verse invites us to ponder the value of worldly achievements in relation to our soul's well-being. It encourages us to prioritize the eternal over the temporary, the intangible over the material. For what good is it if we amass all the treasures the world has to offer but lose touch with our humanity?

In a world that often measures success by external accomplishments, it is vital to remember the essence of our being. It is a reminder to seek balance, to pursue our goals with a clear conscience, and to ensure that our actions align with our core values. As we navigate the complexities of life, let us pause and reflect upon these wise words. Let us strive for a life that not only yields worldly gains but also nurtures our soul, allowing us to leave a positive impact on the world and find fulfillment in the knowledge that our actions are in harmony with our truest selves.

## 3. Revealing Your Life

Let me provide you with some specific examples of how we often end up valuing material things over a better quality of life:

**1. Chasing Wealth at the Expense of Relationships:** In the pursuit of wealth and success, individuals may become so engrossed in their careers that they neglect their relationships. They sacrifice precious time with loved ones, missing out on important moments and genuine connections. The focus on material gain can overshadow the importance of nurturing and cherishing meaningful relationships.

**2. Prioritizing Material Possessions over Personal Well-being:** Society often associates success with the accumulation of material possessions. People may strive for bigger houses, luxury cars, or expensive gadgets, believing that owning such items will bring them happiness. However, in this pursuit, they may neglect their physical and mental well-being. They may sacrifice their health, peace of mind, and work-life balance, ultimately compromising their overall quality of life.

**3. Seeking External Validation instead of Inner Fulfillment:** The pursuit of worldly gains can lead individuals to seek external validation and approval. They may measure their worth based on their possessions, social status, or the recognition they receive. In doing so, they lose sight of their own intrinsic value and the importance of cultivating a sense of purpose and fulfillment from within.

**4. Neglecting Moral and Ethical Values:** In the race to achieve worldly success, individuals may compromise their moral and ethical values. They may make decisions driven by greed, dishonesty, or exploitation, losing sight of the impact their actions have on others and their own conscience. The pursuit of material gain can erode one's integrity and lead to a profound disconnect from their true selves.

**5. Ignoring the Importance of Inner Growth:** Focusing solely on gaining material possessions can distract individuals from their personal and spiritual growth. It leaves little time and energy for self-reflection, introspection, and the pursuit of knowledge and wisdom. As a result, they miss out on the opportunity for personal development, self-awareness, and the nurturing of their own soul.

These examples highlight how the relentless pursuit of material gains can lead individuals to prioritize external achievements over the intrinsic qualities that truly define a meaningful and fulfilling life. It is important for us to reflect on these tendencies and strive for a more balanced approach that nurtures our soul and embraces the intangible aspects of our existence.

## 4. Refocus Your Life

Shift your focus towards a spiritual life in order to attain true happiness. Embarking on a spiritual journey is a deeply personal and transformative experience, and while there is no one-size-fits-all approach, here are some guidance on how to begin:

**1. Cultivate Self-Awareness:** Start by developing a deeper understanding of yourself. Take time for introspection, self-reflection, and self-examination. This involves exploring your values, beliefs, strengths, weaknesses, and desires. By gaining clarity about who you are and what truly matters to you, you can align your actions and choices with your authentic self.

**2. Seek Knowledge and Wisdom:** Engage in learning and seek wisdom from various spiritual and philosophical traditions. Explore books, teachings, and practices that resonate with you. This pursuit can help broaden your perspective, deepen your understanding of life's deeper questions, and inspire personal growth.

**3. Practice Mindfulness and Presence:** Cultivate the habit of being fully present in the present moment. Mindfulness allows you to appreciate the beauty of the present, heighten your awareness, and connect with the deeper aspects of life. Engage in activities such as meditation, deep breathing exercises, or mindful walking to anchor yourself in the here and now.

**4. Nurture Compassion and Gratitude:** Practice compassion towards yourself and others. Cultivate empathy and a genuine concern for the well-being of all living beings. Kindness and compassion not only contribute to the happiness of others but also bring a profound sense of fulfillment to your own life. Additionally, foster gratitude by regularly acknowledging and appreciating the blessings in your life.

**5. Foster Meaningful Connections:** Surround yourself with individuals who support and inspire your spiritual journey. Engage in meaningful conversations and share experiences with like-minded individuals. Participate in spiritual communities, groups, or retreats where you can connect with others who are also seeking a deeper understanding of life's purpose.

**6. Embrace Silence and Solitude:** Carve out moments of silence and solitude in your daily routine. These moments provide an opportunity for introspection, self-discovery, and connecting with your inner self. Create a sacred space in your home or find a serene natural environment where you can retreat for reflection and contemplation.

**7. Live with Intention:** Intentionally align your actions and choices with your spiritual values. Consider the impact of your decisions on yourself, others, and the world around you. Strive to live in harmony with your values, incorporating them into your daily life and interactions.

Remember that a spiritual journey is a lifelong process, and progress may come in waves. Be patient and kind to yourself, allowing space for growth and self-compassion along the way.



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