

The 90-Day Prosperity Experiment

Day 15: The Blessing Way *by Kate Nowak*

Hello from my heart to yours!

When I first began the Blessings Project, one of the most frequent questions I received was from readers wanting to know exactly how to bless. Though blessing is essentially nothing more than a willingness to focus on the highest and the best for ourselves and others, I knew that since I respond more readily to precise steps that can be easily followed, others probably would, too. And so, with that in mind, I set out to create a practical process for blessing people, places, circumstances that anyone could do anywhere and that would not be difficult to learn.

Over time, I came up with five, easy-to-remember steps based on my own definition of blessing. I named the process the *Blessing Way*, in honor of a traditional and sacred Navajo healing ceremony which is a spiritual right of passage performed late in a woman's pregnancy and designed as a celebration of life. Because every blessing is a birth of sorts, it seemed a perfect fit.

As I began practicing the five steps involved in the *Blessing Way*, I realized almost immediately that any resistance I might be feeling was instantly dissolved. Bit by bit I worked to refine and simplify the process and in the many months since I first began using it, I have found it to be an infallible way to move from a lower vibration of fear to a higher vibration of love, and from a

place of limitation to a place of potentiality. I offer it to you now as a calming, soothing and very loving way to let go of whatever resistance to prosperity you may be currently experiencing. May it allow you to welcome the birth of a new and more prosperous reality.

Here are the five simple steps to the *Blessing Way*.

B - BREATHE

Take a deep, cleansing breath as a way of easing any tension that may be present. As you inhale, mentally affirm "I am so blessed" and with your exhalation mentally affirm "I am a blessing to the world." If you are a visual person, you might imagine blessings of all sorts flowing into your state of being as you inhale, and blessings flowing outward as your gift to the world with your exhalation. Feel your diaphragm expand with the inhalation and hold the breath for as long as is comfortable before releasing. Exhale slowly, letting your diaphragm contract as you empty the air from your lungs. If possible, let out an audible sigh (Ah-h-h) as you come to the end of the breath. Your sigh is a physical signal to your body that you are relaxing into blessedness.

L - LOOK & LISTEN

Look within and listen to what your inner being is trying to tell you. This is what self-awareness is all about, but most of the time we ignore all the warning signs our feelings and emotions are giving us and leap straight into a reactive state, instead. Only when we take time to look and listen to our inner being, can we assert control over our emotions. Once in control, we can choose to bless rather than stress. Please understand, that this is not a step where judgment of the emotion or feeling is necessary. Your inner being isn't judging, so don't let your ego do it, either. Simply acceptance your emotional state exactly as it is. Your acceptance releases resistance, and once all resistance is gone, even the most erratic emotions can be easily transformed.

E - ELEVATE THINKING

No matter what your feelings and emotions may be telling you, you have the ability to ride your mental elevator up to a better state of mind. You can choose to leave judgment, criticism and every limiting thought on the lower floor of your thinking and rise up to penthouse consciousness where limitless possibility resides. If you are blessing another person, this enables you to switch from judging his or her current circumstance to visualizing the highest and the best for him or her.

NOTE: And if, as in this particular instance, your purpose is to let go of all the limiting reasons why you have not allowed good into your life, you will be elevating all your limiting thoughts to a state of limitlessness. Just accept the restricted thinking of your past, and understand that it was only developed in a misguided attempt to protect you from changes you feared. You don't have to analyse each limiting thought. Just take the answers you received in response to the question you asked yesterday, or any limiting thought you may have discovered, and elevate it from a place of "can't" to "can" in your consciousness.

S - STEP INTO WILLINGNESS

Be willing to let your blessing, your desire, or your new way of thinking become your reality. Be willing, also, *to forgive every erroneous thought and unconditionally love everyone and everything involved*. As you open your mind and your heart to the possibility of infinite good and let every remaining fragment of judgment or negative emotion be washed away by your willingness, you may even feel a new reality click into place. Your willingness makes this possible. For it is only by your willingness that you open the door to possibility and only by your willingness, that you can invite prosperity in.

S - SAY THANK YOU!

Don't wait until you see the blessing or desire fulfilled to express gratitude for it. Gratitude connects what we want to what we receive and allows it to flow more freely into our lives. When we hesitate to offer loving words of thanks for all the blessings in our lives, our unwillingness to do so serves as an affirmation of disbelief. So do not hesitate to express gratitude for every blessing in your life: those seen and those not yet seen; those that flow to you and those that flow from you to others.

There you have it: the five simple steps involved in the *Blessing Way*. Notice, that each step corresponds to a letter in the word **BLESS**, making it an easy way for you to remember the steps in sequence.

With just a bit of practice, you can move easily through all five steps in mere seconds. And as a bonus, you can practice it anywhere and anytime and with complete privacy. An observer may see you take a deep breath, but only you will know how transforming that breath can be.

Use this process when blessing others and yourself, and use it, too, any time you wish to move from a negative emotion to a positive one, or anytime you feel your vibration lowering. It works as an instant mood-lifter. And by all means, let me know how it works for you. I'd love your feedback.

Today's Action Step:

1. Apply the *Blessing Way* to every limiting belief that arose from yesterday's questioning session. Re-apply as necessary, or any time you become aware of any limiting thought or feeling of resistance that crops up as you make your way down the path to a more prosperous life.

1. Re-read your Prosperity Business Plan.

2. Place today's allotment of money in your container and read the affirmation on the container three times.

3. Bless those around you, including your fellow participants in this experiment. See those you bless prospering and surrounded by good. Then bless yourself and see the same. You may also want to continue blessing those on the blessing request list.

Today's Quote:

"The best way to make your dreams come true is to wake up. "

— H.M. Power

Today's Affirmation:

"I open the door to a prosperous new world."



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