

The 90-Day Prosperity Experiment

Day 16: A New Day *by Kate Nowak*

Hello from my heart to yours!

Sometimes the journey along the path to Prosperity feels just like a roller coaster ride. You're moving along well, determined to keep your thoughts focused on what you want rather than on what you don't want; taking time each day to send out blessings to others; becoming less concerned with your own little world and more involved with making a difference in the world around you; and then suddenly the rug gets ripped out from under you. A bill comes due and you can't pay it; your child needs extra money for a school project and you don't have it; the bank calls to tell you you're overdrawn - again. Suddenly you feel like you are right back where you started. Don't be discouraged. It doesn't mean that what you are doing is not working. It means you're normal.

Every single day each of us is thinking somewhere between 12,000 and 70,000 thoughts, and about 90 percent of those are repeats of the thoughts we entertained the day before. The other ten percent are bits and pieces that run in and out of your mind with no rhyme or reason whatsoever. When you stop and consider how much of your thinking is repeated, however, you realize we humans are not the thinkers we believe ourselves to be. We are remember-ers.

I recently watched a show on the Science Network about a woman who had suffered total amnesia as a result of an auto accident. As difficult as rebuilding

her life had been, one of the more interesting "side effects" of the amnesia was that she became quite successful in her "new" life, precisely because she had no past memories to fall back on. No longer bound by what her memories told her life was supposed to be, her mind was like a blank canvas upon which she could paint the life she wished. So she painted a successful one.

Now, I'm not suggesting that we all need to develop total amnesia, but I do believe we need to consciously develop selective memory, making certain that those thoughts we choose to play repeatedly are the kind of positive, empowering thoughts that will help to create and maintain a prosperous life.

As long you are repeating thoughts of lack and pain and struggle, prosperity is impossible. If you are frequently thinking about money, or how terrible the state of the economy is, even you are just remembering an old thought, you are placing yourself in a position where you will always have to worry about money and the state of the economy.

If you frequently feel the need to "vent" by repeating to your friends, family and co-workers what a lousy bum your ex-husband is and how he missed another child support payment this month, or how worried you are that you will be in the next wave of layoffs at work, you may as well be on the Universal Studios payroll, because you're writing a script that will most definitely become the movie of your life. And oh yes, you'll also be given the starring role.

So how do we get rid of this obsessive and stinking thinking that is showing up in our minds on a daily basis? With a blessing, of course. (Come now, you didn't really think I was going to send you a message without mentioning blessings, did you?)

For me, releasing repetitive thoughts is really quite easy when I take a few minutes to apply the Blessing Way Process. Since the process is new to you and I want you to have a better idea of how you can use it, instead of just writing out

the steps, I've created a little audio that you can use to erase all those repeated limiting thoughts you may be carrying around every day. It will not only help you let go of that nuisance thinking you've been carrying around for far too long, it will also provide you with an uplifting way to start to your day. Try it for yourself and see.

[Click Here to Listen](#)

Today's Action Step:

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.
- >4. Return to the blessings requests and read the responses being posted by those who have been blessed. (you'll find a link at the bottom of this email, or simply go to bettertobless.com and click on "Request a Blessing")Your blessings are making a difference. Reading the responses will give you an opportunity to see for yourself.

Today's Quote:

"The Good News is that you don't have to go to Hell to get to Heaven."

—Neale Donald Walsch

Today's Affirmation:

"Blessed is my natural state of being."



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<http://prosperity.blessingsexperiment.com>

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