

# The 90-Day Prosperity Experiment

Day 28: The Touchstone *by Kate Nowak*

Hello from my heart to yours!

As you are already aware, the way we think, feel and act molds our perceptions of the world we see. What we tend not to realize, however, is how many of the same thoughts, mental images and emotions we entertain daily, playing them repetitiously, until they become the habitual thoughts that color and shape our world, motivating and directing every other thought, word and act.

Once a habit is impressed upon consciousness, whether it be positive or negative, it takes over, and both body and mind react accordingly. Anyone who has ever driven a familiar route on a daily basis, for instance, knows how easily the route can be followed unconsciously. Once a habit is formed, we tend to follow it without thinking, the same way we breathe in and breathe out without being aware we are doing so.

An ancient story exemplifies how deeply embedded our habits become and how easily, unless we are closely attuned, we allow them to take control.

When the great library at Alexandria was burned to the ground, it is said that only one book remained intact, and it contained the secret for transmuting base metal into gold.

It is further said that the book eventually fell into the hands of one poor man who found within its pages a particular statement that changed his life: "The touchstone necessary for turning base metals to gold lies on the shores of the Aegean Sea." The account gave the approximate location of the stone and reported that it would be easily recognizable because anyone finding it would feel its pulsating warmth and know at once it was the touchstone.

So eager to have it, the man sold everything he had, deserted his family and friends, and headed to the remote portion of shoreline indicated in the book to search for the touchstone.

Much to his dismay, when he reached the shore, he found the beach littered with millions and millions of similarly sized stones. Finding the one solitary touchstone in all these rocks would be nearly impossible, he realized, and overwhelmed by the sheer magnitude of such a task, he fell to the ground and wept.

Soon, however, his yearning for the touchstone overcame his despair and he set to work with a vengeance, picking up one stone at a time, holding it in his hand to check for the telltale sign of pulsating warmth and then tossing it into the sea when no warmth was felt.

A year went by, and in that time the man had picked up thousands and thousands of stones, but each was as cold as the other, and so each was tossed into the sea.

Finally, after three long years had passed and hundreds of thousands of stones had been tossed into the ocean, the man reached down to pick up yet another stone and the moment he held this one in his hand he knew. The stone was not just warm but hot, almost to the point of burning his skin.

"Eureka!" he cried out, and then, with the same habitual gesture he'd been using for three long and grueling years, he tossed the stone into the sea.

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Like the man in the story, unless we remain cognizant of our thinking, emotions and actions, we run the risk of becoming victims of the habits we ignore. Once a habit is realized, we have the ability to break it or change it, but as long as we remain unaware of its presence, it has complete control over us.

Along with awareness being a necessity for taking charge of our habits, it is also important to remember that few habits are broken over night, so don't be impatient with yourself when all those brand new positive thoughts you want so badly to embrace are suddenly overtaken by a rash of bad ones.

You are changing in many wonderful and positive ways, but thoughts born out of old well-entrenched habit may still sneak in from time to time. When you catch yourself falling back on old habitual thought patterns, simply stop and change your thought. Don't tell yourself it's hopeless and that you might as well give up. That's victim talk, and you're not a victim. You're a victor.

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Besides, what have you got to worry about? You haven't tossed the touchstone into the sea yet and you get to choose which thought on the shore of your mind you will choose. So pick yourself a good one and move on.

Determine to become the prosperous person you want to be and before you know it, you'll be tossing old base thought patterns of failure, sickness, limitation, hatred, jealousy and worry into the sea of nothingness and exchanging them for new warm and golden thoughts of success, health, happiness, love, confidence and trust.

That's how the habit of prosperous thinking is developed. One beautiful golden thought at a time.

**Today's Action Step:**

1. Re-read your Prosperity Business Plan and your Ten Things Gratitude List.
2. Place today's allotment of money in your container and read the affirmation on the container three times. Expect to receive in return.
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](http://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:**

"To fall into a habit is to begin to cease to be."

~Miguel de Unamuno,  
from *The Tragic Sense of Life*

**Today's Affirmation:**

"I transform the base habits of my old nature into the golden habits of my new and prosperous nature and I do so with ease and confidence."

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