

The 90-Day Prosperity Experiment

Day 3: The Nurturing Process *by Kate Nowak*

Hello from my heart to yours!

As any parent will attest, life changes drastically when a new baby arrives. Our entire focus becomes centered on this tiny child who commands our full attention by nothing more than simply being. We happily rearrange our schedules to better accommodate the baby's needs and no matter what we may have thought we wanted before, we now desire nothing more than making certain this precious presence is loved, nurtured and protected. One tiny whimper can draw us from the soundest slumber and even when we long desperately to stay in the warm comfort of our bed, we push ourselves past the longing and arise to tend the child. Nothing, absolutely nothing, is more important to us than this cherished being.

So what does having a new baby have to do with prosperity? Bear with me a moment, and I'll explain.

I don't know if you're aware of it, or not, but there is an abundance of websites devoted to creating prosperity. Type the words into any search engine, and chances are over a million listings will pop up. There are literally thousands of books -- on line and off -- CDs, DVDs and e-courses available. And personal

coaches willing to walk you through the steps of developing an abundance consciousness abound.

Yet with all this help, all these teachers, all these available tools, there are still more people living in lack and limitation than not.

Almost 95 percent of those who visit the websites and buy the books and take the courses and hire the coaches - Almost 95 PERCENT! - do not follow through with the teachings they are given. And that, my friend, is where the baby comes in.

If a new, helpless infant were left in our charge, few of us would neglect to feed it. Nor would we make the assumption that the feeding given on Monday would satisfy its hunger on Thursday. And yet many of us - most, in fact - determined on Monday to make it a daily habit to write in our journals or spend time visualizing or affirm our desires over and over again, will have completely cast the new habit aside by Thursday. As a result and having starved from lack of attention, the abundant life we seek fades away, leaving us as it found us, surrounded by the scarcity we've always known.

And because no one ever wants to admit to having starved the baby, we look for other plausible reasons for its demise. We tell ourselves abundance would not have come anyway, that we're not smart enough, or good enough or lucky enough to achieve. And then we tell others -- those plenty who will listen and sympathize -- that we tried and it wasn't our fault it didn't work, it was the concepts that were faulty. Not us.

We simply fail to understand how important it is that abundance be nourished and tended as devotedly as an infant if it is to materialize.

And that's where this 90-Day Experiment. In order for you to create a more prosperous life for yourself and others, you must begin by understanding that your new life can only be drawn into being by your total devotion to it.

Let's face it, you got where you are by your diligence, either conscious or unconscious, to your current thinking and by repeating the same behaviors day after day. It's going to take a true commitment from you to create an abundantly blessed new life, not because the new life is that difficult to create, but because of your need to break old resistant habits to it. Persistence and commitment are paramount if you are to achieve lasting abundance.

Are you willing to commit to blessing others?

Are you ready to embrace a consciousness of prosperity as totally as you would a new child?

Will you be as serious in your effort to accept total responsibility creating a more blessed life, just as you would be to accept the responsibility of parenthood?

Are you prepared to change the focus of your thinking and stand guard over your thoughts as diligently as if you were protecting your new infant from harm?

Will you commit to the daily feeding and nurturing process as fully as you would commit to the care of a helpless baby?

If you answered "yes" to the questions above, congratulations, for like an infant placed in your care, a blessed and prosperous life is just waiting to be nurtured and loved into its full potential. All it needs is your attention.

I don't know about you, but I think I just heard the baby cry.

Today's Action Step:

Continue to bless those you chose in yesterday's Action Step.

Today's Quote:

"My grandfather used to give me presents. Once he brought me a paper cup when I was four years old. I was disappointed that the cup was filled with dirt. He took me to the kitchen and showed me how to put a little water in the cup. He told me "Neshume-le, you put some water in the dirt every day and something will happen." The first week I waited for something magical, but nothing happened. The second week, I wanted to give the cup back to grandfather. But the third week, two tiny green leaves appeared out of the dirt. I was thrilled and when I showed the cup to him, Grandfather said, "Life is everywhere-- hidden in the most ordinary and unexpected places." I asked, "And all it needs is water, Grandpa?" And he laughed, "No Neshume-le, all life needs is your faithfulness." Perhaps faithfulness is needed now. Ever since 9/11, our politicians have failed us. The only place of real safety is connectedness. Instead of the motto "Live and let live" we should have "Live and help live." We don't need to be more than who we are. In Deuteronomy 30:19, God said, 'I have put before you goodness and evil. Choose Life.'"

--Dr. Rachel Naomi Remen
from *My Grandfather's Blessing*

Today's Affirmation:

"With my blessings I faithfully nurture my connectedness to life."



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