

The 90-Day Prosperity Experiment

Day 32: Adverse Blessings *by Kate Nowak*

Hello from my heart to yours!

Sometimes when the positive changes we desire don't happen as fast as we think they should, we get frightened and find ourselves momentarily blinded, unable to see anything but the cause of the fear that grips us. It hovers over us like a threatening storm, dark and foreboding, monstrous in appearance. We have to look away from the storm completely before we can see the light breaking on the horizon, but some times we get so caught up in the surrounding threat that we do not think to look away until all hope is lost. It is only then we realize it was never the difficulty, but our fear of it, that kept us trapped.

Any time a crisis occurs, we have a choice. We can tremble in fear and trepidation, or we can accept that we have attracted this experience to us as a way of garnering self-awareness. In choosing the latter, we enter into whatever suffering the crisis causes just long enough to call its bluff. We don't run away, or

stick our heads in the sand, or dart willy-nilly in every direction seeking a solution. We simply allow the crisis to be what it truly is: an opportunity for us to release both the illusion and the pain caused by it.

The next time a difficulty arises in your life, remind yourself first that there is no difficulty you cannot overcome. *None*. No matter how foreboding it may appear. Then accept the problem the same way you would a valuable gift. This is not as difficult as it sounds, especially when you remind yourself that trouble is never the enemy we make it out to be, but only a guide unconsciously attracted to get us back on track.

When we allow the difficulties in our lives to serve their purpose; when we relax, letting go of every fear and recognizing that the entire experience, no matter how bleak and daunting, is a blessing in disguise; when we confront our suffering with acceptance and count it all good, then a very remarkable thing begins to happen. The illusion of suffering dissolves away and in its place is left a precious gift: The gift of a trouble-free and prosperous life.

Today's Action Step:

1. Re-read your Prosperity Business Plan and your ~~Ten~~ **Eleven** 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 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:

"How many times do we miss blessings because they are not packaged as we expected?"

— Author Unknown

Today's Affirmation:

"Life always works in my favor."



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<http://prosperity.blessingsexperiment.com>

To join the **Prosperity Experiment Forum**, please go to this URL:

<http://www.bettertobless.com/forum.html>

Note: A password is required to access the forum. The password is **bles**