

The 90-Day Prosperity Experiment

Day 33: Clearing Emotional Baggage *by Kate Nowak*

Hello from my heart to yours!

Lack of any kind, whether it's a lack of money, lack of love, lack of good health, - whatever the lack may be - is always in our lives for a reason. It's there to remind us to get in touch with our emotions. Most of the time we ignore it. Emotions, after all, can be such messy things.

Nobody wants to deal with them. It's much, much easier to just stuff them down and go on. And so we blame the lack, if its money, on the economy; if it's love, we blame a short supply of good men (or women); and if it's health, we blame refined foods and toxic air. Everybody's emotional, we tell ourselves as

justification. In fact, we're probably better than most, so there's got to be some other reason we don't have what we want.

But there's usually not. And as long as we attempt to focus on increasing prosperity and abundance without addressing the emotional baggage we've been hauling around on our mental backsides most of our lives, we're not going to get where we want to go. Oh, sure, we may make a little headway down the path to prosperity, but before long we'll be confronted by some emotional bugaboo that insists on pushing us back two steps for every one we take forward.

No matter what aspect of our lives in which it shows its ugly head, lack is always a "loaded" subject. And the minute we try to deal with it, all other kinds of issues rise to the surface. This can lead to a very real sense of imbalance, and if we don't understand it or know how to address it, can cause us to throw up our hands and quit, sometimes before we've barely gotten started. That's why I've included some simple-to-learn and easy-to-use tool for tossing all those emotional obstacles off the path before they can block your progress.

For the few weeks, we're going to be exploring these various techniques, learning how to apply them and including them as part of our daily lab work. You may like some of them more than others. You may not like some of them at all. But each is designed to help clear away the blocks and barriers to good in a way that allows us to move forward with ease.

The first technique we're going to be exploring is EFT, Emotional Freedom Technique. EFT is like a good housekeeper. It not only gets rid of the mental dust bunnies and clutter, but also rearranges your emotional system, moving it back into balance using nothing more than the gentle tap.

EFT will help you to clear away any resistance to abundance you may hold, as well as any fears, and also help you empty that mental filing cabinet full of old beliefs that are no longer serving you. It works really well with several other

techniques. I use it and the other clearing techniques we'll be discussing right along with the Blessing Way Process almost daily. Since I've frequently mentioned EFT in issues of the Blessing Way Update, you're probably already familiar with it. In fact, you may already be using it daily. And if so, that's wonderful. Please keep doing so.

But if you aren't currently familiar with the technique and you want to move down the path to prosperity as quickly and effortlessly as possible, then I encourage you to investigate it more fully. You'll find the basic information about EFT at this URL:

<http://www.bettertobless.com/pe-eft.html>

And if you follow the link provided there to the primary EFT website, you'll find a wealth of free information regarding EFT and it's many, many uses. Read it, study it, and play with it. You'll be glad you did. It's an amazing technique.

And before you dismiss it as "not for you" then just consider for a moment that maybe such a thought is nothing more than a limiting belief trying to keep you caught in all the emotional sludge you've always been stuck in.

Of course, you won't know for sure unless you give it an earnest try. So instead of telling yourself flat out that it won't work before you even try it, why not consider spending some time learning EFT to see if it does work? Who knows? It could turn out to be one of your favorite lab tools.

But then you'll never know if you don't try. Will you?

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:

"To succeed, we must first believe that we can."

— Michael Korda

Today's Affirmation:

"Every day my pathway to prosperity becomes clearer and more certain."



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