

# The 90-Day Prosperity Experiment

Day 36: Creating A Key *by Kate Nowak*

Hello from my heart to yours

One of the ways we create a new reality is by visualizing what we want as clearly as possible, holding the image in our mind and then using as many of our five senses as possible to fully embrace the image.

For instance, if you want a new car, you choose the kind of car you want, pick out the color you like, and then fill in as many other details about the vehicle as you possibly can. When you imagine driving the car, pay attention to what your other senses are telling you about the experience. You might put a favorite CD in your imagined car's CD player so you can hear your favorite music while you're driving, or imagine you can feel the cool smoothness of the steering wheel beneath your fingertips and take a whiff of that wonderful new car smell as you drive down the road. You construct the event in your mind just as you were living it in the present moment and then repeat the visualization daily, especially at night just before drifting off to sleep, and keep repeating the same mental picture in your mind until it becomes your reality.

If you have trouble concentrating on the event in your mind, or don't feel you are good at visualizing, however, don't dismay. Just as powerful as visualization here's another technique you might want to try. It was introduced a half century ago by teacher and writer Neville Goddard and works incredibly well:

When you find it impossible to imagine your new car (or whatever your desire might be) in your mind, then simply reduce the idea down to a single thought in your mind and then create a two or three word phrase that you can easily remember and repeat. Phrases like "Isn't it wonderful?" "What a blessing!" or "Thank you" work beautifully. Just make certain that the phrase you are using signifies that the desire *is already realized*. Phrases like "So it is," or "It is done" also work well.

Just as you are about to drift off to sleep, take a moment to focus on your desire and repeat your key phrase softly, letting it lull you to sleep like a soothing lullaby. You might also want to try using the phrase in a modified version of the Blessing Way Process as described on [Day 15](#). You might also let the phrase be your reminder phrase in one or more EFT tapping sequences.

The important thing is to associate the phrase with as many pleasant aspects of achieving your desire as you possibly can, and then use it as often and in as many constructive ways as you can. Soon it will become a trigger phrase, serving to quickly raise your vibration to a higher and more positive frequency each and every time you repeat it.

And don't forget to use this technique in seeing the needs of others met as well. It works just as powerfully for others.

**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](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:**

"Feast on the idea, become identified with the idea as though you were already that embodied state. Walk in the assumption that you are what you want to be. If you feast on that and remain faithful to that mental diet, you will crystallize it. You will become it in this world."

— Neville Goddard

**Today's Affirmation:**

"I call out to my good and it comes to me."



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