

The 90-Day Prosperity Experiment

Day 38: Moving to Higher Ground *by Kate Nowak*

Hello from my heart to yours,

If we are going to achieve the level of prosperity we dream of achieving, one thing we must always keep in mind is that life is, above all else, a matter of choice. While we may not always consciously choose our experiences, we do consciously choose our reactions to them and it is through these reactions that our lives are designed.

Of course, most of us don't realize how important our choices are, especially when our lives are in turmoil. When we're troubled, it is difficult for us to see anything at all but the problems surrounding us. When the world seems to be falling apart all around us and it feels like the only possible reaction is to fall apart with it, the idea that we can change our circumstance by choice seems almost nonsensical. But the truth remains: **We always have a choice.**

And **we are always choosing**. In fact, even when we've convinced ourselves we have no choice, we are making one: We are choosing to NOT take control of the situation. By doing so, we lock ourselves into believing we have no options available. This drains our energy and literally turning us into captives in our own mind-made prisons.

The good news is we can always escape. We have, each and every one of us, been given the keys necessary for release from our self-imposed prisons, and even in those moments when we are stressed out, overwhelmed and our lives feel totally out of control — even in those moments — we are capable of choosing the way to freedom.

We cannot change anything by focusing all of our attention on it. As Ken MacLean says, that's like trying to drive a car forward by looking in the rearview mirror. You don't get anywhere in life by looking at where you've been or even where you're at. You get there by looking at where you are going. And now, more than ever, as we approach the halfway mark of this experiment, it is vital that you keep looking at where you are going. It is a conscious choice that you must make repeatedly from here on out.

About four years ago, I was returning home from a business trip in New Mexico when I was caught in West Texas by a sudden winter blizzard. The days previous to the storm had been warm and pleasant and though I've lived in Texas long enough to know better, I was totally unprepared for the weather change, having no heavy coat, hat or gloves to protect me from the elements. And because I live in an area where winters are normally mild I was also unprepared for the change in driving conditions, as temperatures dropped and a mixture of sleet and snow turned roadways slick and dangerous.

More than anything else I wanted to get home, and decided against finding a motel room and riding the storm out. I was hoping if I kept moving eastward, I could beat the worst of it. Common sense told me I should stick to the major

highways, but my desire to be home and my fear of being stranded were both strong. When I overheard two men at a gas station discussing missing the brunt of the storm by turning south, I decided to chance it.

Within an hour I found myself driving along a 40-mile stretch of abandoned country road in an area totally unfamiliar to me. There were no other cars on the road and no houses in view. To make matters worse, I was miles from a tower and had no cell phone service, so there was no way I could call for help if I got into trouble. Completely alone in an isolated area in a dangerous winter storm, I could feel my fear rising with every heartbeat.

I contemplated turning around and going back to the gas station, but by the time I realized I was in trouble, both the road and the shoulder had been completely covered by snow and ice and I was afraid that in trying to turn around I could slide off the road and get stuck, placing myself in even greater peril. There was only one way out of my predicament. I had to keep moving forward.

When I realized my hands were aching from having gripped the steering wheel so tightly, I forced myself to relax. Slipping a favorite CD into the player, I began singing along with it, letting my fingers drum out the tune. After a few minutes I began noticing how pristine and beautiful the land around me looked tucked beneath its blanket of snow, the late afternoon light dancing like frosted stars along the surface. I thanked God for being given the opportunity to witness such beauty.

After a bit, I began to think of my journey as quite the adventure, one to be enjoyed and embraced as a precious life experience. Soon what began as a fearful trek across unfamiliar country in treacherous weather conditions became a beautiful and empowering experience I enjoyed immensely, not because the circumstances had changed, but because I had made the decision to view them differently.

To the world, refusing to focus on our problems usually sounds suspiciously like sticking our heads in the sand. But ignoring something doesn't change it. Rising above it does.

When you are focused on something better, something beautiful, something true and rich and good; when you maintain your focus on that which makes you feel joyful and alive and happy, then you raise your consciousness, increasing your vibration, and essentially restructuring the situation and the effect it has on you. You are not ignoring it or resisting it. You are climbing above it, establishing yourself on higher mental ground.

And choosing the higher ground is always an option. The storms of life are going to occur from time to time, usually as unpredictable as a Texas blizzard. There is no reason, however, to be fearful once you realize you can flow through any situation by keeping your thoughts focused on the higher ground. You need only to press forward, choosing to bless the situation rather than be stressed by it, content to enjoy the sights along the way, ever aware that your destination is away from the storm completely.

No matter what may be happening in your life right now, you will not make it one bit better by holding on to your fearful perceptions of it. So give it up. Escape to the higher ground of your thinking by choosing what you would have in its place and letting your thoughts carry you there. Dream and fantasize, conjure up images in your mind that delight you and fill you with joy. Sing, laugh, play and find the beauty hidden in the journey, but refuse to see anything else. By doing so you will soon find yourself far removed from the flood plain of trouble and living instead on a mountaintop of bliss.

A better life is created one choice at a time. And the choice is always yours to make.

Today's Action Step:

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

"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."

— Eleanor Roosevelt

Today's Affirmation:

"I always make the choices that serve me best."



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