

The 90-Day Prosperity Experiment

Day 39: No Matter What You May Think *by Kate Nowak*

Hello from my heart to yours,

Quantum physics is absolutely marvelous stuff. Not only does it point out that we really are all connected, but through countless experiments designed to put the building blocks of the universe through every possible scenario, it also tells us that *we are always right*.

That means that no matter what we think our circumstances are, our assumption is correct. Energy sees to it, picking up on those thoughts we hold most dear and reflecting them right back to us as reality. You could think of energy as a sort of universal construction worker, grabbing onto our expectations, conforming to them and then laying them out before us like a yellow brick road to reality. As Pogo would say, "*We have met the Wizard and he is us.*"

What this means, of course, is this: If you think you're poor, then you'll be poor. If you think life is a struggle, then life will be a struggle. If you think you must live a

life of limitation, pulling yourself along a track of fate from paycheck to paycheck, then that track of fate is where you'll stay.

Congruently, if you think your life flows abundantly and is filled with every good thing, it will be. **It must be!** No matter what your past thoughts may have created, the moment you begin thinking thoughts of wealth, health, prosperity and abundance, those little bundles of energy will pick up on that new signal and scramble to become physical matter mimicking your thoughts.

Don't forget that everything is made up of these amazing energy bundles. And it isn't just quantum physics that tells us that, either. Philosophers and mystics have been saying it for eons. We really do live in a world of "Thinking Stuff" as Wallace Wattles called it in his classic work, **The Science of Getting Rich**.

"Original Substance moves according to its thoughts" Wattles wrote, "every form and process you see in nature is the visible expression of a thought in Original Substance. As the Formless Stuff thinks of a form, it takes that form; as it thinks of a motion, it makes that motion. That is the way all things were created. We live in a thought world, which is part of a thought universe. The thought of a moving universe extended throughout Formless Substance, and the Thinking Stuff moving according to that thought, took the form of systems of planets, and maintains that form."

You Are The Cause

Are the ramifications of all this sinking in? I hope they are. I hope you are beginning to see the depth of your own power. You are an energy sculptor, an artist, a creator. You literally and specifically create your world by the power of your thinking. And once you create something with your thoughts, your attention to it keeps it there. Is that not incredible?

Let me say it again because it is so worth repeating: You are the creator and, along with God, the co-creator of your world. You are the cause that produces the effect. You are the reason you can say to a mountain “Move!” and it has no choice but to get out of the way. You have been given this amazing powerful gift, but if you want to live prosperously, you’ll have to use it wisely, because whether you’re commanding it or not, of one thing you can be certain: It’s working.

The thoughts you think repeatedly and the emotions you feel and hold onto and will not let go of; these thoughts and feelings are constantly creating your world, day in and day out, minute by minute, second by second.

If you want to begin living more abundantly if you really, truly yearn to cross the bridge from the life you now live to one that is rich, full and beautifully blessed, and you want to do it quickly and effortlessly, you simply must grasp this: **You do become what you think about.**

That's not just an airy-fairy old adage created to turn you into a goody-two-shoes who walks around spouting sunshiny thoughts all day. It's a scientific fact. You don't need to turn into a Pollyanna. But you do need to recognize the truth of your being.

And if you're spending thirty minutes a day stating your affirmations, putting money in your money container and reading over your lab report and prosperity business plan and then spending the rest of the day worried about your finances, health or relationships, well guess what is going to show up in your life. Here's a hint: It won't be the good stuff.

A prosperous life requires a prosperous mindset. And if you've been dwelling in lack and limitation for a while now, you may need a total mindset makeover. It means tuning in to your thoughts and when you catch yourself dwelling on what

you don't want, changing to think about something you do want. It means taking a deep breath and blessing a situation instead of cursing it. It means letting go of all the judgments and labels you've used for a lifetime as the way of defining you life and seeing everything as good instead.

You've been using the judgments and labels as part of the way you define your life. If you want a new life, you first have to come up with some new definitions.

Look around you right now. What do you see? Whatever it is, realize this: It is the product of your thinking. The bad news is this: Because your thoughts, feelings and emotions created it, you're responsible for it. Not your parents, or your spouse, or your children, or your job, or your economy, or your locale. Not anyone or anything except you. Just you.

The good news, the *phenomenal* news is this: *You are responsible for it. YOU!* And what you don't like, **YOU** can change by doing nothing more than changing your mind. It really is that simple.

Important Note: On Monday, July 28th, at 8 pm Central Standard Time, Brad Yates and I will be hosting a free tele-class for the purpose of discussing EFT and answering your questions. This call is limited to the first 200 callers so if you are interested in attending the call, please call in several minutes early.

To access the tele-class, please call **1-712-421-7756**. The access code is **5573#**.

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:

"If prosperity is your goal, it's important to listen to your money thoughts. These thoughts have to change in order to reach your goal. Thoughts that express your fears will have to change to positive expectations."

— Joan Sotkin

Today's Affirmation:

"Life gives me what I choose. Prosperity is my choice."



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<http://prosperity.blessingsexperiment.com>

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

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

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