

The 90-Day Prosperity Experiment

Day 46: What Resistance Is *by Kate Nowak*

Hello from my heart to yours,

Are you beginning to understand that the easiest way to get rid of the problems in your life is to open yourself up to accepting them?

This doesn't mean you have to enjoy the problem. You don't even have to like it. All it means is that you are willing to accept it as being part of your reality to the point that you no longer deny or reject it.

It means you are willing to accept that you created this problem as a valid expression of your being at the time you created it and no matter how long it remains part of your reality, you will choose to view it as beneficial to you.

It means you understand that when it resolves itself it will do so because it's purpose has been served and the message it came to bring you has been delivered.

It means you are willing to stop resisting.

This is a beneficial universe and in it, resistance and struggle are synonymous. Wherever one is, the other is there, too. That's because in order to struggle, you first have to have something to struggle, or push, against.

Without something to resist, there is no struggle. The End. Finito.

The thing is, as most of us move through life we begin to erroneously perceive that the world is in opposition to what we want. We begin to blame our outer world for the state of our own experience. We tell ourselves the economy is robbing us of wealth; or poisonous chemicals and contaminants are robbing us of health; or the sad state of world conditions is robbing us of joy. And pretty soon we believe it,.

And after awhile we develop an ironclad belief that our reality is something separate from us rather than being a reflection of our inner state. The stronger our belief that the world is against us instead of for us, the stronger our resistance to it becomes and the stronger, also, becomes the likelihood that we will meet with struggle and strain at every turn. Our resistance actually becomes an energetic gateway that separates us from Universal Good.

That doesn't mean resistance is a bad thing. Quite the Contrary: Resistance is one of the tools you use to define and develop character and individuality. It is a mechanism through which your being is expressed. You can use it to define the person you came to be. But you can also let it go any time you choose.

Think of the universe as being the showroom where all Good is displayed. You get to pick and choose which portions of that Good you want to experience. Right now, you may be choosing to experience a limited portion, but you can always choose again any time you like. And the way you choose again is by simply lowering or raising your level of resistance.

As you lower your resistance, you begin chipping away away at the separation you feel between yourself and the world. And as you do so, the world stops being a hostile place and becomes instead what it was always meant to be: a platform upon which you can experience Goodness.

The world, you see, is where you are experiencing life.

You might as well enjoy the experience.

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:

"We are divided within. We serve two masters; what we don't want, and its opposite – the desire of the moment produced by resisting what life has brought to our door."

— **Guy Finley**

Today's Affirmation:

"I now let go of my resistance to life and embrace it instead."



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<http://prosperity.blessingsexperiment.com>

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