

The 90-Day Prosperity Experiment

Day 54: Belief Crevasse *by Kate Nowak*

Hello from my heart to yours,

Do you know what a belief is? It's a habit. It's a thought that you have repetitively thought so many times that it is now easier for you think it than it is for you not to think it.

Imagine that your mind is a broad, open field, cleared and ready to be plowed and planted. Every thought you think plows a shallow furrow in that field. The more often you repeat a thought, the deeper and wider the furrow for that thought becomes.

After a while, some of the furrows created by those oft-repeated thoughts stop looking like normal furrows and begin looking more like wide crevasses: crevasses so wide, in fact, that you can no longer see across to the other side. And because it appears that it is now far too wide to be crossed -- in your mind at least -- the crevasse has essentially served to separate you from the rest of the Field.

Having become so deeply entrenched into your mindset as to essentially cut you off from any opposing thought, that one idea, statement or teaching that you entertained again and again has now become a ironclad belief.

Since it is now habitual thinking – in other words you don't have to make yourself aware of it, it's always there, running on automatic -- you'll do whatever you have to do to defend it. In your mind, that once-repeated thought that's now a mind-crevasse is not only totally impassable, chances are good you've convinced yourself that trying to cross it would be fatal. And you will do whatever you must to justify staying put.

Abraham Maslow provided a perfect example of how powerfully our beliefs can contain and limit us and how determined we are to defend them, when he told the story of the patient who refused to eat because he had developed the belief he was a corpse. In exasperation, the man's psychiatrist finally asked him if corpses bled. The patient answered that he didn't think so.

Having first asked his permission, the psychiatrist then proceeded to prick the patient with a pin, and of course, the man began at once to bleed. Looking down at the drop of blood forming on his skin, he then declared in astonishment, "Wow...corpses do bleed after all!"

The point is, the life we create for ourselves is largely determined by our innermost beliefs. When we hold on to any belief that tells us we can't have what we want, then even our most valiant efforts have a great chance of failing because the moment we begin inching closer to that mental crevasse, the old beliefs will kick in to effectively turn us back to the restricted comfort zone of limited thinking.

When, however, we start changing the old thought patterns, consistently repeating the new thoughts we want to embrace, we actually begin to fill in the old, limiting belief crevasse that has kept us bound.

When we consistently hold on to these new belief-forming thoughts, it isn't long before we begin to notice that all the old feelings of failure and hopelessness are fading away and we're feeling more positive and empowered than ever before.

It is a signal that our liberation has begun. We are stepping into alignment with who we really are. We realize we are One with the Universe, and from here on out we know that everything will work to our benefit.

In yesterday's message, I suggested you ask yourself what false beliefs and myths you've been entertaining all these years. Common statements like "Money doesn't grow on trees," "Everybody struggles," "It's a dog-eat-dog world," are not only limiting by nature but, because they are so common, they can slip unnoticed into our psyche and harden into beliefs very quickly. And once a belief, they become the designers of our destiny.

Today, begin making a list of every one of those common, oft-repeated statements you hear yourself saying. If it's limiting, it needs to be changed, so write a positive statement to take its place. And make sure the statement is not only positive, but filled with enthusiasm and joy. For instance, the three statements above might be re-written thus:

"Money does grow on trees, and one is planted in my backyard!"

"Everyone succeeds! Including me!"

"It's a love-and-be-loved world. And I love it!"

Just remember that as you are creating your new affirmation from a negative statement, you need to be specific, using positively charged words that will negate the previous statement.

Now choose the negative statement you think is causing the greatest degree of limitation in your life at the moment, and once rewritten as a positive statement, make a commitment to affirm the phrase aloud daily. Use a lot of emotion and feeling as you say the words and state your affirmation as clearly and strongly as you possibly can. In other words, this is *not* the time to mumble.

Repeat the statement the same number of times as there are words in the statement and with each repetition, placing the emphasis on the next word. For instance, if your statement was “Money does grow on trees, and one is planted in my backyard,” you would repeat the affirmation a dozen times because there are twelve words in the statement, and with the first repetition, the emphasis would be placed on “money,” with the second repetition the emphasis would be placed on “does,” and with the third time the emphasis would be placed on “grow.”

The more feeling and enthusiasm you can create, the stronger the affirmation becomes. And the more you repeat the affirmation, the more quickly the crevasse of old limiting beliefs is filled in with good, rich soil in which new seeds of abundance thinking can be planted and will quickly sprout and grow.

And if you want to make your affirmation really powerful, then go through the Z-Point Process – you’ll find out more information about it here – to each affirmation by stating the affirmation, and then repeating the phrase “thank you” ten or fifteen times before stating the affirmation again.

And if you're thinking that I am giving you a lot of things to do and you're not sure you can find the time, here's what you need to do.

Every time you find yourself worrying, stop worrying and start repeating your affirmations.

Every time you think about that person you really, truly dislike – you know the one – stop thinking about that person and start repeating your affirmations.

Every time you find yourself grumbling about the state of the world, stop grumbling and start repeating your affirmations.

Every time you are certain this will not work, stop being certain or doubting anything and start repeating your affirmations.

And you were afraid you wouldn't have time. See how silly fears can be?

Today's Action Step:

1. Re-read your Prosperity Business Plan and your ~~Top~~ **Eleven** Things Gratitude List.
2. Take a moment to stand firmly with one arm raised to the heavens, the fist clenched as firmly as if you were holding on to the hand of God. Now either

mentally or vocally affirm: "*As God as my witness, I am powerful today, I am brave today, I am strong today, I am fearless today, I prosper today. And I am living each moment of this day embracing my true nature and moving closer to becoming the person I am destined to be. For today and every day from this point forward this is my truth.*"

Note: If possible write this affirmation on a card that will fit in your wallet or purse and carry it with you so you can refer whenever you feel doubts or fears arising. And each time you repeat this affirmation, say the words with as much feeling and emotion as you possibly can, spending at least one full minute imagining every aspect of your life as you want it to be.

3. Place today's allotment of money in your container and read the affirmation on the container three times. Expect to receive in return.

4. 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. Reading the responses will give you an opportunity to see for yourself.

Today's Quote:

"People can, and do believe all kinds of utterly idiotic thoughts."

— Michael Hall

Today's Affirmation:

"I let go of those thoughts and beliefs that are no longer serving me."



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