

## The 90-Day Prosperity Experiment

Day 56: I Feel Good! *by Kate Nowak*

Hello from my heart to yours,

What kind of mood are you in? Are you feeling good? Or are you worried about, fearful of or angry over your current circumstance? I hope you're going to say you're having a really good day, because even though you may not realize it, the moods you entertain throughout the day are not the result of conditions in your life, they are the cause of them. And the better your mood, the better conditions in your life tend to be. So rather than creating something else to be worried, fearful or angry about, I'd rather have you answer that you're having an absolutely perfect day and you feel good.

Because, whether you like the idea of not, if you want to attract massive abundance, wealth and prosperity into your life, *feeling good is a must*. Such a must, in fact, that James Brown's "I Feel Good!" needs to become your theme song. “

Before you can change something, you have to feel something. Our feelings and emotions are the machinery that turns the flat one-dimensional thoughts and ideas in our minds into the multi-dimensional imaginings through which our lives are created. They are as important to the creating process and breathing is to the living process.

Not only must we imagine our good coming to us, we must experience its arrival through our feeling nature. That's why it is important to continually do "feeling checks" to monitor the dominant trend of your feelings and emotions. That way, when they begin to dip toward negativity you'll be alerted in time to bolster them back up.

In the 1950s a dynamic teacher named Neville Goddard spoke often of the importance of keeping watch over our feelings and emotions. One of his students wrote the following letter to him, explaining in detail the amazing result of keeping her mood elevated. Because it is as relative today as it was a half-century ago, I wanted to share it with you. As you will see, this woman felt the feeling of her wish fulfilled, letting her mood be determined by what she wanted rather than by what she had. She writes:

"At the time this wonderful thing happened to me I was out of a job and had no family to fall back upon for support. I needed just about everything. To find a decent job, I needed a car to look for it, and though I had a car it was so worn out it was ready to fall apart. I was behind in my rent; I had no proper clothes to seek a job; and today it's no fun for a woman of fifty-five to apply for a job of any kind. My bank account was almost depleted and there was no friend to whom I could turn.

"My desperation forced me to put my imagination to the test. Indeed, I had nothing to lose. It was natural for me, I suppose, to begin by imagining myself having everything I needed. But I needed so many things and in such short order that I found myself exhausted when I finally got through the list, and by that time I was so nervous I could not sleep.

“One lecture night I heard you [Nevelle] tell of an artist who captured the ‘feeling’ or ‘word’ as you called it, of ‘isn’t it wonderful?’ in his personal experience. I began to apply this idea to my case. Instead of thinking of and imagining every article I needed, I tried to capture the feeling that something wonderful was happening to me – not tomorrow, not next week – but right now. I would say over and over and over to myself as I fell asleep. Isn’t it wonderful! Something marvelous is happening to me now!” And as I fell asleep I would *feel the way I would expect to feel under such circumstances.*

“I repeated that imaginary action and feeling for two months, night after night, and one day in early October, I met a casual friend I hadn’t see for months who informed me that he was about to leave on a trip to New York. I had lived in New York many years ago and we talked of the city a few moments and then parted. I completely forgot the incident.

“One month later, to the day, this man called at my apartment and simply handed me a certified check in my name for \$2500. After I got over the initial shock of seeing my name on a check for so much money, the story that unfolded seemed like a dream. It concerned a friend I had not seen or heard from in more than 25 years. The friend of my past, I now learned, had become extremely wealthy in those 25 years.

“Our mutual acquaintance who had brought the check to me had met him quite by accident during the trip to New York the month before. During their conversation they spoke of me, and for reasons I was not to know (for to this day I have not heard from him personally and have never attempted to contact him) this old friend decided to share a portion of his great wealth with me.

“For the next two years, from the office of his attorney, I received monthly checks so generous in amount they not only covered every necessary requirement of

daily living, but left much over for all the lovely things of life: a car, clothes, a spacious apartment – and best of all, no need to earn my daily bread.

“This past month, I received a letter and some legal papers to be signed which provide the continuation of this monthly income for the rest of my natural life!”

Signed: T.K.

It really is amazing the explosive goodness that a spark of feeling added to the vapors of imagination has the potential to create.

**Today's Action Step:**

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

"This is an age in which the mood decides the fortunes of people rather than the fortunes decide the mood."

— **Winston Churchill**

**Today's Affirmation:**

"I feel good!"

"I love living and living loves me and I'm as happy as I can be. "



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