

The 90-Day Prosperity Experiment

Day 65: A Fable *by Kate Nowak*

Hello from my heart to yours,

There once was a speedy hare named Harry D. who bragged that he could easily change his life any time he chose without bothering to change his mind. Tired of hearing him boast, a tortoise named Consistent Lee challenged him to a race. All the animals in the forest gathered to watch.

Harry D. began to boast in great detail of all the dramatic changes he intended to make. The animals cheered. Harry D. smiled smugly, raised his front legs high in the air -- a victory symbol to show how confident he was -- and then paused to rest under the familiar shade of a judgment tree. He looked back at Consistent Lee and cried out, "How do you expect to win this race when you are thinking along at your slow, slow pace?"

Harry D. stretched himself out beside the tree, thinking, "There is plenty of time to relax." And then he thought about how much he disliked the taste of the wild grasses near his bungalow, and how unfair it was of his landlord to raise his rent, and how much he hated his neighbor, Crow, who was messy and noisy and such a distraction, and how with insurance rates constantly going up, he didn't know how he was going to get good health coverage for Bunny and the children, and how he really needed to write his congressman to see if something could be done about keeping foxes from moving into his district and how....Well, you get the idea.

After an hour or so, Harry D. looked behind him and saw poor, slow Consistent Lee had moved hardly at all, still repeating those same dull "I AM" affirmations he'd started out with. Harry D. yawned and rolled over to enjoy his nap a little longer. But then he began thinking about how far he was from the goal line. There was nothing to worry about, he knew. The tortoise was still far behind, far too far away to catch up anytime soon. And besides, what tortoise was doing didn't work anyway. Every one knew that. But the more Harry D. thought about it, the more he began to worry. What if the tortoise were to beat him? That would not be good. Not good at all.

A few minutes more contemplation as he lay under the shade of the judgment tree, and Harry D. decided that maybe -- just maybe -- he'd set his sights a little too high. Perhaps he should bring his expectations down a notch or two...you know...down to a more "realistic" level.

After all, this race was important. And settling would take all the pressure off because, as everyone knew, a tortoise winning over a hare, especially one as speedy as him, would be downright humiliating. And if there was any chance at all the tortoise could win...

Well, Harry D. just needed to make sure that didn't happen, that's all. So he settled for a lesser dream and went back to sleep.

Meanwhile, far back on the track, not very far from the starting line at all, Consistent Lee was busy imagining what he wanted. Whenever a conflicting thought arose, he dismissed it and went back to imagining he already had exactly what it was he desired most. He enjoyed feeling as if his desires were already met. He paid attention to the sounds and smells and tastes of what he wanted, using his imagination to incorporate it into all of his senses. He expressed gratitude over and over again, as if what he wanted were already realized. He acted in every way as if he already had what he desired most. He never, ever stopped, not even after it became clear to him and all those around him that what he wanted was being drawn to him as fast as it could.

The animals who were observing all this cheered so loudly for Consistent Lee, they woke Harry D. from his nap.

Harry D. stretched and yawned and then seeing what was taking place, began to imagine furiously. He scrunched up his brow, and clenched his fists and closed his eyes tight, the better to imagine. But it was too late. The tortoise was over the line, already enjoying those things he had wanted most. From that day on, Harry D. always reminded himself, "Don't doubt the value of a steady pace, for Consistent Lee always wins the race!"

I didn't rewrite the old Hare and Tortoise fable to be clever or to make light of what we are doing throughout the course of this 90-Day Experiment. I wrote it because I wanted to gently remind you that those changes you most want to

make in your life do not come from starts and spurts and hit or miss imagining, but from slow and steady and daily repeated excursions of the mind.

Like the tortoise in the fable, the task before us is not to stop and rest in our pursuit of what we want, but to keep on keeping on, persisting in applying one thought of what we want upon another, adding positive feelings and emotions to it by thinking from the place we want to be rather than observing it as if from afar.

Just as the tortoise, we must develop mental toughness if we hope to succeed, consistently returning to the images of what we want, even when the world is telling us it is impossible, even when those around us are telling us we are delusional, even when everything in us is ready to give up completely. A new life is not something that is given to us. It is something we take, grabbing onto it and holding tight, refusing no matter what, to let it go.

Re-creating your life the way you want it to be is not difficult, but it is demanding. It demands that you pay more attention to what you want than what you don't want. It demands that you let go of all those petty concerns, worries and judgments that are keeping you bound to a reality that no longer serves you. It demands that you not settle, that you not succumb to the pressures of a world that would have you believe that what you want is not possible, at least not for you. It demands that you feed your desires daily with your attention and your love.

And the one thing I can tell you with unwavering certainty is that right now, at this moment, you are tough enough, persistent enough and strong enough to do whatever your dream demands. You wouldn't have made it this far if you weren't. So like Consistent Lee, the only thing you need to do is keep moving toward your goal.

You are getting closer with every step you take.

On another note, let's focus for a moment on the First Law of Stratospheric Success: Value. A perfect example of an online business putting the Law of Value into action is available here: www.laurengroverman.com.

As a way of developing a fuller understanding of this wonderful law, pay the above-mentioned site a visit. Then list at least three ways Lauren Groverman is giving value to visitors to her site, both those who make purchases and those who don't.

Then, to further develop your understanding, write down three ways in which you might incorporate more value into every exchange you make with others, whether it be business or personal, or even impersonal, as in an exchange of information with a complete stranger.

Once your list is finished, I encourage you to share it with others by posting it in the Prosperity Forum. There are a couple of threads already started on the Law of Value, so you can post your list to one of those. Or start your own thread, if you prefer. Either way, through your interaction, you'll be giving yourself the gift of adding value to your participation in this experiment. And in all your giving, it is always important to remember to give to yourself.

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.

5. 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 essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently."

- Tony Robbins

Today's Affirmation:

"Those things I pay close attention to come to me easily and effortlessly. I therefore pay close attention to the desires of my heart."