

90-Day Prosperity Experiment Lab Report

Day 68 — *From The Inside Out*

“If you are encountering difficulties financially, this is a reflection telling you that something within you needs to be looked at, some change is needed. The healing needed may be specifically in the area of your relationship to money or power, or it may be something else entirely. For example, it could be a message that you need to nurture yourself more. “This learning process may or may not involve taking external action, but it always involves gaining greater internal awareness. Approached in this way, even an apparent crisis can turn out to be the greatest healing gift in your life.”

-- Shakti Gawain

Today's Message

As we have already discussed, prosperity is not about money. No matter what our income may or may not be, each of us can develop an experience of true prosperity. That's because being prosperous is not a physical manifestation, it is a feeling; a mindset; a deep understanding of and kinship with universal abundance. But for most of us, our financial reality is a part of that overall mindset, and if our financial reality is out of kilter because of a lack of money, then feeling prosperous is difficult, at best.

During the course of the last few weeks we've talked a lot about changing our minds in order to change our world. When we change the way we think and hold on to the new thought pattern, then a shift occurs and what once seemed clearly impossible moves into the realm of enticing possibility.

Before any lasting shift can take place, however, we have to become aware of core beliefs and our own deep-seeded emotions regarding wealth. The best way to do this is to tune into the world around us and honestly ask ourselves why certain circumstances and situations are taking place as they are.

Our lives are wonderful mirrors of our inner being. When we look around us and make honest and constructive observations, not berating ourselves for what is going on, but simply acknowledging what is, we begin to realize that everything in our lives is there for a reason. Any difficulty or resistance we may be experiencing is simply a message that this is an area in which we need to increase awareness and allow healing and transformation to occur.

For most of us there are one or two areas where we receive the greatest learning experiences. For some it may be relationships, for others health, and for many of us now participating in this prosperity experiment, it is finances. This is the area in which we usually experience the most painful difficulties, undergo the greatest trials, and confront our deepest fears.

What many of us fail to understand, though, is that no matter how bad the circumstance may appear, we still

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have a choice. Instead of feeling helpless and victimized by what is happening, we can choose to embrace the experience as the healing process it truly is. When we choose the latter, then whatever pain we may have experienced is immediately transformed into wisdom we can fall back on for a lifetime.

Changing from thoughts of lack and limitation to thoughts of limitless abundance and wealth are certainly necessary for developing a prosperity mindset. What is far more important, however, is accepting that any circumstance, no matter how bleak and impoverished it may seem, is nothing more than an invitation to change. It is a gift of wisdom, healing and growth. But before you can open this gift and experience the transformation it offers, you have to be willing to see it for what it truly is.

If you have seen little to no change in your life in the past sixty-plus days, take a moment to look around you and ask yourself the following questions: Have you been blessing your current situation? Or have you been cursing it? Have you accepted where you are now as a necessary and vital stepping stone? Or have you been seeing it as a place from which you long to escape? Have you expressed your gratitude for what you have around you? Or have you groaned and moaned because it is still here and not changing? Have you asked what you can learn from the experience? Or have you been too intent on asking why it has not gone yet?

When you change the way you see your current circumstance, it will change. But as long as you persist in seeing it as something that is wrong, something to be escaped from, it cannot change. It will remain exactly what it is - the boundary line marking the depth and breadth and circumference of your daily life.

Today's Affirmation

"I am grateful for everything in my life right now."

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Today's Action Steps

1. Re-read your Prosperity Business Plan and your **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.