

The 90-Day Prosperity Experiment

Day 7: Are You Ready to Receive? *by Kate Nowak*

Hello from my heart to yours!

We've all heard that it is better to give than to receive. It's one of those traditional bits of wisdom that is drummed into us almost from the birth. Unfortunately, this one bit of wisdom gives the act of receiving a bad rap. Truth be known, receiving is a vital part of the giving process, and unless you are willing to receive, you'll soon find yourself in a state of being where giving to others is impossible. So for today, we'll focus on being ready to receive.

Yesterday the assignment was to work on creating a Prosperity Business Plan, putting in writing those desires you wish to obtain within the next five years. Now that you have your desires on paper the next thing you have to ask yourself is "Am I ready to receive these things I want?"

You may be wondering right now, "Is she crazy? I wouldn't have written down what I wanted if I wasn't ready to receive it?" And at first thought, that's probably

true. As you were writing down your goals and desires, you were thinking of how good attainment of them would feel. At least I hope you were, because that joyful feeling you get every time you think about receiving what you want in life is actually part of the manifestation process and such feelings should be nurtured as often as possible.

But deeper down, in that part of yourself that has actually gotten quite used to the way things are right now, you may be feeling differently. You see, there is a part of us -- sometimes we refer to it as the subconscious -- that believes it is responsible for keeping us safe. To this part, anything unknown and unfamiliar is a danger zone.

Because of this, our subconscious thinks our current circumstance, no matter how uncomfortable it may be, is actually preferable to venturing into the unknown. So any time we begin trying to create a better life for ourselves, warning bells go off and the subconscious may actually begin to sabotage our efforts. All we need do to keep this from happening, however, is to just be willing to question our inner feelings and deal with any fears that may arise in the process.

Let's say for instance that one of your goals for five years from now is to be a multi-millionaire. This may be a big step out of your current and not-so-comfortable comfort zone. If so, the warning bells will begin ringing the moment you start to write the goal down. "Oh, my gosh!" your subconscious will say, "she's really serious about this. She's committing it to paper. I need to do something fast before she gets herself into really deep water."

The next thing you know you're remembering the harsh way in which your father often spoke about his boss, telling you what a terrible person he was; so greedy, so selfish, so unkind. You also remember the many, many times your father said, "Whatever you do, honey, don't grow up to be like him. *He's got millions and millions of dollars* and won't let go of one red cent unless he's forced."

Even though the memory has always been there, you may have never realized that your father's words actually were adopted by you as an ironclad belief. So now that you're thinking about becoming a multi-millionaire, your subconscious begins throwing up one red flag after the other, because to it, you are actually thinking about doing the unthinkable, the unpardonable sin. You are actually thinking about going against one of your own beliefs! And your hardworking subconscious, in its effort to save you, will begin throwing up barriers of resistance in any and every way it knows how.

That's one of the reasons self-awareness is so important, and the easiest path to self-awareness is through questioning. Because once you start questioning and start listening for the answers that will arrive in the form of memories and hunches and maybe even a dream or two, then you will be privy to whatever resistance you may have to attaining your desires. Once you recognize an old belief or barrier, then you can either change it or erase it, but first you have to know it's there.

That's why today's action step is to ask.

Today's Action Step:

1. Ask yourself if you're really, truly ready to receive the desires you committed to paper in yesterday's exercise. Be alert to the answers that come. We'll discuss dealing with those answers tomorrow.
2. Re-read your Prosperity Business Plan.
3. Place today's allotment of money in your container and read the affirmation on the container three times.
4. Bless the person or persons on your blessing list. See the targets of your blessing as happy with their lives as you are in the life you have just created in your Prosperity Business Plan.

Note: Anyone can read a book about creating a prosperous mindset. The key is not in reading, however, the key is in *doing*. None of the action steps you've been given take very long to complete. However, each one is a vital step along the path to prosperity. Should you decide to skip them, instead of moving along the path, you run the danger of remaining in the same place.

Today's Quote:

"At this instant, all over the globe, all of humanity is breathing in oxygen and breathing out carbon dioxide. So is the rest of the animal kingdom. And right now, at this instant, all over the globe, the billions and billions of organisms of the plant kingdom are doing the exact opposite — they're breathing in carbon dioxide and breathing *out* oxygen. Their giving is our receiving and our giving is their receiving.

"In fact, *every* giving can happen only because it is also a *receiving*."

—Bob Burg and John David Mann,
from *The Go-Giver*

Today's Affirmation:

" I am ready to receive the desires of my heart."



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