

# 90-Day Prosperity Experiment Lab Report

## Day 73 — *The Giving Habit*

*“What do we live for, if it is not to make life less difficult for each other.”*

— George Elliot

### Today’s Message

One of the greatest habits you can develop is the habit of giving to others; freely and cheerfully giving as much and as often as you can. The easiest way to quickly develop the habit of giving is to start looking for every possible opportunity to give and then following through by giving whatever you can.

When you give first, not caring whether or not you receive anything in return, the energy you send out comes back in the most remarkable ways. There is no need to be concerned about how it will come back or even if it will. Just be conscious of the joy that comes in giving of yourself. And as you do, giving cheerfully, lovingly, openly and unconditionally, then the law of cause and effect will come into play and far more than you have given will be given back.

So often when we think of giving, we think only of giving money, and when we are experiencing lack in our lives, we erroneously believe we don’t have money to give. This very thought perpetuates the energy of lack and limitation and holds it in experience. The purpose of the money container, in fact, is to exercise your money-giving muscles, but if, for some reason, you don’t feel they’re fully developed yet, then look around you and give whatever you can. Give smiles, give love, give simple acts of kindness. Give attention, give time, give understanding, give willingness, give a hand. Whatever you give, you will receive more in kind, but you will also receive those things you want and need. Giving and receiving isn’t some sort of universal matching game, where everything given must be given back tit for tat. **Giving and receiving is a universal process that is always, always, *always* beneficial to everyone and everything concerned.**

Give, but do so gracefully and gratefully. To give begrudgingly or reluctantly does nothing but lower the energy of both the giver and the receiver. To lord your gift over the recipient robs both the gift and the giving of its benefits. And to give without being grateful of the opportunity to give robs you of joyful participation in the process.

This is a divine and orderly universe, run with mathematical precision. When you take care of others, you take care of yourself just as certainly as when you add two and two you come up with four. As you help others to live better lives, your life will be made better. As we have discussed throughout the course of this experiment, the universe is made of energy and energy is always flowing. Giving places you in that flow, bringing you into harmony with Good. No matter what it is you want, when you help someone else have it first, you place yourself into the abundant flow of what have given, drawing it to you just as surely as a magnet placed near metal establishes an undeniable attraction.

# 90-Day Prosperity Experiment Lab Report

## *The Giving Habit — Day 73*

You're obviously participating in this experiment because you want a more prosperous life. The very best way to do this quickly is to start helping others become more prosperous. How do you do that? By teaching what you have already learned to others. Tell others about the experiment and invite them to join. When someone tells you about a great need, don't just commiserate. Explain what you have learned about releasing neediness and adopting a prosperous mind set. If you haven't done so already, join in the experiment forum and be willing to share what you have learned with others. This is an ongoing experiment, so there will always be those who are unfamiliar with the techniques you have already employed. The newcomers can benefit greatly from your experience and wisdom. Be willing to share your own experiences with others and help others understand that as they change their minds their world will change, and as you share, your own boundaries will expand and you will be given more.

Give. Share. Help. Reach out to others as often and in as many ways as you can and in return, the universe's response will far exceed your greatest expectations. Open your eyes, your mind and your heart to the world around you. Look for opportunities to give. Opportunities to give materially, emotionally and spiritually abound. And as you begin to actively look for them, they will appear before you like beacons in the night.

When you give, understand that you will receive in return, in fact, you can expect to receive. Receiving is a vital part of the process. Expect to receive, but don't give because you *want to receive*. There's a discernible difference between the two. ***Giving because you want something in return is not giving. It's gambling with the universe, and you'll lose.*** Give for the sake of giving with the understanding that in doing so, you will receive in return because it is a natural part of the process. Give what you can and do so unconditionally.

Give, but understand, too, that your self-worth is not established by your giving. You are a vessel through which good flows. You are already worthy or you wouldn't be able to give, but you are not worthy because you do give. Worthiness is not established by what you do, but by who you are. And you are already worthy. Any belief that you are not is simply a misconception and will be changed as you allow more love and joy into your life.

Be grateful that you have been given the opportunity to give and express your gratitude profusely. Be overjoyed that you have something to give. Delight in it. Revel in the experience. And then enjoy the giving process fully. And as you do, the universe will respond, giving back to you in the most beneficial time and in the most beneficial way. It's a magical process and one you'll be glad you embraced. And best of all, it's a habit you'll never feel the need to kick.

### **Today's Affirmation**

I am a vessel through which limitless goodness flows.

# 90-Day Prosperity Experiment Lab Report

## Day 73 — *The Giving Habit*

### Today's Action Steps

1. Re-read your Prosperity Business Plan and if you have not done so already, add your ability to give to 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](http://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.