

# The 90-Day Prosperity Experiment

Day 9: Letting Go Of What You Want *by Kate Nowak*

Hello from my heart to yours!

Now that you have charted your dreams and goals in your Prosperity Business Plan, I have a very important question to ask you:

*If you never achieve any of the goals and dreams  
will you be happy anyhow?*

Think about it. Is your idea of happiness so completely pinned to your hopes and dreams of the future that if none of it was to ever come to pass, you might fear that you would never know true contentment?

The reason this is such an important question is because dissatisfaction with life not only keeps you from being happy, it also keeps what you think you need to make you happy from coming to you. It's one of those great paradoxes in life.

You've probably noticed that as a society, we've become really hooked on instant gratification. We want what we want when we want it. We've become a "must-

have-now" society, and when we don't immediately get the things we want, we usually feel disappointed.

Problem is, disappointment is an easily agitated emotion and the energy it emits is not very attractive. In fact, about the only thing it does successfully attract is more disappointment.

This can be a big problem where the laws of energy and consciousness are concerned. We really do get what we think about most in this life, and so when we let the dominant trend of our focus center upon what is wrong with our lives and what we are lacking, we essentially set ourselves up for more of the same.

When we make up our minds that if we don't get what we want we cannot be happy, our sense of desperation not only pushes our desire away from us, but it makes us miserable in the process.

The key, therefore, is willingness to let go. Along with our focus on our desires, we also have to be willing to let them go. While thinking about them, we must, at the same time, be detached from the outcome.

This, of course, sounds much simpler than it is. As we think and dream and visualize having what we want, the idea of having it begins to solidify in our minds, and as it does, we find ourselves being more and more identified with what we want. Soon, ego steps in and, like a spoiled child, says, "If you don't bring this to me I will never be happy." And we buy in to the threat.

Instead, we must strive to not give ego the opportunity to make demands. And the easiest way to do this is to never let your goals and dreams be about defining you. Simply be willing to pursue your dreams for their own sake, not for what you think they might turn you into being.

The most interesting thing about developing this kind of attitude is this: By giving up your attachment to getting anything, you automatically open the way for it to

come to you. By your willingness to let go, your focus is shifted from desperation to peace. Then what you dream about can flow more easily into your life. As it does, it serves to enhance an already happy life, one made happy simply by your intention to let it be.

### **Today's Action Step:**

1. Continue asking questions and changing your thoughts and beliefs as you become aware of those that limit you, and spend some time, as well, surrendering to happiness.
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 created in your Prosperity Business Plan.

### **Today's Quote:**

"Do you know that I have found what it takes to be happy? Simply accepting what is. Now isn't that elegant? There's nothing more to say, really.

—Neale Donald Walsh

### **Today's Affirmation:**

"I release desperation and relax into peace, joy and love right now."



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