

**Learn the Secrets of Prosperity and
Contemplation of Your Fortune
from Anywhere**

*The Official Guide to Building Long Term
Wealth and Enjoying the Good Life*

Scott Rauvers

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PREFACE

First and foremost I would like to sincerely thank the readers of the very first book I published about how to attract wealth and prosperity written 4 years ago titled: **Secrets to Creating Money Effortlessly using Lucid Dreaming**. This edition that you are now reading began as a revision to the first edition, however there was so much new groundbreaking information, there was not enough room for all the text, so a completely new volume was written.

Since that time, not only has my knowledge about the subject grown, but many of the world's leading experts on financial abundance have shared their knowledge and information with me and I have taken great pains to include the very best of what they have shared with me in this latest publication.

The prime purpose of this book is to detail clearly in simple terms the most effective tools that create positive lasting change in one's life in order to manifest their goals and objectives with as little effort as possible and in the shortest time frame.

This latest publication is a summary of the latest belief restructuring methods, used by the top money blockage removal professionals that have been proven to create lasting wealth with as little effort and in the least amount of time possible. The exercises in this book have been designed to create for you a comfortable and gradual re-discovery of your natural state of relief, of ease and of well being and are designed to eliminate resistance to wealth, abundance and prosperity.

The world's top money coaches (*Carole Doré, Bob Proctor and Abraham Hicks*) all preach the same thing; that an absence of resistance leads to allowing which draws wealth to you, rather than you exerting effort to go after it.

Please note that this book is not intended to change your belief system, but instead to re-acquaint you with the Laws of Abundance. Promises stated in the Bible are statements of the universal law of Cause and Effect; how they apply to the innermost principles of our being. Hence, if you currently are not manifesting your desires, today's leading experts on money

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blocks will tell you that you have limiting beliefs. This book is designed so that anyone can learn to re-align their beliefs with the laws of abundance and prosperity. The streets and prisons are filled with people who tried to bend the laws of the universe to their will and failed miserably.

As an example, if one slips and falls, one does not curse gravity as the cause, but acknowledges that gravity is the force that caused one to slip. One may even curse themselves for doing so. The fact is it is not gravity's fault that made one fall, rather it is gravity going about its business, fulfilling its role by adhering to the law of physics. Universal law cannot be broken or bent by sheer willpower alone. It is much better to learn about the divine laws of nature and learn life's lessons before-hand rather than live in ignorance of nature's Divine laws.

*True Geniuses solve problems without fear,
ignorance or distractions*

HARNESSING THE POWER OF BELIEF

When you believe in something, you don't need to look up information to validate it. This is because information / downloads of data will end up pouring into your consciousness out of nowhere. The key is to clearly see the images that are streaming forth from new form of consciousness and emotionally embrace its outcome. This creates a future state of mind, of being. Next you have to work hard to make this vision a reality. At a certain point you reach a stage of knowing it will manifest and you let it go so it may manifest. At this point the mind and body energetically align with the goal or objective which causes it to manifest. You begin to experience stronger feelings of self love for yourself and everybody else and take a step back, allowing it to unfold and flow to you, rather than you having to chase after it.

**When you go about your daily tasks FOR ITS OWN sake, you
learn about the principle of un-foldment**

You can use this information as you choose. Perhaps you want to improve an existing product, follow your intuition or gain self-confidence. Take time alone to dream and believe and you will be given all you seek.

Summary

Our brains receive raw information from beyond our 5 senses which our nervous system picks up, behaving as the superconductor of consciousness.

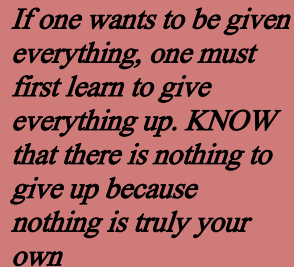
We learn the most about ourselves and others in uncomfortable situations because old subconscious beliefs jump in and you have free will to overcome the old program during these times. For example, ask yourself the question -

"What is the greatest ideal of myself that I can be today". Immediately you feel uncomfortable. This is good because it shows change is starting to take place; uncomfortable as it may feel. Some of you reading this may use this inspirational information as an excuse from taking a leap. This is a good sign that you want to change and that this information has struck a chord in your subconscious mind.

While this edition was being written, the Dow Jones had its worst month in history (March / April 2020). Therefore I believe that the timing of this book is crucial for people who want to learn how to master their money skills.

There are many people today who become successful financially, then suddenly lose it all. This edition explores this topic in great detail, examining the sole causes and shares with the reader necessary antidotes so one may retain their fortune they worked so hard for.

Living in Hawaii affords me the unique privilege of being able to associate myself with some of the most successful people on the planet. For example, the people mentioned in this book Oprah Winfrey, Dr. Wayne Dwyer and Shakti Gawain all



If one wants to be given everything, one must first learn to give everything up. KNOW that there is nothing to give up because nothing is truly your own

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own homes here; not to mention the numerous sports and Hollywood celebrities which also have homes here, many of which live on the island of Maui.

It is easy for one to forget the fundamentals of building true, solid and lasting wealth when the economy is good because our lives get so busy and there are numerous distractions. As the economy starts to slow down or our bank accounts begin to dwindle, it shocks us back into reality. These times are truly blessings in disguise because it returns us back to the methods and techniques that make one truly wealthy and prosperous.

Need without willing achieves little or nothing in a man's life, which why the term necessity is the mother of all invention is so true. Everybody wants to succeed, but few are sincere about doing what it takes to succeed. Great people have cultivated a "felt need". Use this book to identify your need and use it to succeed.

Throughout this book you will also find inspirational quotes under the heading - *Wise Words of Wisdom*. These simple quotes are designed to enhance your motivation towards your goals, desires and objectives.

**While knowledge is power, knowledge about
thyself is self-empowerment**

*After reading this book, you are guaranteed to have much clearer
insights into finding solutions to long sought after problems.*

*This book is the ultimate practical guide on how to use
your mind to overcome any challenge.*

DEDICATION

This edition is dedicated to Deepak Chopra, Dr. Wayne Dwyer and Shakti Gawain, wise teachers showing how anyone can live the good life without sacrificing Spirituality.

KNOW that adhering to the Spiritual Path does not have to involve laborious effort taken in extreme solitude. Instead, nothing is more rewarding than discovering who you truly are on the road to financial freedom.

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MY BACKGROUND AND EXPERIENCE

Aloha!!! The Hawaiian Islands are a dream destination for many people and I've had the rare privilege to live in Hawaii for over 10 years and enjoy the good life; writing where and when I please.

During early 2000, I launched a successful Hair Salon product which became a huge success on the West Coast of the United States and Hawaii. From there I developed 2 websites which sold my own personal brand of health nutrition products, as well as on E-bay and Etsy developing a large following of fans. Early 2020 saw the development of a website that predicts short term stock trades with above average accuracy. My career as an independent writer has spanned over 5 years with over 1 dozen books to my name and I write articles which I post on my websites, which are shown below -

www.mightyz.com - a website devoted to my brand name nutrition products, as well as nutrition and anti-aging articles.

www.ez3dbiz.com - this website is devoted to scientific technology and contains many scientific discoveries I have made over the years, of which the majority are in the books shown on the website.

www.in2itivetech.com - a website showcasing new technology that predicts short-term stock activity.

Any of my books can be found on the above websites, on Amazon or at your local bookstore.

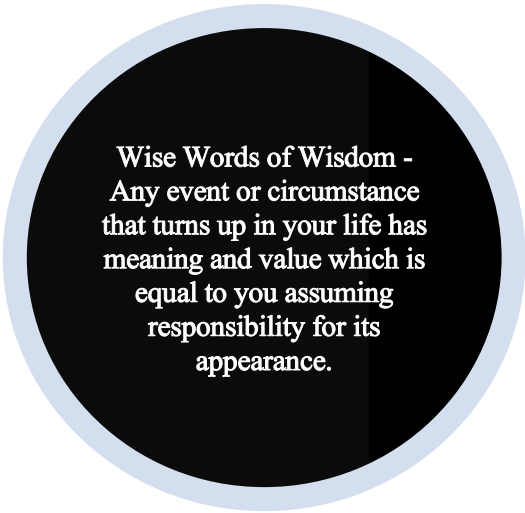
The above accomplishments are not shared with you to brag or boast, but to give you a sense of my authentic background; that I write this book coming from decades of business experience, both online and in the brick and mortar world. I feel blessed to have the opportunity to share this valuable knowledge and information with the world so one may find it of extreme value to further their goals, objectives and desires and avoid future

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mistakes.

My joy of writing was discovered while in college at Weber State University in Utah while studying Gerontology (*the science of aging*). It was not until 20 years later that my years of business experience gave me the confidence to put what I had learned into writing. My location, combined with the latest teachings from some of the world's best mentors on financial success combined with my decades of successful business experience has created one of the rare masterpieces of wealth creation ever assembled, all in one complete and simple volume.

Everything that happens to us, happens for a reason. The very fact you were attracted to this very book matters. The reason you exist at this particular moment seeking this information proves that the universe is in synchronicity with your every desire, revealing to you right now at this very moment the very answers you seek.



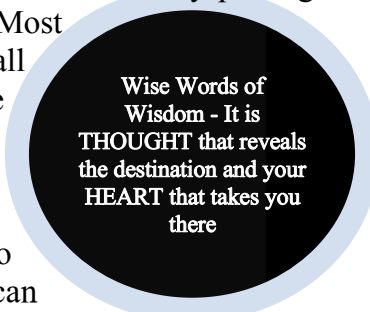
Wise Words of Wisdom -
Any event or circumstance
that turns up in your life has
meaning and value which is
equal to you assuming
responsibility for its
appearance.

Mahalo

Scott Rauvers
Portlock, Oahu Hawaii

INTRODUCTION

There are many roads that lead to wealth, with each road being unique for each individual, so I have designed a number of unique customized exercises suited to people of all tastes. Included are tips and techniques developed by the top money mentors as well as the very best techniques for enhancing intuition which I have developed and perfected over the years. These exercises do not just generate lasting wealth, but enhance creativity, deepen one's connection to Spirit and help one connect with their Inner Wisdom. By following the customized techniques throughout this book, you will greatly shorten your effort, time and frustration required to see your goals, objectives or desires manifest into reality. Hence, what could take years to accomplish may end up only taking weeks or days. You could spend years searching for techniques and knowledge that make this possible; however it has all been conveniently put together into this simple little book. Most importantly of all, I have included all references for statements and the facts stated in this edition. You don't have to perform every single step of every exercise and technique in this edition to experience lasting results. You can modify the exercises to your liking. If you don't get satisfactory results, than revise the technique(s) until you feel you are achieving the results you want. You can do this with any of the techniques outlined in this book. What works for one person, may not work for another. These exercises only serve to show you the BASIC FUNDAMENTALS that have been proven to work over the years. The more fun you have practicing the techniques in this book, the better the results. Allow your inner child to connect with the power of the universe as you explore your yet to be discovered potential.



Wise Words of
Wisdom - It is
THOUGHT that reveals
the destination and your
HEART that takes you
there

WHY GOALS / OBJECTIVES ARE NOT MET

We trade our goals for past emotional experiences which trigger us into thinking that we don't create our reality. This causes us to settle back down into our comfort zone. We may even find people to compare our suffering to (on an unconscious level). We may think - "*I am suffering more than you today*" and use people in our lives (who are doing the same thing) to reaffirm our addiction to suffering. This is nothing more than an outdated collective subconscious program where everybody gets agreement from being "limited" in their capacity to live the truth of who they truly are. Hence, they have lost their free will to a program, either collective or individual. If do not have a specific set of goals or objectives, your mind will keep returning to the past and reliving those experiences (predictability).

70% of the time people live in high beta brainwave activity which at times is the high stress or fight or flight mentality where the brain is addressing external threats or control and manipulation of people. It is a now a scientific fact that excessive long term stress down-regulates our genes, which causes chemical changes in the body which contribute to illness and dis-ease. This is because our cells were not meant to live in stressful situations for extended periods of time.

Our environment influences our genes which can create disease. The opposite is also true, feelings of relaxation, peace and harmony can heal the body. The antidote to high stress is to open your focus. This allows your brainwaves to go from beta to alpha coherent brainwaves. Coherence creates synchronicity and it can access more resources to deal with any confronting issues that unexpectedly pop up in your day to day experience.

Gratitude has been Scientifically Proven to Strengthen the Human Immune System

At a 4-day workshop conducted by Dr. Joe Dispenza in Tacoma Washington, the cortisol and IgA levels of 120 people were measured while the participants expressed positive emotions. Cortisol is a stress hormone; higher levels are bad for the body

and deplete our energy. When cortisol levels rise, IgA goes down (*which is bad*). IgA is a powerful immune system protein. IgA is much better than a flu shot or immune system booster because it's totally natural.

During the workshop the participants were asked to move into elevated emotional states of joy, love or gratitude for approximately ten minutes. This was performed three times daily. The goal of the study was to see if one was able to bring balance to their immune system just by experiencing uplifting emotions. The study discovered that the participant's cortisol levels had dropped by three standard deviations, and that their IgA levels rose on average from 52.5 to 86 just by expressing these uplifting emotions three times a day.

Reference

The Power of Gratitude. Dr. Joe Dispenza. Nov 25, 2016.



Summary

We don't need to turn to an over the counter pharmaceutical supplement or take exogenous substances to restore balance to our immune system. We have all the power we need to up-regulate our genes that govern our IgA. Hence,

simply by experiencing the right emotions ten minutes a day, three times a day can restore balance to the immune system.

Stress is caused when one completely surrenders their power to the problem. Realize that problems are outside of you and should remain so. It is not what happens that determines the quality of your life, but instead **HOW YOU RESPOND** to circumstances that determines your future experiences.

Many people use excuses to re-write their ingrained habits

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or to alleviate their hesitation. Examples include disease, crises, diagnosis or loss. This forces one to observe their old selves, which re-writes new unconscious programming; objectifying their conscious self. Hence, instead of waiting for crisis to you out of your comfort zone know that you have been given freewill by the Divine Creator to choose to change through pain and suffering or to experience change through inspiration and a willingness to explore. Be sincere, but willing to change positively.

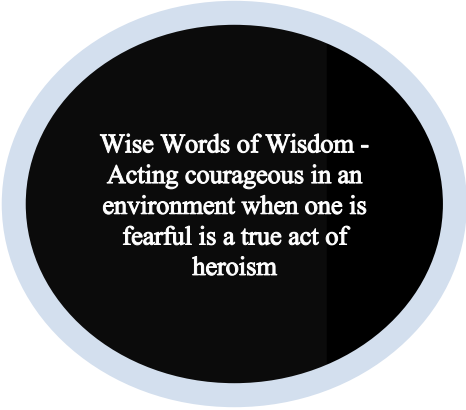
Many financial experts today will tell you that your belief structure is the reason your goals are not manifesting as you would like them to be. The purpose of this text is to help one remember that nature has laws regarding abundance and prosperity. Any action that contradicts this results in one experiencing the consequences. One can avoid future frustration and discouragement by having the knowledge about how these laws and principals operate.

Keep this book and use it as a reference whenever you need to re-strengthen your connection to the universal flow from which abundance and prosperity comes from.

This edition originally began as a way to understand the Spiritual and fundamental laws of money, but after the final editing, which was a journey within itself, I discovered that the ability to generate wealth, and keep it, comes from having the courage or inner strength to recognize who we really are and to follow one's desire while being able to ignore the distractions created by the ego. This in turn allows one to align one with the angelic qualities of their inner being.

We are all immersed in an energetic field of energy that is omnipotent, all knowing and present in all things. When one knows that something greater than one's self exists, it gives one confidence because one can tap into that greater power because it responds to our intentions. Some people call this God.

As you read this unique book, you will become re-acquainted with who you truly are, connecting with the Divine Essence that flows through you, also known as connecting with **SOURCE** energy. Hence this book turns life into an exciting journey.



Wise Words of Wisdom -
Acting courageous in an
environment when one is
fearful is a true act of
heroism

CHAPTER 1 LIMITING BELIEFS AND THE GLASS MONEY CEILING

THE ILLUSION OF LIMITATION

Did you know that if you have two fish in a fish tank and place a piece of glass between them and leave that piece of glass in the fish tank for a period of weeks, when you remove that glass, the 2 fish will still stay on their side of the tank? The same is with the mighty elephant. When young, an iron stake is dug into the ground and a chain placed around the neck. The baby elephant tries and tries to pull the stake out but it can't, and eventually gives up. The same small stake is used throughout the elephant's lifetime so by the time it performs in the circus, you know it can pull that stake out of the ground if it really wanted to, but the elephant was conditioned early on, so it does not even try anymore.



*You can't receive
blessings if your
willingness to give
blessings is impeded*

As your success gathers momentum, some people may start experiencing blockages towards further financial growth. One either gets stuck or may even begin moving backwards in regards to financial success. The solution to this is to get to the core root of the belief(s) that is causing the "*stuckage*". These blocks occur as layers or steps along the way to your financial goals and are really an opportunity for you to stop and take some time to re-examine your current existing belief structure. If the limiting belief(s) are not examined and not sincerely dealt with, one will acquire more debt, lower profit in business transactions, lawsuits and other types of money blocks will manifest if one continues on down the same rocky path.

As your momentum of success builds up speed, it is key to allow yourself to just enjoy the ride and enjoy the fun.

Just continue to adhere to the basic fundamentals of what is getting results. It is key to not over-intellectualize (*the how's and whys*) the results you are getting because your ego will start to kick in and slow your successful momentum.

THE PLACEBO EFFECT AND HEALING

The body heals through frequency, resonance, vibration, information, light and entrainment. Our DNA is the software and our brains the hardware. Our thoughts go where our consciousness is. As we allow yourself to let go and enter new fields of consciousness, the field expands and becomes more.

Every year on average there are approximately 650,000 knee surgeries for arthritis of the knee, costing on average \$5,000 per surgery. A study conducted by Dr. Bruce Moseley in 1996 discovered that participants given a fake sugar pill for a knee problem recovered almost just as well compared to a group that was given a real pharmaceutical pill. This study is key, showing that the power of belief can heal. Research has also discovered that the placebo effect is effective in one third of the human population (*The placebo enigma revisited. JMS Pearce. Emeritus consultant neurologist. August 2011*).

Reference

Arthroscopic treatment of osteoarthritis of the knee: a prospective, randomized, placebo-controlled trial. Moseley JB et al. Jan 1996.

So science proves that the body can be healed by pure belief alone. Could the same be true for a "*sick*" financial condition?

Did You Know?

John Davison Rockefeller was almost three times richer than Jeff Bezos and that Vanderbilt, Carnegie and William the Conqueror's cousin were also wealthier when you measure their fortunes relative to GDP. Rockefeller's \$1.5 billion was approximately 1.6% of the economy in the year 1937. If he was able to own the same percentage today, Rockefeller's fortune

would be almost triple Bezos's current \$117 billion.

WHAT IS THE GLASS MONEY CEILING?

Everything is constantly moving towards expansion. You are either moving forward or being left behind. Hence, you are either creating or disintegrating. As income expands and momentum flows, some people begin to feel resistance to the financial expansion. This is known as the "*glass money ceiling*". There exist numerous stories about people who set a goal to make \$1 million dollars a year; reached that goal, than couldn't make any more money past that amount. Experiencing this should be viewed as a blessing because it reveals new money blocks that have appeared, without you having to exert any effort on your behalf.

Definition of Conformality - When a square peg has allowed itself to change, so it can fit into a round hole

The vast amount of glass money ceilings result from early childhood beliefs. These become limiting beliefs as we grow older. Limiting beliefs originate from deep within the subconscious mind creating "*shadow beliefs*" that shape our lives. From approximately the age of 2 until age 7 our beliefs about religion, money and relationships become firmly established. One prime example is that in school we memorize the multiplication of numbers by repetition and we learn to write letters by tracing out each letter over paper. These relationships formed by repetitive action will last the rest of our lives.

For most people the world governs their conditioning. Early conditioning by teachers or other authority figures created "*Standardized Tests*" in order to teach us CON-formality and our definition of intelligence was measured early on by our peers, family members or educators. This greatly affected our sense of self-worth. However our free will allows us to choose the type of conditioning we desire in order to create positive change.

When passion aligns itself with Spirit, miracles become commonplace

Education can only show us the basic fundamentals. If you have a dream and want to see it materialize, it takes more than textbooks to make it happen. ONLY YOU know what you need to do to make it happen and **BELIEVE** that you can make a good living at it. One of the hallmarks of mature self-responsibility is when one has learned to tend to their subconscious habits.

WHAT IS A HABIT?

Habits are redundant sets of automated unconscious thoughts, behaviors and emotions acquired through frequent repetition. These habits are primarily reflected by the way our body behaves. Hence our body (to some degree) is controlling our subconscious behavior. The way out of this is through meditation or similar mind techniques where you are able to change the chemistry of the body, to stop it from giving you cravings, to where the mind is in control. The body ends up surrendering and a liberation of energy takes place through constant rehearsal of instilling new habits. You have now freed yourself from the familiar emotions that have kept you in the past. Habits run like an automated software program, making up 95% of who we are by middle age and are responsible for how we deal with situations and problems. Instead, follow your desires and passion with perseverance, molding them into successful ideas and you'll meet the true genius in you; unjudged by your acquaintances. Acknowledge that your parents and early educators did what they did given the circumstances, doing the best they could at the time given the resources at their disposal.

SUMMARY

Repetition develops new habits, laying the foundation for a revised belief system.

THE COLLECTIVE BELIEF MATRIX

Habits can also become collective in the overall social matrix. War and violence for example are perpetuated by those who believe it is a necessary part of life. As the Dalai Lama once said - "*Violence and War would become extinct in 70 years or less, if at the beginning of age 5 children were taught to meditate on compassion for 60 minutes each week*".

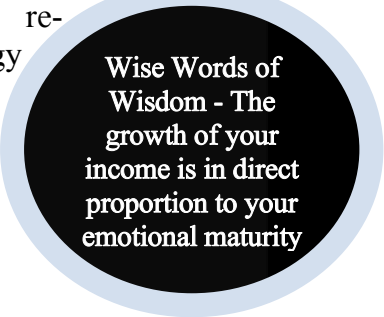
WHY MANY PEOPLE ARE BROKE BY AGE 65

By age 25 the motivation within us peaks and by age 65, the age at which many people are broke, outdated belief systems are still running deep within many people's subconscious minds. This is why only 5% of people are truly financially independent by age 65. Know that your age or your previous background is not a limitation, but that your unlimited potential is independent of your age or background. Tending to one's subconscious habits over time overwrites outdated beliefs and lays the foundation for a new belief system to take root.

Affirmation - *Let him step to the music which he hears, however measured or far away*

Just as one needs to periodically acknowledge forgiveness in order to release bad energy, if one wants to grow financially, one must periodically let go of old outdated beliefs in order to free up valuable energy.

Vibrating atoms change their structure and resonance as you write something out, or even speak and talk out loud. Hence, when you write out your limiting beliefs on paper, in the moment, you are creating newly re-ordered patterns of structured energy that now resonate with your goals and desires.



Wise Words of
Wisdom - The
growth of your
income is in direct
proportion to your
emotional maturity

SMASH THROUGH THE GLASS MONEY CEILING

Try this exercise and see if it changes your beliefs about money.

1 - First write down on paper any limiting beliefs you currently have regarding your existing financial situation. Examples include "*I am afraid of success*" or "*I am too small to grow*" etc. Anything you feel is intuitively counterproductive to your financial growth; write it all down on paper. You must write out a minimum of 20 beliefs. They exist, or else you would not be experiencing a financial *glass money ceiling*. Allow them to be revealed to the light of day. Next explore the following quotes below after writing them out -

- *Where are your emotions in connection to these types of limitations?*

- Ask yourself "*When did these limitations first begin?*"

1 - Identify the fears around the limiting beliefs. Examples include -

- Fear of success
- Fear of guilt of having it all
- Fear of change
- Fear of change in family status
- Fear of having too much

2 - Next write out your income month by month for the past 6 months and acknowledge the monthly amount of profit you have been making.

3 - Next state a clear intention to make \$_____ in the next _____ months and again write down the amount you intend to make for the next 6 months.

4 - Next align your stated objective / revised blueprint for the future with your new intention(s). For example - "*I choose to believe that my monthly profit is \$ _____*" or "*every day I align*

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with my revised divine blueprint, doing what I love every minute of every day".

BELIEVE - that a new reality can be manifested when you are aligned with a power greater than yourself

5 - Be open to dissolving any additional financial money blocks.

Being humble enough to admit you have money blocks is a courageous step in the right direction.

6 - Next perform an Architecture Energetic Clearing Exercise, which you can find in Chapter 34.

7 - Follow through with Inspired Action

8 – Act upon any inner impulses, no matter how subtle they may appear to you that emerge during the next 30 days. They will lead you, one step at a time, to opportunities related to your objective / goals.

9 - Follow up your new beliefs with action and break down your goals into bite size pieces that are easy to implement. This results in small steps of confidence which gradually build up your momentum.

Self-discipline can alter one's change of direction in life and alter habits. Ask yourself - "*Where do I want to be 5 years from now? Do I want to be in the same situation, living the same life?*" Even just a few simple changes can alter where you will be 5 years from now. Even just making the simple decision to eat 1 apple a day causes beneficial changes that greatly improve your health.

ADDITIONAL LIMITING BELIEF REMOVAL TECHNIQUES

The subconscious mind accepts what you feed it (or believe) by

taking in information and spitting it back out just like a program runs a computer. It is always in constant communication with the universe. The good news is one can re-program their subconscious mind through repetition and rehearsal.

Remain vigilant of your core beliefs as they resurface and exercise your inner courage to re-evaluate them as needed

KNOW that everything cannot be accomplished at one time, with progress being made in a series of steps along the way. Reading a book or thinking about changing your beliefs and habits is not going to cause changes overnight if it took 7 years or more to establish a habitual routine. Hence, set aside some personal quiet time to examine your limiting beliefs. New habits can be formed by being AWARE of your thoughts though due diligence and mental discipline. The time set aside more than pays for itself over the long term.

It is said that a person that has a space where they can spend time alone, free of distractions, contributes to the harmony and serenity of their environment as it helps one become re-centered. This is because time alone allows one a deeper connection to Spirit and inner contemplation. By unplugging from the world, you empower yourself by re-experiencing your true sense of purpose, your core values and your beliefs.

LIMITING BELIEF RELEASE TECHNIQUE #1

Set aside some quiet time to take note of any limiting beliefs you might have and write them down on paper to reveal their motives to the light of day.

Examples of limiting beliefs include -

- *Receiving money quickly is a bad idea*
- *Get rich quick schemes are evil*

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- *People who have lots of money have lots of problems*
- *There is never enough to go around*
- *I am not worthy*
- *I am not enough*
- *I am too old*
- *There is never enough money*
- *I can't afford that*
- *There is never enough time*
- *I can't make money doing what I love*
- *People think making money is a hard burden and a great responsibility*
- *More money means more bills*
- *More money means more possessions which I fear losing*

As you write each one down on paper, ask yourself the following questions -

"Does the disappearance of this belief register in my body as a healthy, positive or happy feeling?"

or

"Do my newly revised beliefs feel empowering and liberating or do they feel sluggish and restricted?"

If so, than those feelings alone should be more than enough to confirm that it is reason enough to make a promise to eliminate that habit(s) from your subconscious. If you catch yourself re-playing these old outdated beliefs, you can simply say to yourself - *"I choose a new belief system that is aligned with my new lifestyle"* or *"I now COMMAND MY SUBCONSCIOUS*

MIND TO _____ ”

Interesting Fact - Established beliefs can be so powerful that they can make even the least educated person very wealthy

KNOW that old beliefs can be replaced with new beliefs that support your ideal life simply with AWARENESS and UNDERSTANDING. KNOW that as a grown adult, that you no longer need to believe in old outdated child-hood beliefs. Habits that were programmed into you by people now long dead and gone no longer serve your higher purpose.

HOW DO I KNOW IF I HAVE REMOVED THE GLASS MONEY CEILING?

Life will start revealing things to you that you had never noticed before. For example, you may find yourself noticing small change on the ground that you did not notice before or feelings arising as subtle impulses that will lead you towards your desires. You might feel drawn to be at a specific place at a specific time, whereupon you end up meeting the right people or come across the right opportunity.

If one fails while shooting for the stars, one never has to worry about associating with those poor timid souls who experience neither victory nor defeat

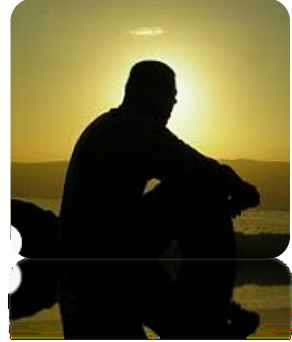
Allow belief to compound the effectiveness of all you do

An Expert is someone who has mastered something so well, they have lost their fear of the topic

CHAPTER 2

TECHNIQUES FOR MANIFESTATING USING CONTEMPLATION

The effects of outward conditions that cause us to experience chaos or struggle are only effects themselves, and not the sole cause. Learning to dismiss the emotional effects of outward circumstances can be learned by ceasing to take them into our calculations. Self-contemplation is but one of the many



antidotes for this because as one learns the art of contemplation, one begins co-creating with Spirit. Now one realizes they have the power to materialize new circumstances that are now within their control. This process takes place because the expression of the flow of Spirit manifests itself as it flows through us.

I first learned about the creative power of contemplation when watching the movie *The Law of Attraction* and also read about it in Dr. Wayne Dwyer's Book titled: **No More Excuses**. It has been my experience that when contemplating regularly on Spirit, that it greatly shortens the amount of time it takes for a goal or desire to manifest. This I believe is because contemplating on Spirit charges the energy within one's surroundings, manifesting a type of "*Spiritual Battery*" if you will. I have also discovered that when contemplating upon Spirit while out in nature such as in the forest, birds become attracted to the environment. This is a great tip if you are a bird watcher or want to take good nature photographs!

Because science utilizes the observation of nature in order to understand its workings and create change in the world, contemplation may also be of great interest to inventors or scientists wanting to better understand nature's secrets; allowing them to create or improve existing inventions. The law of floatation of iron ships wasn't discovered by contemplating the sinking of things. Instead it was discovered by contemplating

the floating of THINGS, and then asking intelligent questions why they did so.

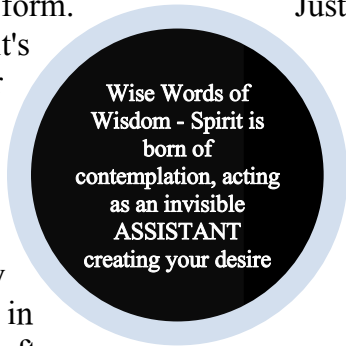
Careful OBSERVATION is the method by which scientific advances are made. One first observes how a certain law works as it exists spontaneously in nature. Next one carefully considers what principle this spontaneous working indicates. And finally, one deduces how the same principle would act under specially selected conditions; not spontaneously present in nature. This allows one to artificially re-create the conditions which can then be patented, mass produced etc.

Self Contemplation enhances one's ability to experience self-recognition; with Spirit BENEFITING from the process. It allows one to see TRUTH. When one learns to RECOGNIZE that SPIRIT IS TRUTH, it's very CONTEMPLATION can set one free. The truth being that the movement of Spirit precedes creation as it springs forth into material form. When one has learned to perceive the relationship between oneself and Infinite Spirit, one discovers that one has free will to chose between being a slave or being free.

SUMMARY

Contemplation allows one's reflection upon an idea to FORM ITSELF more rapidly into material form. Just being alive is proof that Spirit's contemplation on life gave rise to your being born into this world.

Being a scientist, of which many are atheists, I made many of my scientific discoveries from directly observing nature, which I published in my books over the years. However after a period of time I reasoned that if these discoveries are coming from observing how nature behaves, then some unseen force must be responsible for the very act of giving life to nature. Could this force be Spirit or a type of Divine Energy that creates order?



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Earth and its life are abundant and perfect in every which way and always will be. No human involvement is necessary to sustain the life in the Amazon forest or any region on life that harbors abundant life, especially the oceans. The abundance in the oceans is so widespread, record numbers of fish are fished out of the ocean every minute of every day. I reasoned that if the Divine is using us as a conduit for it to express itself, grow and learn more about the act of creation itself, that this force we call God is guiding us as we contemplate upon the Divine so that we may evolve. Hence, the very process of life itself is a direct result of wanting to experience more learning and aliveness.

A SIMPLE EFFECTIVE CONTEMPLATION EXERCISE

The secret to contemplation is to GRADUALLY let the energy build up without effort (*with ease*). If your mind becomes distracted while contemplating, than ignore the distractions and gradually allow your thoughts to return to contemplating what it is you wish to contemplate upon. Over time you will feel changes in your external environment. This is because contemplation causes changes in your environment by continued practice. As one learns to master the art of contemplation, one becomes devoted to guarding, guiding, providing for and illuminating the world as one understands the creative workings of Spirit; allowing it to become a perfectly natural process in their lives.

If you like you can place a picture of what you want to contemplate on in front of you before you begin. It could be a tree or a picture of something you want manifested. Just be sure to give your eyes something to focus on. Contemplating purely on Spirit alone is a great way to begin to learn the art of contemplation. The following is a simple exercise -

1 - Relax your body and mind. A great technique to relax quickly is to repeat to yourself a number of times - "***I'm not a body. I live in a body***". Next tell your body to relax and it will.

2 - Close your eyes and first think about what it is you wish to contemplate upon.

3 - Next focus on the meaning behind what you are contemplating.

4 - Next open your eyes and while keeping your eyes open, focus on a single point or the picture of what you are contemplating on. As you do so you may notice your mind becomes more focused and colors change in your environment or you may become more naturally relaxed. This is normal because your eyes and consciousness are adjusting to a new state of mind.

5 - After 5 to 10 minutes end the exercise.

Know that as you ALLOW Spirit to work behind the scenes after your contemplation sessions, keep faith that it WILL MANIFEST your desire. When you get confident enough after a few sessions, contemplate on LOVE and WISDOM and SPIRIT.

Affirmation - I contemplate myself surrounded by the ideal conditions I wish to attract into my life

REMEMBER WHO YOU ARE

Awareness reminds us that we are capable of becoming more. You are more than what you think you really are. You were formed of Spirit and express thoughts which are multi-dimensional. Spirit is made up of **DESIRE**, **BEAUTY** and **TRUTH**. The truth is **KNOWING** that abundance is your natural birthright. The ego is the only thing that separates us from this **TRUTH** because the ego cannot see itself in the moment.

To connect with who you truly are learn to be spontaneous

SUMMARY

Spirit is an independent principle that expresses its essence of creativity in each and every one of us.

YOUR ROLE IN THE EXPANDING UNIVERSE

Not only is everything constantly vibrating, everything is also expanding and growing; including our INNER BEING which is linked closely to our emotions. It is virtually impossible to see your potential because it is an expansive force. You have no idea of its greatness, because as you approach it, it expands. Hence, potential exists as an expansive energy that gives you abundant opportunities to create an unlimited supply of wealth and abundance.

When we go within to seek wisdom and advice, the answers come from our Inner Being because it is connected with the NOW. Our inner being does not have the privilege of being able to look back like our conscious mind does. What we experience as the reality of now, is only a fleeting experience with reality looking back at us.

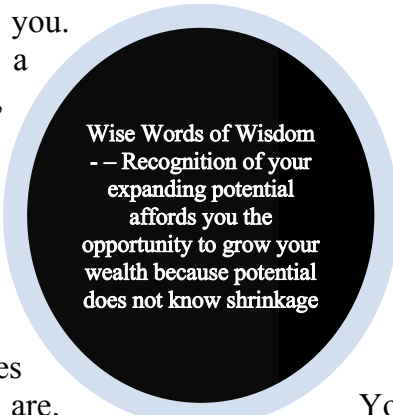
CONTEMPLATION ON WHO YOU ARE

Contemplating on who you are creates a clear channel to the infinite wisdom within you.

UNDERSTAND that you are a person with unlimited potential, expressing multidimensional thoughts co-creating with the Divine.

Truth's power lies in its ability to spontaneously appear. Hence, it is during the spontaneous moments in our lives that we experience who we truly are.

You came to this earth plane to explore your divine gifts and talents



Wise Words of Wisdom
- - Recognition of your
expanding potential
affords you the
opportunity to grow your
wealth because potential
does not know shrinkage

in order to enrich the world. Every single person on this planet is capable of creating and manifesting to their fullest potential. The only thing that disconnects us from this truth is our ego which is designed to sustain our ignorance. Hence, a false self that wants to remain separate cannot see itself in the moment. Don't force any situation that is beyond your control. Instead know circumstances are occurring under the guidance of the All-Creating Wisdom.

Affirmation - My mind is a centre of Divine operation. This Divine operation is always for expansion of a fuller expression.

Our brains think between approximately 60,000 to 70,000 thoughts every 24 hours. Hence,

- 90% of those thoughts are the same thoughts as the day before.
- The same thought = same choice
- The same choice = same behavior
- The same behavior = same experience
- The same experience = same emotion

CONTEMPLATING ON SPIRIT

Contemplating on an objective reveals to you the infinite energy you hold within yourself. If you want to experiment with your powers of manifestation, first begin contemplating on Spirit. This will give you the confidence to move onto larger objectives.

CONTEMPLATING ON LIFE, LOVE and BEAUTY

By contemplating on LIFE, LOVE and BEAUTY, one becomes in-phase with the Originating Source of TRUE Spirit.

Wise Words of Wisdom Regarding Contemplation -

* Just as one cannot out-give God, one cannot ponder too deeply

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Spirit's definition ("*the Power which knows itself*").

* If one wants to feel the Spirit of Life, one only need contemplate upon it.

* One cannot become conscious of their surroundings without first realizing a certain relation exists between it and oneself.

* Individuality complements Universal Spirit.

**LEARNING TO STRENGTHEN YOUR POWERS OF
MANIFESTATION**

Because our thoughts originate from Source, the following quotes in the bible ring true - -

The Lord created man of the earth and made them according to his image

Sirach 17:1-4

For God created man to be immortal, and made him to be an image of his own eternity

Solomon 2:23

In order for anything to successfully manifest, you must first be **CLEAR** on what it is you intend to manifest. Be clear in the details and as specific as possible on what you intend to manifest. Every manifestation is in essence an expression of Divine. Spiritual Transformation Coach Shelly Sullivan (*Interview by Dr. Mishlove on the New Thinking Allowed Show*) stated that after going out into the forest for 8 months and visualizing winning the lottery, her intention came true. However she missed just one number when the lottery was drawn, so she did not receive the full lottery jackpot. This is an important lesson to learn, because if she had instead focused her intention on picking all the winning numbers, she most likely would have won the full lottery. Hence, being very specific about what you want is very important.

Thought that has produced the FORMS we see, feel and

experience, which itself is capable of thinking. Pure Thought is the only possible source from which existing creation could ever have come into existence.

The very first stage in the Creative Process is **FEELING** which comes from deep within. By changing the way you feel, it causes a ripple effect in the exterior world because the universe **RESPONDS** to feeling. This unveils the path to one now being guided by the universe. One need no longer force any situation that is beyond their control. Instead, know that circumstances are now occurring under the guidance of the All-Creating Wisdom.

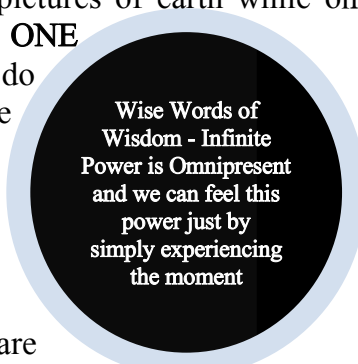
ALL IS ONE

The great scientist Alhazen stated - "*If all images that enter our eyes converge upon a single mathematical point in space; which is indivisible, than all things that we observe from a great distance will appear as ONE; being indivisible by nature*".

In simple terms, this means that no matter where you stand in the observable universe; as you look out into the distance, your eyes always perceive distant objects as being a single object. For example, when astronauts took pictures of earth while on the moon, the earth appeared **AS ONE** single round planet. However, we do not perceive this while standing on the ground, going about our daily tasks. Hence, **ALL IS ONE**.

THE ILLUSION OF A SINGLE MIND

The thoughts that we experience are brought about by a 2 way process. While we may experience our thoughts as singular forms of energy forming sentences in our mind, the reality is that what we perceive as a single thought is really the result of 2 separate components composed as one (*our subconscious mind and or conscious waking thoughts*).



Wise Words of
Wisdom - Infinite
Power is Omnipresent
and we can feel this
power just by
simply experiencing
the moment

A QUICK MONEY MANIFESTATION EXERCISE

Some people have had luck performing this exercise before visiting a casino, or when they are in an environment where an opportunity to receive large sums of money is present.

1 - Release all resistance to attracting money.

2 - Recognize and acknowledge that something greater than yourself exists.

3 - Next become one with the force that you recognize as greater than yourself.

For example -

Hold some paper money in your hands and as you smell the money recite - "***I am one with a tremendous and vast amount of money***". Repeat this a minimum of 17 times. Next detach and let go, allowing the results to manifest themselves.

THE CREATIVE CONSCIOUS MIND

This is the thinking process associated with willpower, focus and discipline. It is also called the "*monkey mind*" because it constantly experiences a flow of mental chatter that is normally beyond our control. This mental chatter comes from our ego's attempt to dance to the beat of rhythms that exist outside of us. Many of these thoughts can distract you and are usually unwanted and can be destructive. Learn to have more emotion for your vision than you do for the emotional distractions that unexpectedly materialize. Where you place your attention is where you place your energy.

SUMMARY

Conscious awareness is like a glacier. The visible 10% of the iceberg above the waterline is our waking conscious mind, with the remaining 90% below the surface being our subconscious

mind. Learning to merge our heart with our desire into a single form of energy generates **FEELINGS** which the universe responds to, creating change. This could be where the saying comes from – “*He never wore the same pair of socks twice*” because new socks inspire FEELINGS of wealth and prosperity.

Later on in this book I will teach you the most effective methods of how to align your heart with your desire in order to experience above average results while manifesting your desires.

***Affirmation** - I am more powerful today than the old programs I adopted in my early childhood*

A 30-DAY EXERCISE TO INCREASE YOUR ABUNDANCE

Twice per day – once in the morning and again in the afternoon, express gratitude, appreciation and thankfulness for all the good in your life. Do this sincerely and with clear intent.

Practice this diligently for a minimum of 1 month.

You will find that after 1 month of this simple exercise that you will have more good things show up in your life. This is because the feelings of gratitude and appreciation gradually build up as a series of waves, which eventually reaches a tipping point. At this tipping point, more good things begin entering in your life.

CHAPTER 3 A BRIEF HISTORY OF MONEY



Before paper money was introduced into society, barter was the main type of exchange for services rendered. After a period of barter, symbols on paper were used to **place value** upon the services rendered or objects received. It was when paper money became a part of national commerce that nation states were born.

The Chinese originally issued coins made of iron which people deposited with merchants who then exchanged them for printed receipts because the iron was too heavy to carry or was vulnerable to theft. In 1666 the Swiss Stockholm bank began issuing paper money.

The largest gold coin weighs 68 pounds (30 kilos) and was made by the Austrian Mint in 2004. It is worth more than \$10,000 Euros

THE DEFINITION OF WEALTH IN HUMAN CIVILIZATION

Money is a collective agreement on how much we value something in exchange for services rendered. Hence, I perform a service or sell you a product that you see as valuable and in exchange for that service or product, you agree to reward me with something I find of value. Hence, money is not a cause, but is the completion of a cycle or event. When you provide more service than what you are being paid for you will learn to **RECOGNIZE** there is **NO LIMIT** to the amount of wealth you can accumulate. The only lack is when you settle for less.

FAST FACT - Just 161,000 tons of gold have been mined throughout recorded history; enough to fill just 2 Olympic sized swimming pools and 50% of this has been extracted only within the last 50 years due to new technology. Currently the remaining

gold below the ground is estimated to be approximately 50,000 tones, according to the US Geological Survey. Based on this estimate, there is approximately 20% of gold remaining in the earth to be mined. No more large scale gold deposits are forecast to be discovered in the near future

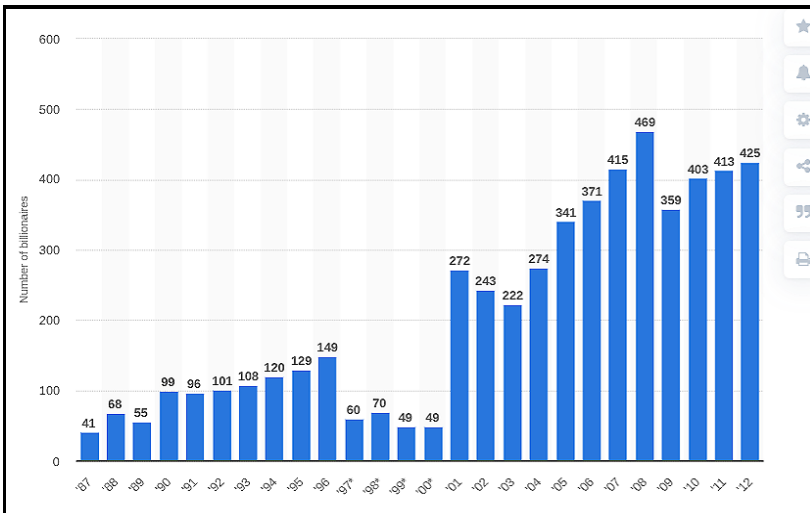


Did you know?
The first ever coin minted by the United States Government was in 1787 and called the Fugio coin (*pictured*).

WHY THE RICH ARE GETTING RICHER
The only reason people seem to be getting richer today is

because THERE ARE MORE PEOPLE BECOMING RICHER.

The Number of billionaires in the United States from 1987 to 2012

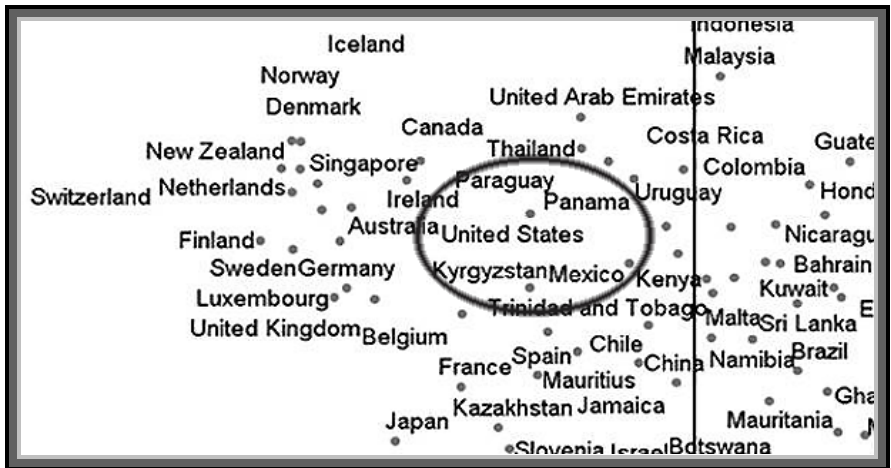


Reference

www.statista.com

WHY AFFLUENT POPULATIONS ARE MORE HAPPY

A research study that was published in 2019 by Mohsen Joshanloo and colleagues titled: *A multidimensional understanding of prosperity and well-being at country level*, examined how happy people were in every country around the world. The study looked at well-rested, friendship opportunities, enjoyment and future life satisfaction. The definition of happiness was defined as living a worthwhile, hopeful and enjoyable life that involved pleasant states of mind while developing and exercising personal and social skills.



What was most interesting was that the nations that had the happiest people were also some of the most prosperous. These countries were Switzerland, Finland, Norway, New Zealand, Sweden, the Netherlands, Denmark, Canada, Germany and Australia. The United States came in around a third from the top 10. The study also found that happiness was not directly related to how satisfied one felt, with some participant's stating that satisfaction brought them happiness, but with others saying it did not.

SUMMARY

Attaining wealth is not just about money, it is about seeking an enjoyable life that is worthwhile and enjoying the opportunities of satisfaction and friendship that come with it.

Looking at abundance with anger or envy causes you to exclude yourself. Making more money does not take away from others; instead it inspires others and creates opportunities. The Rich Get Richer because they focus on what IS, WHAT THEY HAVE, rather than what isn't and have learned to not let negative circumstances stop them from going after what they truly desire. KNOW it is not what happens that determines the quality of your life, but instead **HOW YOU RESPOND** to the circumstances that determines your future experiences. The key is to discover **YOUR** purpose and allow it to full your inner cup, which in turn inspires others.

The below phrases come from quotes in the bible and are known as "*The Matthew Effect*" for short. It simply means that those who see themselves as prosperous attract more of the same. It also means by having the right state of mind (*abundance consciousness*).

Whoever has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken away from him. Matthew 25:29

I tell you, that to every one who has, more will be given; but from him who has not, even what he has will be taken away.
Luke 19:26, RSV.

These quotes from the bible are similar to the lyrics in the once popular television program Flashdance. One of the lyrics is simple, yet so true. The lyric is "*bein' is believin'*"

Another saying is *Feeling is Healing*.

THE CYCLES OF LIFE

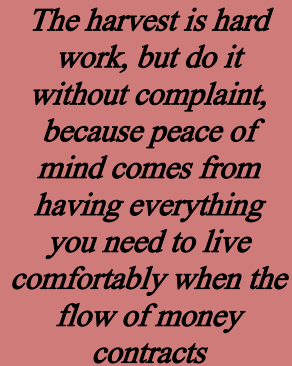
The amount of money we experience in our lives, flows in and out like the tides of the ocean. Hence, disaster may unexpectedly strike after one has experienced a time of financial abundance. Periods of when the money flow contracts in our lives may be short or long depending upon the cycle. The wise person has learned to be ready for the unexpected and can wait out any storm. KNOW that when the flow of money returns, that the money will return in greater measure than before, as long as one keeps the faith, remaining vigilant to thoughts of scarcity and lack.

ASSETS AND LIABILITIES

The wealthy have learned to invest in assets. This means they have learned to have their money work for them, instead of them wasting valuable time working for it. For example, a person who owns an apartment complex that turns a monthly profit is an asset. A person who buys a house, but pays a mortgage has a liability. A person who buys a Ferrari has an asset because it increases in value over time.

LONG TERM ASSETS

A person who buys a house or property that is expected to grow in value in the future has just invested in a long term asset. For example, many people in my neighborhood own homes that they don't live in, but use as vacation homes. Over time when they decide to sell their house, they will most likely get 2 or even 3 times what they originally paid for it. Hence a good long term asset will keep the pace with or even outperform inflation.



The harvest is hard work, but do it without complaint, because peace of mind comes from having everything you need to live comfortably when the flow of money contracts

INVESTED ASSETS

These are assets that you expect to grow in value over time. A vegetable garden is an invested asset because you don't have to pay money in the future for vegetables, only the seeds, water, time and fertilizer. Over time you will reap the rewards of not having to pay for vegetables or fruits. You can also leverage your assets. For example, instead of creating a vegetable garden from scratch, grow your food using hydroponics. This means no soil is necessary, it requires less labor and reduces the amount of labor necessary to maintain it. There are many ways to leverage assets, simply use your imagination to discover more.

VALUE

The time and service we put towards something is in direct proportion to its value. For example, two people can work for the same company, with one making more money than the other. The person that earns more money has learned to bring more value to the company. Another example is that if you are a jeweler and it used to take you 6 weeks to create and set a diamond ring and new technology has become available that allows you to set the same ring in 2 days, people will see less value in your ring. Hence there are 2 ways to avoid loss of **VALUE** in this situation.

1 - Keep the manufacturing process to yourself. This also avoids the market becoming over saturated.

2 - Think of ways to create more value when you perform your service.

Citing another example, a beginning locksmith may find it takes him 15 minutes to open a lock for a client and the client is charged \$100. However the experience the locksmith has gained over time allows him to open the same type of lock in just under 3 minutes, but he still charges \$100. Hence, do you think a customer is more likely to feel satisfaction paying \$100 for something that took only 3 minutes or something that took

15

minutes?

Perceived value, for example is when a person writes a daily blog, than takes a break for a few days or weeks. This creates a demand in the eyes of the audience, thus creating perceived value of the blogger. Hence the saying: *Absence makes the heart grow fonder.*

Find ways to create lots of value through a service that improves someone's life and give expanded service to as many people as possible. You want consistent high quality value combined with personalized service and to perform this in quantity. How can you tell how well you are doing with this? The results will appear in your monthly sales totals.

SUMMARY

Always give 100% every time to what you are being paid to do and charge your fees according to the amount of value you are offering. Find creative ways to create extra value for your service as you get better at it or sell an improved product. It is key that you learn to strike a balance between the value in the service you are providing and what you charge your customers.

USING CRITICISM AS A TOOL FOR PERFECTING YOUR PRODUCT OR SERVICE

Feedback received from critics can be a valuable tool; giving you advice that can be utilized to improve your product or service. There are times however the critics should not be taken seriously. Over time a good product or service will lessen the possibility of attacks from critics. Hence; it becomes easy to deflect the critics when you have a solid and firm belief in your product or service or what you have to offer and you have built up a 5-star business reputation.

FALLING IN LOVE WITH YOUR IDEA CAN BE FATAL TO FINANCES

If an eager entrepreneur starts a new business and it becomes popular at first, developing a momentum all on its own, and

over time the business starts losing money, yet the person still wants to hang onto it, the business has now become a mind trap. This is known as falling in love with your idea. Falling in love with your idea can turn into an addiction, which is the result of not being able to define what is real.

To break out of an addiction one only need remind oneself that the situation or habit is not truly 100% pleasurable in and of itself - it is only your habit that makes you believe it is pleasurable

Falling in love with an idea that is not working out as you expected, also is not fundamentally sound over the long term. If you are a scientist or researcher that does not mind working long hours for low pay because you are trying to perfect something and have a long term investment in it, and have the necessary resources to hold you over until your investment pays off, just know that this is not going to make you rich short term. If your original goal was to have increased profit month after month, year after year and it is not working out, just because you invested a lot of time and effort in something and it is not working out, should not be an excuse for your ego to take the steering wheel. In a situation like this, it takes courage to admit defeat. KNOW you are on the wrong path, even if you have years invested in it.

If things are not working, it is okay to realize it is not meant for you and that giving up will only allow you to see the new possibilities that exist. The trick is to know when to pull back and ask yourself "*Is this idea leading me nowhere?*"



Wise Words of
Wisdom -
Humility
precedes honor

MONTHLY PROJECT EVALUATION

Ask yourself - "*Is this project working out the way I intended it to?*"

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or

“Do I need this suffering, or is this perseverance necessary to get my plan into motion in order to develop momentum?”

or

“Is this idea not right for its time and do I need to wait for things to change or demand to begin?”

or

“Am I committed to this project for the long term to make new discoveries or to perfect something?”

or

“Do I have the necessary resources to keep me covered over the long term as I pursue my desire?”

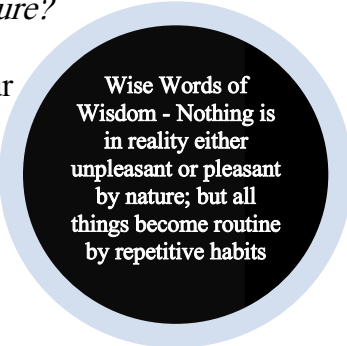
or

“Is my ego trying to avoid self-evaluation of my progress because it likes the safe and familiar?”

or similar questions such as

Is my plan realistic? Am I missing certain components? Do I need to re-evaluate my belief structure?

It is key to **EVALUATE** your progress along the way. Allow for small changes to naturally occur, as the path to seeing a new goal fully realized is not always followed 100% to the letter.



Wise Words of
Wisdom - Nothing is
in reality either
unpleasant or pleasant
by nature; but all
things become routine
by repetitive habits

Change is the nature of life and its hope

CHAPTER 4

DEFINITION OF SOURCE ENERGY AND SPIRIT



While this book is not about philosophical virtues, in order to understand abundance, it is important to have a basic understanding of the forces that motivate it. In simple terms, Spirit and Source cause us to EXPERIENCE abundance and prosperity through our FEELINGS. By understanding this simple principle and how it operates gives one a much clearer picture of where motivation first begins and how to tap into it at will, especially when we feel powerless, which happens to all of us at certain times throughout our lives.

It is my belief that the Human Spirit is composed of the following:

- 60% Subconscious
- 15% Spiritual
- 25% Emotional

WHAT IS SPIRIT ENERGY?

Spirit is the energy that works in the background, much like computer software runs a computer. Because SPIRIT is always moving forward, we have no choice but to flow along with it, allowing us to make the very best use of our existing conditions in a cheerful tone. It is the nature of the Source of Spirit to manifest **INCREASE** in order that it may better express itself through us, and for us because we are always in harmony with it.

HOW DO I LISTEN FOR SPIRIT?

When you take a pause or break from your normal routine, a re-kindling of desire re-surfaces. This desire holds clues to your

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true purpose in life because the information is coming from spirit. Spirit speaks to us when we are most relaxed and not doing anything that is important. Its energy speaks to us in subtle whispers, an inner urging that urges one to do something or change direction or start something new.

Spirit has Intelligence and guides the workings of all of life. As we are born, throughout life we learn to reproduce Spirit as the spring of Original Life within ourselves. The life-giving tendency of Spirit utilizes the element of INDIVIDUAL PERSONALITY in all its form as the Life and Substance of the universe. Hence, when one contemplates Spirit, one begins to feel life being drawn directly from Spirit, experiencing the same thinking power that lies dormant within it. One only experiences limitations if one tries to force the action of Spirit. Eventually one learns that this occurs because we believe it to be the last resort or our egos see it as the easy way out because we do not believe in SOURCE Spirit as a FORMING power.

STRENGTHENING YOUR CONNECTION WITH SPIRIT

A simple technique to strengthen your connection to Spirit is to sincerely ask - "*How may I serve?*" Repeat this phrase over and over either out loud (in private) or in your mind if you don't feel any results at first.

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Scott Rauvers

Author

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