

TAPPING INTO THE POWER OF “LOVE” TO  
ACCELERATE THE FLOW OF ABUNDANCE IN  
YOUR LIFE



CLASS #2 IN THE [HTTP://WWW.CHOOSINGPROSPERITY.COM](http://www.choosingprosperity.com)  
“MONEY BREAKTHROUGH” SERIES

LED BY ELYSE HOPE KILLORAN AND MAX WELLSRING

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## THE MAGIC FORMULA

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“We want you to look at yourself and adore yourself because if you will make this small effort to appreciate you and what is yours now you will soften so quickly the resistance that has been keeping you apart from the things you want.

It is the magic formula that you have been looking for.

- It is the key to your blending.
- It is the key to your allowing.
- It is the key to your getting what you want.
- It is the key to your abundance.
- It is the key to your clarity.
- It is the key to your stamina.
- It is the key to your energy.
- It is the key to your vitality.
- It is the key to your flexibility.
- It is the key to your wellness.
- It is the key to all things that feel good to you.

Making some small effort every chance you get at looking at where you stand now and doing your best to soothe and appreciate you now, to soothe and appreciate you now, to soothe and appreciate you now.”

[Abraham-Hicks](#)

Albuquerque, NM 9/1/04

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## OVERVIEW

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This program has been developed in response to requests by students and clients for short, intense workshops focused on the specific topics that Deliberate Creators find to be most challenging.

Our [ChoosingProsperity.com](http://ChoosingProsperity.com) community consists of people who have been drawn together by a shared interest in the “Law of Attraction” – people from all over the world who understand the philosophical framework of “Creating Prosperity from the Inside-Out” and choose to be committed to the principles. Many who stumble onto this material feel elated – as if we have finally found the key that we have been searching for. We buy books, listen to tapes and attend seminars. We practice the processes, search the Internet for people of like-mind, and have a deep desire to share this information with others. We delight in our successes in applying this material in a variety of different ways and we know that what we have found is True with a capital “T”. And yet, all too often, in one area of our lives or another, we find ourselves living in a gap between what we know is possible and what we seem to be manifesting.

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## INTENTION

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In these “Breakthrough” programs we will present the Deliberate Creative process in digestible bits and walk you step-by-step through the “behind the scenes” of how vibrational journeys unfold. We will bring clarity to the most significant distinctions (the ones that will light you up with an “ah-ha” experience and pop you right into the zone.) You will participate in a live group energy process that is immensely practical and that works hand-in-glove with the philosophy that guides this work.

The notions that: “the heart is the seat of prosperity” and “self-love/unconditional love equals prosperity” are not new. What will be fresh and innovative are the tools and resources that you will take away with you enabling you to release the blocks that have kept you from experiencing: greater joy, increased prosperity, invigorating soul partnerships, calming peace, and enhanced self-esteem.

After participating in this class you'll have a clear intellectual understanding of the steps of this energetic journey and you'll be armed with a dozen new specific tools (including downloadable meditations) that you can use at any time to bring yourself into the deliciously empowering state of heart-opened alignment where you can tap into the amazing, accelerating power of Love.

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# YOUR SESSION FACILITATORS

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**Elyse Hope Killoran:** Certified Spiritual Life Coach and the founder of the Prosperity Partnership Program (now in its ninth year!)

The [Prosperity Partnership Program](#) is a powerful intentional community experience of aligning body, mind, emotions and Spirit to awaken prosperity consciousness in every area of your life.

In addition, Elyse has developed and led classes for the Coaching from Spirit coach training program, served as a Coach U Jump Start Mentor Coach, and is the host of the Coach U Enhancing Energy & Spirit Special Interest Group (SIG).

Personally, Elyse enjoys abundance in all areas of her life -- specifically an abundance of time, money, freedom, fun, friendship, peace and love! Recently married to the man of her dreams, Elyse has transformed every area of her life in significant ways. (Read her story [here](#).) And she has seen proof in her life that, "the better it gets, the better it gets!"

Elyse is also a contributing author in the book: *Intentional Change: Personal and Professional Coaches Describe Their Work and Lives*. (Available at [Amazon.com](#) & <http://tinyurl.com/c5hc9>)

**Max Wellspring:** Facilitator of The Prosperity Partnership Advanced & Mastery Programs. [max@thewellspringsolution.com](mailto:max@thewellspringsolution.com)  
<http://www.thewellspringsolution.com>

Max Wellspring is a professional certified life and career solutions coach who offers spiritual principles and tools as the foundation of her practice. Combining years of corporate experience with spiritual training, her coaching skills focus on how to work through obstacles to co-create with clients the honest solution, whether it involves a life issue, a career move or a business decision.



Like many of us, Max has had several incarnations with regards to career. Out of college, Max enjoyed several years as a commercial actress. Then, as a businesswoman, she has managed a New Age Bookstore and worked as an office manager in a law firm for seven years. In 1997, she launched her own entrepreneurial businesses of coaching and managing small home-based businesses. Now as a full time coach, in addition to her love for her private one-on-one coaching practice and her appreciation for her amazing clients, she also teaches and facilitates courses, coaching groups and workshops on various topics regarding personal growth and emotional release.

Max's vision as a coach and teacher is to provide support for transformation. Her interest in "transformation" is distinguished from just making "changes" in your life. If you make a change, you can change back, but with the kind of transformation Max stands for, you are not the same person you were and there is a permanent metamorphosis. You feel you are living in alignment with your unique purpose and you realize that you have the power to make a difference in your own life and in the world around you. Simply, Max is dedicated to inspire people to live the life they want consciously, effortlessly, and joyously.

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## **THE LAW OF ATTRACTION: THE BASICS**

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Although most of us have been taught that we exist in a mechanistic universe, current scientific thinking (in quantum physics, chaos theory, non-linear mathematics, etc.) validates that we function more like magnets and radio transmitters than like machines.

In other words, it's all about "vibration."

Despite what our eyes would lead us to believe, nothing ever stands "still." Walls, chairs and even rocks are composed of electrons, which are moving at astounding speeds.

The speed of the movement (vibration) determines whether something will be visible (slow moving vibrations = matter) or not visible (fast moving vibrations = light, sound, x-rays, etc.)

Although you may consider yourself to be a solid mass moving about through time and space, in truth you are a field of energy which is vibrating at many different frequencies and sending out energetic messages on a continual basis.

Every thought, feeling, word and action we express carries a vibration and that vibration attracts other like vibrations. Many understand this principle as the Law of Attraction.

Just as the Law of Gravity defines how physical matter will be bound to the magnetic field of the earth, the Law of Attraction defines how energy fields of a similar vibration will be drawn (magnetized) together. Explained in its simplest form, the Law of Attraction guarantees that "like attracts like."

As the Law of Attraction is running the show (even in our ignorance of it) we are, in every moment, attracting to us based on the vibrations that we are radiating.

The question is: are you doing this attraction on purpose or are you doing it by default?

Attracting by default is akin to sending out a mixture of energy signals - some related to experiences that you want and some related to experiences that you don't want - and then receiving back a seemingly random mix of desirable and undesirable outcomes.

Once you understand how the Universal laws work, you can use them to deliberately attract what you DO want.

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## THREE STEPS TO DELIBERATE CREATION

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As like energies attract, the key to attracting a new desirable experience into your life is to send out energy as if this is already the truth of your current experience.

And, as the Universe (and your unconscious mind) can't tell the difference between energy radiating outward in response to real life circumstances and energy sent out in response to vivid imagery, by envisioning yourself circulating energy from a place of true prosperity, you will be bringing yourself into vibrational harmony with an increase in your "real world" prosperity.

According to the teacher Abraham (<http://www.choosingprosperity.com/abraham-hicks.htm>), Deliberate Creation involves a three-step process:

1. You "ask"
2. The universe responds
3. You receive

Sound simple? It is. Unless we "get in our own way."

Now we can't mess up step 1. We're always asking (if not with our words, certainly with our vibrations.) At every moment that life experience "happens to us" and we respond with a "yes, more of that" or a "no, not that," we propel desire out into the Universe.

And step 2 is guaranteed. The universe is well organized, totally predictable, and its laws are absolutely consistent.

So if step 1 and step 2 happen without fail, why do so many of us have the experience of asking for things that never show up?

The answer is: blame it on "step 3." Step 3 gives us the most trouble.

You see, you are asking all of the time and the universe is always answering – but, if you do not trust that what you want is on its way to you, you may not be "letting it in."

This lack of trust, along with our "scarcity mentality," is the foundation of the old paradigm of "human being separate from the flow of universal energy." As we consider ourselves to be separate from the flow, we are blocking the Universe's power to deliver on our requests.

\*\* Sections of this e-book have been excerpted from 'The Prosperity Game Handbook'. Free online game and e-book download at <http://www.choosingprosperity.com/game>

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## STOP BLOCKING THE FLOW

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Now you are likely to be perplexed at this point. You may be saying to yourself, "Is she implying that I don't have to make alterations in my asking and I don't have to control the delivery -- the only thing that is blocking the flow of all good things to me is - well, me?"

Are you aware that you are "blocking" the flow? Well, perhaps if I use other more familiar terms.

How much time each day do you find yourself feeling:

Infrequently -----Frequently

- angry?
- insecure?
- judgmental?
- judged?
- possessive?
- demanding?
- jealous?
- stressed?
- self-pitying?
- inferior?
- perfectionistic?
- self-sacrificing?
- guilty?
- blaming?

Each of these states is synonymous with: closing your heart *and* blocking the flow of prosperity.

Think about it. How do you feel when the following occurs?

- Something you own breaks down?
- Someone you don't like gets a hefty raise and promotion?
- You receive an unexpected bill?
- Something that you need to buy costs more than you have expected?
- You become aware that you want something but then decide that realistically you can't afford it?

Does your body become:

- tight?
- constricted?
- drawn in?

Do your thoughts and emotions become:

- fearful?
- negative?
- limited?

If so you are well acquainted with the experience of "closing your heart" and "blocking the flow" with resistance.

Resistance stems from fear, separation and scarcity consciousness. When we go into "resistant" mode we have over-identified with the part of us that is physical (and we have under-identified and/or disconnected from the part of us that is Spirit.)

We learn as human beings that when a physical "thing" is blocking us we can move it by pushing it away. Unfortunately, we generalize this behavior and when a situation arises that is not physical in nature (for example our water heater begins to leak or a family member insults us) we typically respond by mentally (and emotionally) pushing against the experience to make it "go away".

When we feel "constricted", "resistant" or "shut down" we are actually cutting ourselves off from our connection to the universe.

Consider this:

- Can you feel expanded and afraid at the same time?
- Can you feel jealousy and a sense of freedom at the same time?
- Can you blame someone and feel unconditionally loving at the same time?
- Can you feel resistant and prosperous at the same time?

Most people find that the answer to all of these questions is: "no".

So isn't it self-explanatory that closing your heart and creating resistant energy blocks prosperity? Can you see that shutting off the valve that connects you with your well-being at this moment is the greatest barrier to your overall experience of prosperity in the next moment?





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## GROUP TAPPING PROCESS

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The description of the points for the class energy exercise: "A Key to Self Love: Expanding and Enhancing Self Esteem":

### **The Emotional Freedom & Healing Technique ©**

The Emotional Freedom & Healing technique © is a subtle but powerful guided emotional release and energy activation process developed by coach Richard Ross. As well as Richard's process, there are many forms of these emotional release techniques such as the Emotional Freedom Technique (EFT) that we experienced in our first Money Breakthrough class. These meridian therapy techniques are used by coaches, therapists and people in the Western and alternative medical fields worldwide.

All the meridian therapy processes essentially combine acupressure - tapping or rubbing or steady pressure on certain points of the upper body with 1, 2 or 3 fingers - as you say a statement of the limiting belief to be released. Emotional, Freedom and Healing adds another dimension to these techniques with the use of deep breathing to support the emotional release and integration. In essence, the process will help you to bypass the programmed mind of the intellect while accessing the body's intelligence to support healing at a cellular level.

The Treatment Points are:

1. Tender Spot, Left Side of Chest - Known as "The Heart Point" (The tender or sensitive spot is located above the left breast feeling underneath the collar bone toward the shoulder. Rub this area with 3 fingers in a gentle circle.)
2. Eyebrow (either eyebrow, tap on end near bridge of nose)
3. Side of the Eye (tap on bony part of the temple)
4. Under the Eye (on the bone below either eye, centered)
5. Under the Nose (above upper lip)
6. Chin (below lower lip, crease where chin starts)
7. The center of the breastbone (about 5 inches below the throat)

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**Self-Love**

Quotes – The Damage of Self-Criticism  
Quotes – The Essence of Self-Love  
Heart Opening – Allowing in the Reflection of Love  
Releasing blocks to Self-Love  
Affirmations

**Unconditional Love**

Forgiveness  
Dissolving the Illusion of Separation

**Expanding Love in Relationships**

Book of Positive Aspects  
Spiritual Partnership Prayer  
Activities to Generate Love

**Enhancing Intimacy in Relationships**

Miracle of Connection Recordings  
Complimentary Consultation with Imago Therapist Ed Shea

**Circulating Love Energy to Magnetize Prosperity**

Quotes  
Business Beacon Meditation  
Prosperity Meditation



## Quotes: The Essence of Self-Love

“Are you understanding that appreciation and self-love is the most important tool that you could ever nurture...”

That the appreciation of others and the appreciation of yourself is the closest vibrational match to your Source energy of anything that we have ever witnessed?

When you are appreciating or when you are loving or when you are acknowledging the value of something, you are in that moment a vibrational match to the Source that is truly you.”

-- [Abraham-Hicks](#)

'Self-Love is our deep personal conviction that, when the music stops, we're absolutely okay. Self-love enables us to take for granted that we're essentially lovable and worthwhile - in and of ourselves and regardless of whatever roles, titles, successes we may (or may not) enjoy. High self-love leads us to trust our feelings and intuition automatically. Because it reinforces our sense of personal rights, it helps us say no, set limits, stick up for ourselves, and keep ourselves safe both physically and emotionally as a natural response to any kind of threat. Self-love lends us much more than the power to care for ourselves as individuals in every way that we can conceive; it empowers us to thrive. It leads us to our mission in life and enables us to experience true emotional intimacy with another."

-- [The New Couple Why the Old Rules Don't Work and What Does](#) by Maurice Taylor and Seana McGee

If there were anything that we could give you, it would be the appreciation of yourselves that we feel for you. We would help you feel the perfection of where you stand. We would open a vortex within you so that your Inner Being could radiate through you and let you know, on a moment-to-moment basis, the overall appreciation that we all, from the Non-Physical experience, feel for those of you who have chosen to be here on this leading edge of thought.

You underestimate, so dramatically, the perfection and the power of where you stand. There is so much love here for that which you are. And as you reach for it, you'll feel it more and more. And in this self-love, or appreciation, (it is an art that you're going to have to practice) you will connect more and more to the Energy that is Us. As we, the Non-Physical aspect of that which you are, stream through you, then you will begin your deliberate journey here in these physical bodies.

-- [Abraham-Hicks](#)

Ultimately, what we are looking to is the deepest connection within ourselves. As we get more connected to that, we begin to feel in harmony with other people and with the rest of the world.

-- Shakti Gawain



## Quick and Easy Exercises To Affirm the Power of Love

The following activities support a deep internalization of selected affirmations.

\*\* All of the following affirmational statements can be made while doing any of the following energy techniques.

1) With the backs of your finger nails, move down your arms, slowly and gently, hardly touching at all. Do this on both the inside and the outside of the arms, breathing easily and being gentle with yourself.

2) Tap your inner wrist (if both hands are free, tap the opposite inner wrists at the same time). This is a great exercise to do unobtrusively. Nobody will know that you are affirming the power of love.

Using either of these techniques repeat the following statements to yourself either silently or out loud.

*I am lovable and loved.*

*Love moves through me and connects me to the guidance of my highest intuitive wisdom.*

*My strength and innate wisdom to advocate love is within me.*

*I lovingly rejoice in my ability to be absolutely current with my financial resources.*

*With love, I allow healing.*

*The joyous, loving experience of abundant prosperity is my birthright.*

*My experiences are transformative ones based in love.*

*I choose a life filled with love that is in alignment with my highest purpose.*

*I choose to BE the embodiment of love in all I do.*

*I love who I am.*

*So be it.*

### 3) Temporal Tapping Meridian Therapy Technique

The Temporal Tapping Technique uses constructive affirmations to help release limiting beliefs.

The points on the right side of the body that you are working with start at the temple, moving next to a spot behind the ear and ending at the bony protrusion in the center of the occipital bone that runs from ear to ear on the back of your head where the skull meets the top of the neck.

You repeat each statement 3 times as you continuously move and tap from the first point in a line starting at the temple proceeding behind the ear and ending on the occipital bone.

You are using three voices to firmly establish the affirmation within your being.

For example, the statements should be designed with these opening words:

The first voice: "I, Elyse (substitute Your Name)..."

The second voice: "You, Elyse (substitute Your Name)..."

The third voice: "Elyse (substitute Your Name) is..."

Sample statements might be:

"I, Max, now open my heart and my life to bring forth the financial success and satisfaction I desire and deserve." (3 Xs)

"You, Max, now open your heart and your life to bring forth the financial success and satisfaction you desire and deserve." (3 Xs)

"Max now opens her heart and her life to bring forth the financial success and satisfaction she desires and deserves." (3 Xs)

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Of course you can design any statement you want for this exercise using your name and any issue that is up for you to heal. This exercise will help you with supporting the energy of self love and confidence.

\*\*\* Adapted from Donna Eden's book, [Energy Medicine Kit](#)



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# UNCONDITIONAL LOVE

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## Forgiveness

"By far the strongest poison to the human spirit is the inability to forgive oneself or another person. It disables a person's emotional resources. The challenge inherent within this (heart) chakra is to refine our capacity to love others as well as ourselves and to develop the power of forgiveness." --Caroline Myss, Ph.D., [Why People Don't Heal And How They Can](#)

"Forgiveness is primarily for our own sake, so that we no longer carry the burden of resentment. But to forgive does not mean we will allow injustice again."  
-- Jack Kornfield

"Forgiveness is different from saying 'I lose,' or 'I was wrong and you are right.' It is different from letting someone off the hook for a perceived wrong. Forgiveness is simply a way of freeing your spirit and becoming an unlimited being. Peacefulness and increased energy are the prizes, and forgiveness is the price. To me, it's a bargain." --  
Doreen Virtue, Ph.D.

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### Step 1. The Forgiveness Inventory (thanks to John Randolph Price)

On a sheet (or, more likely, several sheets) of paper, begin listing the names (or a general description) of every being (living or dead) and every organization with whom you feel any discomfort or irritation.

Scan your life across the decades and remember: the bullies on the school bus, the teacher who gave you a hard time in High School, the friend who betrayed you, the loss of your first love.

Don't be surprised if names and events that you have not recalled in years pop up into your consciousness. It is not unusual to experience an energetic drain related to people and events that you only slightly remember on a conscious level.

It may be easier to write this list in stages, adding names here and there over the course of a few days, until you reach a point where you feel that the list is complete.

## Step 2. Release, Forgive and Turn Over to Spirit

Set aside some personal time and find a quiet space where you can focus your energy on this forgiveness process.

Go through the list, name by name, and bring an image of the person or experience into your mind's eye.

Repeat the following for each name on the list:

"I release you and I set you free.  
I see us both as free.  
My forgiveness of you is total.  
My reconnection with myself is complete.  
And so it is."

## Step 3. Return to Self-Love

End by imagining your own body sitting across from you.

Repeat the release procedure with these words...

"I release myself from every harmful and negative thought I have ever had about myself.  
I rest peacefully in the experience of unconditional love.  
My forgiveness of myself is total.  
My reconnection with myself is complete.  
I celebrate my return to my wholeness and authentic power.  
And so it is."

## Dissolving the Illusion of Separateness

As we explained on the class, when we connect with the essence of unity consciousness – where we are aware of our interconnectedness with every other being – we enter a state of profound receptivity and “allowing”.

Our unconscious minds (and the “Universe”) cannot tell the difference between energy blockages that we are directing towards other people and energy blockages that we are directing towards ourselves.

When we open to the truth that “my” higher good and “your” higher good are one in the same, we tap into the energy field of highest attraction.

Practice:

This practice can be applied in any well-trafficked surroundings (malls, train and bus stations, city streets, etc.)

- Bring yourself to a state of peaceful relaxation.
- One by one, randomly select and bring your full attention to individual people in your visual field.
- Repeat the following silently as you focus on each person:

“The love that I am acknowledges the love that you are.”

- Repeat over and over again until you feel a significant and sustainable shift occur in your energetic field.
- Savor the deliciousness of this high vibrational space and give thanks to Source energy for returning you to this state of expanded awareness.



## Soul Commitment to Spiritual Partnering – by Elyse Hope Killoran

1. Spiritual partners know that the solitary spiritual path is no longer the optimal choice for conscious evolution and that interpersonal relationships provide us with the greatest laboratory in which we can come face-to-face with the edges of our comfort zones. They recognize that insights experienced through journaling and meditation are of little value unless they can be brought into the everyday world of activity and interaction. For this reason, so many on the path are hungry for a deeper form of relationship with true alchemical power.
2. Spiritual partners hold the awareness that they are connecting, simultaneously, on the level of personality and soul. In this way they commit to "walking between the worlds" in every area of their relationship.
3. Spiritual partners know that at every moment we have the choice to participate in the unfolding of our lives unconsciously (as a victim of seemingly random circumstances) or consciously (as an active, co-creative participant.) Spiritual partners choose the latter. From this perspective, life is a process of creation and evolution and the individual's experience is indeed a heroic journey.
4. Spiritual partners choose to believe that our higher selves (in partnership with God/ the Universe) are deliberately attracting people, circumstances and events to us so that we may have ample opportunities to grow into our best selves. Whether an event seems positive or negative at face value, spiritual partners acknowledge that our "individually calibrated Divine curriculum" is always leading us to perfectly orchestrated opportunities for the highest good of all concerned.
5. Spiritual partners strive to create a positive energy environment. By committing to truth, trust, equality and to seeing the light in one another, spiritual partners create a safe container in which transformation can take place.
6. 6. Spiritual partners understand that our greatest power to shape our future lies within our intentions. In every interaction, spiritual partners must leave their ego-agendas at the door and invoke a higher path. "God please use this relationship for the highest purposes for all concerned" is a powerful growth- enhancing intention.
7. Spiritual partners savor the opportunities to face and heal ineffective patterns affecting careers, relationships, finances and lack of self-love. When one acts in a manner that is less than his/her highest, compassion and a commitment to healing becomes the focus of both partners.
8. Spiritual partners use the enhanced sense of unconditional love that is modeled for them by their partners as a touchstone while they learn to find and hold their own connection to source energy, freedom, expansion and full expression.
9. Spiritual partners recognize that the personal and spiritual growth that they enjoy as a result of their connection benefits the individual, the other partner(s) and countless others whose lives are touched, directly or indirectly. In a grand domino effect, spiritual partnering has the power to heal the world.
10. For spiritual partners, the ultimate destination is: wholeness, authentic power, the replacement of reactivity with choice and the freedom and flexibility to become a conscious chooser even in the most challenging of circumstance.

## Spiritual Partnering Prayer

Dear God,

Please make of this relationship a holy relationship.

Please help me to remember that I do not know what this relationship is for.

I do not know why we were initially drawn together, how long we are supposed to stay together, what healing we are doing and what gifts we are each gaining from our time in partnership.

Please help me to remember not to compare and judge the quality of this relationship based on the perceptions of my personality. Instead, I seek to remember that this relationship has offered me countless opportunities to grow into a more conscious, more loving, more integrated human being.

Help me to hold to my intentions to be open, loving and fully present here - even (especially) when I find myself playing out old patterns. Help me to remember that each day we can create this relationship anew.

And, when it becomes clear that being together no longer serves our evolution, please help us bring this form of relationship to a close with ease, grace and love.

Amen.

## One Dozen Activities to Generate Love

### 1. Gratitude Journal:

Begin writing a sentence of appreciation each day for five situations (people, things, experiences, opportunities) that you are grateful for.

They can be very simple - i.e. I am thankful for the warmth of the sun or very specific -- i.e. I am thankful that this challenging situation with my computer was resolved quickly and easily. Be sure to FEEL the positive energy as you are writing. (Note: Don't stop at five on days that you feel inspired!!!!). The more you acknowledge how you've been supported, the more supported you will be.

2. Connective letter writing (Take some time to write thank yous, send paper cards, send e-cards, or just a quick note just to be thoughtful.)
3. Hide notes of love, acknowledgement or appreciation where someone is sure to find them.
4. Write up list of your best memories and review them.
5. Surround yourself with pictures of loved ones.
6. Buy flowers for yourself
7. Buy flowers for someone else
8. Smile at yourself every time you see yourself in a mirror
9. Become a secret giver by performing random acts of kindness. This just happens to be 'Random Acts of Kindness' week. You can get inspiration from <http://www.actsofkindness.org/>
10. The Criticism Fast – “I will judge nothing that occurs today” ~ The Course of Miracles

For one day, criticize nothing. Imagine everything that happens for your good and the good of others. Release self-judgment. See yourself, your intentions and your actions as pure and good. Do not agree with the criticism or judgmental words or attitudes of others. Affirm: “I give this entire day to the celebration of good.”

11. Record all that you love about yourself in your own voice on a tape recorder and listen to it daily. Add some of the affirmations that we have included in the workbook. It is very powerful to hear these loving messages in your own voice.

12. Gifts to support yourself: Try writing out a list of things you can do to support yourself.

Examples:

- Tell the truth as often as possible - say what is close to your heart without blame or judgment
- Set boundaries that are based on your values...perhaps you need to say "no" more often rather than taking on more. "No" can be a complete sentence.
- Affirm you will attract more and more supportive people into your life.







## **Becoming a Business**

You can use your “inner vibrational meter” (as discussed on the class) to discern whether you are coming from a place of open-hearted abundance or constricted scarcity as you seek to increase your income or profits in the world of business.

### **Low vibrations:**

Thoughts, feelings and “come froms” that block connection/inspiration and success:

- Competition
- Working the room
- Closing the sale
- Cold call
- Promotion
- Seduction
- Manipulation
- Efforting
- Possible rejection
- Needing business/money

= Low, slow, constricted, ego-centered, naturally repellent energy

### **High vibrations:**

Thoughts, feelings and “come froms” that magnetize connection/inspiration and success:

- Calling to you those you can serve
- Sharing Your Gifts
- Sounding your note
- Extending your reach
- Uplifting others
- Channeling benefits
- Enhancing other’s lives
- Becoming visible
- Becoming a magnet
- Irresistible attraction

= High, pure, positive, naturally attractive energy

## Business Beacon Meditation

### Key Points:

- The business/career that you seek to create/enhance already exists in its ideal form and is drawing you towards it
- The clients that you are seeking to attract are seeking you.
- You will magnetize the business in its fullest manifestation and the clients in their greatest numbers as you generate your most attractive, radiant "tone"

### Steps:

1. Choose one or more of the following higher level "essence" vibrations to attune (become a match to) the energy vibration with which you hold your concept of your "work":

BALANCE  
BEAUTY  
BLISS  
CLARITY  
COMPASSION  
EASE  
EMPOWERMENT  
FAITH  
FLOW  
FREEDOM  
GENEROSITY  
GRACE

GRATITUDE  
HARMONY  
IMPECCABILITY  
JOY  
LOYALTY  
LOVE  
PROSPERITY  
PURITY  
TRUST  
TRUTH  
UNITY  
WISDOM

2. Feel the feeling state of already having these essences manifest in your work
3. Feel connected via a web of light signals to everyone who is touched by your work
4. Turn on your "beacon" and send your signal out strongly
5. Conclude with a sense of completion that your message has been relayed and received and that the information, money, people, opportunities and events that are the highest match to your "tone" are already on their way towards you.

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*"Actions to be taken and money to be exchanged are by-products of your focus on Joy. On your deliberately joyous journey your actions will be inspired, your resources will be abundant and you will know by the way you feel that you are fulfilling your reason for life. (Most have this one backwards, therefore most feel little joy in their actions or their possessions.)" -- [Abraham-Hicks](#)*

## Audio Heart Meditation



Experience the Truth that: [“Love is All There Is”](#) in this inspiring meditation created by Max Wellspring











## CONTINUING ON THE PROSPERITY PATH

If you have found resonance with the material in this e-book and you have a desire to continue to move forward on the prosperity path, we suggest that you:

- ❑ Thoroughly explore our web site at <http://www.choosingprosperity.com>
- ❑ Register to play the free online Prosperity Game at <http://www.choosingprosperity.com/game>
- ❑ Subscribe to our free ezine, "[Prosperity from the Inside-Out](#)"

This powerful, multi-dimensional program is designed to activate your Prosperity Consciousness. Each month you'll receive step-by-step guidance in the use of a new spiritual tool, so that you can begin creating prosperity -- from the inside-out! Review past issues and subscribe at our web site <http://www.choosingprosperity.com/ezine.htm>

- ❑ Register for the next, free two-week trial of "[The Prosperity Partnership Program](#)" at <http://www.choosingprosperity.com/ppp.htm> (Available internationally via teleconference technology - see description below.)
- ❑ Enlist one of the authors of this guide to partner with you, one-on-one, to anchor your highest future. To learn more about Max and her coaching practice, please check out <http://www.thewellspringsolution.com/meetmax.html> You can also schedule a 30 minute complimentary consultation with Elyse at: <http://www.choosingprosperity.com/coachelyse.htm>



**Elyse Hope Killoran:** Certified Spiritual Life Coach and the founder of the Prosperity Partnership Program (now in its ninth year!)

The [Prosperity Partnership Program](#) is a powerful intentional community experience of aligning body, mind, emotions and Spirit to awaken prosperity consciousness in every area of your life. Personally, Elyse enjoys abundance in all areas of her life -- specifically an abundance of time, money, freedom, fun, friendship, peace and love!

Recently married to the man of her dreams, Elyse has transformed every area of her life in significant ways. (Read her story [here](#).) And she has seen proof in her life that, "the better it gets, the better it gets!" Elyse is also a contributing author in the book: *Intentional Change: Personal and Professional Coaches Describe Their Work and Lives*. (Available at [Amazon.com](#))

**Max Wellspring** is a Certified Spiritual Coach and Emotional Freedom Facilitator who also works with clients individually via telephone to co-create all that's necessary to live in alignment with their true-life purpose. To learn more about Max and her coaching practice, please check out Max Wellspring is a Certified Spiritual Coach and Emotional Freedom Facilitator who also works with clients individually via telephone to co-create all that's necessary to live in alignment with their true-life purpose. To learn more about Max please check out <http://www.thewellspringsolution.com/meetmax.html>





## ***The Prosperity Partnership***

A Powerful Intentional Community Experience  
of Aligning Body, Mind, Emotions and Spirit  
to Awaken Prosperity Consciousness  
in Every Area of Your Life!

### **READ what PPP participants are saying:**

"Way more than I expected!! .... I really love the program! ...I really feel that I've changed at a cellular level, which I didn't 'get' when I started the program..."

"Clearly a powerful community, lead by those who 'walk their talk.' A gift to all who participate."

"I'm really impressed with the program! My life has gone into 'fast forward' and it is really making a difference."

"It has been the single best use of time and resources I've made in the last year!"

[Read these testimonials and others by clicking here](http://www.choosingprosperity.com/Written.htm) or going to  
<http://www.choosingprosperity.com/Written.htm>

### **HEAR what PPP participants are saying:**

**Rachel N. Los Angeles, CA** describes how she "started the PPP with a bang" by putting her house on the market and selling it "within 5 hours, in a bidding war and walking away with an extra \$100,000."  
[Click This Link](#) or go to <http://tinyurl.com/9q3kt> To Play The Audio Message from Rachel

**Erik A. Austin, TX** "I have more abundance in my life in every single form every day. I'm making more money. I have more loving relationships. I'm a more loving person. I'm healthier, I feel more at peace."  
[Click This Link](#) or go to <http://tinyurl.com/apusq> to Play The Audio Message from Erik

**Duanne R. outside Austin, TX** "The experiential learning, the support from the group, the consistent every week practice with my inspirational actions has literally produced results beyond my expectations and I'm ready for more." [Click This Link](#) or go to <http://tinyurl.com/cwt2c> to Play The Audio Message

**James G. - Somerset, England** "What was so uppermost in my mind - financial lack, scarcity - does not exist now. I am debt free...I have had unexpected windfalls that appeared exactly when they would make the most difference...And this has come about not because of struggle, effort and intellectual endeavor... but due to the tools and practical approach of the partnership group." [Click This Link](#) or go to <http://tinyurl.com/8txlt> to Play The Audio

[For additional audio testimonials click here... \(http://www.choosingprosperity.com/Voice.htm \)](http://www.choosingprosperity.com/Voice.htm)

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