

Eight Keys to the Ultimately Prosperous Business

Class 4

Recording for class 4 on April 30 attendthisevent.com/?eventID=37659351

Password: **Prosper**

Theme: The Alchemy of Creating Desired Results

- Tools:**
- 1) Workshopping and Allowing
 - 2) Universal Manager
 - 3) God Jar
 - 4) Creation Box
 - 5) Prayer of Leading
 - 6) Withdrawing Attention from your old story
 - 7) Telling a new story
 - 8) Create a Dream Board, a Vision Board
 - 9) Take positive action: something new, spontaneous, take a risk.
 - 10) Begin a Synchronicity or Success journal
 - 11) Tap into Abundance.
 - 12) Rename Yourself
 - 13) Energy Inventory

The main points for Class 4 are:

- 1) The Power of Magnetizing
- 2) The Art of Workshopping and Allowing
- 3) Tools for Magnetizing
- 4) Leap of Faith
- 5) Actions to Raise Your Vibration
- 6) Patterns you will change

The Power of Magnetizing

A magnet attracts iron and certain other minerals by a surrounding force produced by the motion of its atomic electrons and the alignment of its atoms. A magnet is also a person, place or object that exerts attraction. Magnets are about force and attraction.

Magnetite is the mineral form of black iron oxide and often occurs with titanium or magnesium. A lodestone is a magnetically polarized piece of magnetite. A lodestone is also defined as one who attracts or magnetizes.

It is thought that magnetite is what helps homing pigeons find their way, influences the annual migration of birds and whales. It is also thought that humans have magnetite at the location of our third eye. Magnetite is about navigation.

When something is magnetic, it attracts. Human beings are magnetic. We sometimes refer to people as having magnetic personalities.

Love is a high vibration. It registers 500 on David Hawkins' Map of Consciousness, compared to Neutrality and Trust which register 250. Most of humanity, is hovering around 200. It is common for people in a Love vibration to attract more money! In astrology the symbols for love and money are the same ... the planet Venus. You can be in love with someone or be in the vibration of love itself. It doesn't matter. The vibration of Love is high and attracts circumstances at that level. Play with this!

Notes: We attract energy, people, events, situations and things to ourselves. What we attract is based on the energy or frequency that we carry and project.

Whether we realize it or not, the energy or signature pattern that we carry is related to deeply held, subconscious beliefs, thoughts and feelings. Bruce Lipton writes about this in The Biology of Belief.

The experiments that Madeline cited in class 3 indicate that:

1. A web of creation seems to exist and that our DNA communicates with matter through this energy.
2. Living cells communicate through a previously unrecognized form of energy ...perhaps the web of creation ... and that time and distance have no effect on this energy.

3. Our DNA strands relax and our immune system switches on in the presence of GRATITUDE, LOVE, AND APPRECIATION. The opposite has also been found to be true: DNA strands tighten and the immune system switches with negative emotions such as FEAR, ANGER, ANXIETY, or FRUSTRATION.
4. HIV positive patients, found that love, gratitude and appreciation created 3000 times more resistance for their immune systems.
5. *Bruce Lipton hypothesizes that there is a TIGHTLY WOVEN WEB THAT CONNECTS ALL MATTER.* This is referred to as the Quantum Hologram or the Web of Creation.

We magnetize the patterns that we carry and we attract situations and events to our lives based on these patterns.

In the Abraham-Hicks model, our feelings are our point of attraction. Our feelings and emotions are the indicators of what we are drawing to ourselves. If you are feeling positive, happy, upbeat, pleasant and all that goes with it ... you draw like circumstances and events to your life. The same is true when you are feeling down or low. If you are feeling disappointment, fear, anxiety, despair, stress and related conditions, this is the basis of your point of attraction. You will magnetize like circumstances and like people to your life.

Another aspect of the science behind this is that our brains are always creating more receptors for whatever we are focused on. This is how we physically strengthen and energize our thoughts and feelings. The cellular connectors grow bigger. As this is happening our hearts and brains are also communicating. The heart sends signals to the brains and visa versa. Current research indicates that our hearts (feelings) actually drive our brains (thoughts).

Your number one priority is to feel good every day!! Spending more time feeling good rather than feeling worried, anxious or in fear is the way you attract prosperity and related situations to yourself. You magnetize based on your feelings, your thoughts, your aura ... everything you carry and project.

Lipton writes (p. 178): *“You are personally responsible for everything in your life, once you become aware that you are personally responsible for everything in your life. One cannot be ‘guilty’ ... unless one is already aware ... Once you become aware of this information, you can begin to apply it to reprogram your behavior.”*

Some of the ways we can magnetize our desires:

Workshopping and Allowing!

Prep Work for Workshopping

Workshopping, or Joyshopping as I like to call it, is a magnetizing process, which can very quickly bring you what you want.

There are two important steps that should be done before you do this process. They're your prep work for this process. First, you decide what you want, and of course, as we've mentioned quite a few times, NOT what you DON'T want. **State whatever you want in positive terms, because the Universe doesn't hear the words “not or no”.** In fact it doesn't hear any negatives, because it operates only in the positive. When you

say, "I want to be debt free", the Universe hears, "she or he wants more debt" Or back when people protested "No War" against the Iraqi war the Universe heard "War!" The first thing to do is to think of something you want to create and state it in the positive. Choose something that YOU really want, and strongly desire, *not* something you *should* want, or sort of want.

Next, you want to check in and make sure you're fully aligned with what you want. You cannot SAY you want something and then FEEL differently, or have a part of you that doesn't really want it. We have to be FULLY ALIGNED with what we want, both emotionally, and mentally, as well as spiritually and physically.

To check your alignment for what you want, close your eyes and ask yourself, "Am I fully aligned with this desire? Does ALL of me want it?" Listen for your answer or see it or feel it. If you know how to muscle test or pendulum, these are other ways to check on the answer.

If you get a NO to this question, first ask "Why?" and start exploring the issue based on the answer you get. Then, depending on why you got the "No", you may need to release some fears, which is one of uses for the 2 point Emotional Freedom and Healing Release, or you may need a custom, full release for that particular issue, if it's a strong fear that's been there for awhile. You may also need to have a deeper understanding with your inner child or subconscious. We often make choices at a very early age, which our subconscious remembers, even though our conscious self doesn't.

Work-shopping or Joy-shopping

When you Workshop you are thinking and feeling positive energy about attracting or creating the things that you would like in your life. You can use this process to attract or create ideas, people, things, and opportunities that enhance your prosperity. The goal is to focus on what you want while deliberately feeling joyful that you already have it. This raises your vibrations to their highest point and keeps your focus on what you want. The stronger your desire, the faster these things will come to you.

One way to get into the feeling is through a process we call **Workshopping or Joyshopping**. This is an Abraham-Hicks process. Here are two links to a video and an audio about this process. One is an Abraham-Hicks video on 17 seconds to more money at <http://video.search.yahoo.com/search/video?p=abraham+hicks&b=22&tnr=21>

And the second one is an audio 68 Seconds of Pure Thought
<http://video.search.yahoo.com/search/video?p=abraham+hicks+youtube>

You'll be brought to a page with many videos. Poke around and watch the ones that interest you.

To Workshop, you focus for a total of at least 68 seconds per day, every day on whatever you want in your life, flowing positive energy while focused on what you want to create or attract to you.

You can do this in smaller segments of at least 17 seconds, four times per day. You need at least 17 seconds of focused energy to combust the energy to the next higher level. Over time though, work on holding the energy longer and longer, until you get yourself into a pattern of focusing on what you want for 68 seconds at a time. You can do this multiple times each day.

Here's how to use this tool:

1. First, remember a time or an event when you felt VERY happy, excited, or joyful, or go into gratitude mode and begin feeling grateful for your many blessings.
2. Once you're in this high vibrational energy and feeling happiness, excitement, joy, or gratitude, THEN start thanking the Universe for having ALREADY provided whatever you want.
3. As you give thanks for this *having already come true*, imagine what it feels like, smells like, tastes like. What are you doing when this becomes reality? Who else is there? See and hear what is happening around you. Put in the details of your desire.
4. Remain in this high energy, feeling thankful that your wish has come true for a minimum of 17 seconds each time you do this (this is needed to combust the energy) and a total of at least 68 seconds per day (this is the daily minimum needed to manifest your desire). Gradually you will be able to increase the time you hold this high energy from 17 seconds to 34 seconds to 68 seconds.

Two things to remember:

1. **NEVER ASK** for anything or say you need or want something. Those words indicate you lack it and you are only reinforcing the fact that you don't have it. Asking also means you expect to receive it in the future **and we never arrive in the future**. We are always in the present moment. **ALWAYS THANK** the Universe for having **ALREADY provided it in the here and now**. This is the only time we ever have. When you do this, you are choosing the timeline in which you have what you want.

2. This process works best when it is something your heart truly desires, something that has passion and juice for you, and not something you "should want" or that someone else wants for you.

Notes:

Letting Go and Allowing:

In general, allowing the outcome to happen is usually the hardest part. Most of us are highly skilled at controlling situations and we want to be in control. So letting go and **ALLOWING** the Universe to bring whatever you want to you can be very difficult. It means you must **TRUST** the Universe.

So what's going to happen after you spend time thanking the Universe for having already brought you something? At some point, if you're like most of us, you'll have a negative thought. It will go something like,

- 1) I can't sit around and wait for something to happen!
- 2) This is never going to work.
- 3) Or I don't deserve all that money so it's not going to come to me.

No matter what the negative thought is, guess what? **YOU** get to be **RIGHT!** This is because we are always creating to our **LAST THOUGHT**. So if your last thought was,

“this isn’t going to work”, it won’t. In essence, you’ve sent the Universe a confused signal or message.

The solution is that you must first eliminate the negative thought. Say “CANCEL CLEAR”, right out loud, so the Universe knows you’re serious. Then immediately substitute a positive thought. Doing this realigns your intention. “Of course the Universe wants me to have XYZ.” You **MUST** realign with your intention or you will be sending the Universe an unclear message. Remember, **we ALWAYS create to our last thought**. It’s important to monitor what your thinking and feeling, so you send clear and consistent messages.

One additional point about allowing: Often the Universe sends you messages about what to do next. **You need to follow those messages**, but avoid trying to **MAKE** things happen. That’s **NOT** allowing. Remember there are many possibilities that you may not have considered or even know about. It’s important to remain in trust and allow the Universe to bring you the best option.

Other Tools for Magnetizing:

Universal Manager

This is our higher power who is always available to support you, provide guidance and direction ...call it whatever you are comfortable with ... Universal Manager, God, the Divine, Spirit, Holy Spirit, etc. Get in the habit of turning your big jobs over to your Universal Manager. Turn over situations and requests that are beyond yourself. When you have a challenge that stumps you, write an email or memo to this Universal Manager. Alternatively, place a box or jar on your desk and designate that all jobs for

the Universal Manager go into this box or jar. When you have a hard job, write it down on a piece of paper and put it in this container. Then let it go and allow the Universal Manager to do his/her job

God Jar

Select a jar, a canister, a vase, a bowl ... any container of your choosing. Place all of your desires that are beyond yourself or too big for you to handle into this jar by writing them down, turning them over to the Universe and letting go. When you let go, you TRUST that the right solution will manifest. As you write your desire, write the essence of what you want. Leave the details up to God or up to the Universe. Ask the Universe to handle the situation. You are turning it over and letting it go. You can name this jar anything you want. I call it a God jar. You can call it a Spirit jar, a Universal Manager jar, a Manifesting jar ... whatever. It doesn't matter. What matters is that you clarify what you want and let go of the outcome.

Creation Box

Select a beautiful box, basket, or any container that pleases you. On the cover or the inside of the cover or even on the bottom, write: "Whatever is contained in this box, IS." Gather pictures, words, images, photos, stories of anything that represents your desires to you. It could be pictures of places you want to go, clothes you'd like to have, health, vehicles, furniture, money, emotions, people ...anything you desire. Cut these out and place them in the box. Then, let them go. Trust that the Universe will bring them to you.

Prayer of Leading: If it's for me, expand it, if not, take it away.

Leave your old story behind

Just stop telling it and repeating and reinforcing the very circumstances that you no longer want. Withdraw your attention and place it elsewhere. When you do, you stop giving your old story power and eventually it dies off, it goes away.

Tell a New Story

You can create a new story beginning with exactly what is happening now or you can write a new story that represents how you want your life to unfold. Whatever story you tell you are energizing and empowering. Tell the story you really want to happen.

You may enjoy beginning with: ***Today I am a person who ...***

Example: *“Today I am a person who easily attracts love, vibrant health and well-being and prosperity in all of its forms.”*

Create a Dream Board, a Vision Board

Take a poster board, a bulletin board, a sheet of paper, any thing you can affix something to ... attach visual items that represent your future or where you are headed. Include pictures, words, affirmations, etc. Magazines are great resources for this.

Take positive action. Do something new, do something spontaneous, take a risk.

Begin a Synchronicity or Success Journal.

Tap into Abundance.

Do something abundant to feel abundant. Look for opportunities.

Rename Yourself

Using the format, "I am the one who..." Use this to quickly create a change in any situation. Madeline has used this for several situations. Madeline's current example is "I am the one who quickly and easily completes the 2014 Good Timing Guide." It will now be done shortly! The book, *The Art of Soaring* by Vladimir Dolokhov & Vadim Gurangov gives many examples and details of this tool.

Leap of Faith

This class is about the alchemy of creating desired results. One of the elements required to do this is trust or faith. Here is an example to help you remember this.

I'd like to remind you of a scene from a popular movie some years ago. In one of the Raider's movies where, Harrison Ford and Sean Connery are searching for the Holy Grail, we find Harrison in one of his typical tough pickles. His father has been hurt badly

and the only way to save his father's life in the middle of nowhere with no medical assistance is to get the holy grail and bring it back to him.

The scene I'm referencing is the one where we now find him standing on the edge of an abyss between him and the cave with the chalice. There are no bridges to cross this enormous chasm. He is not going to be able to jump across it either. What does he do? If he steps off into the abyss he will surely die. Or will he?

Fortunately, he was prepared for this test. At that critical moment Harrison remembers the leap of faith. In his mind, he sees the picture of a man walking across the chasm on a rainbow. What choice does he make? He stepped out into the abyss and what happened? A **bridge** appeared under his feet! The bridge was always there. It was waiting for him to commit first before showing itself.

This is how the Universe works. It's always waiting to assist us with whatever we desire. It's always waiting with a bridge or a parachute to assist you with your leap of faith. But **YOU are the one who must commit first before the Universe can act!** We always have a choice between fear and faith.

In our current, economic situation, we all need to have trust and faith that the new economy will support us. If we have fear about it instead, we'll be tapped into the Scarce Universe and scarcity is what will find us, instead of prosperity. Remember that TRUST and FAITH are key ingredients to magnetizing what you want to create. So hold a vision of us creating a sustainable economy that works for everyone.

Raising Our Vibration, Energy Level

Prosperity is a high energy experience, Remember, you are always a match for what you receive. To receive what you want consistently, you must raise your consciousness and energy level. And you must do this consistently. There's a direct connection between what you are holding in your cells and subconscious mind, your conscious mind, your feelings and your heart, your physical energy and your prosperity.

Taking an Energy Inventory is a helpful way to raise your vibration. Each week for six weeks you monitor one of the following:

- a. Sleep
- b. Food/Weight
- c. Exercise
- d. Emotional energy and boundaries
- e. Mental energy and boundaries
- f. Relationships

Spend one week on each theme. Notice your patterns and take steps to move them in the most positive direction you can. For instance, if you are not getting enough sleep or you are not sleeping well, take steps to change your habits. Get to bed earlier, stop eating 2 hours before sleeping, retire with pleasant thoughts, several hours before sleeping: stop watching the news, turn off the TV, stop using your computer, etc.

During food week notice what you are eating, how much and when. Eat the most nutritious and highest vibrational (organic) food available to you. Tune into how you feel.

During exercise week, notice your patterns. If you don't exercise begin an activity that you enjoy ...such as walking or perhaps swimming.

During the Emotions week ... tune into your feelings and emotions, Set clear boundaries where it would be most helpful.

Do the same thing the following week for mental boundaries. Journal and express your thoughts. Use this as an opportunity to change your story.

During relationships week tune into the relationships that energize you and withdraw attention from the relationships that deplete you. Notice how you feel every day.

Focus on what increases your energy. Let go of what depletes it.

Over a 6 week period you fine tune various aspects of your life, one area at a time. This is a very effective and sustainable way to withdraw from habits that deplete your energy and replace them with habits and practices that help you to raise your vibration.

This program is recorded. You can purchase a copy through the Polaris Store.
<http://www.polarisbusinessguides.com/classes/teleclasses/products/view/15/75>

Patterns I Can Change

End of class quote:

From: I Had It All the Time by Alan Cohen, 1995

P. 311 “We are already masters. The power to which we aspire, had been seeded within us as offspring of an omnipotent God. As unconscious masters, we have applied the power of mind to all manner of thoughts and perceptions that have kept us small. Many of us have mastered drama, emergency, addiction and manipulation. ... In spite of the fact that we live in an abundant universe, we have mastered finding lack wherever we go. We have mastered replicating vicious patterns in relationships; we can take any relationship and make it into what we expect it to be, at the expense of what it is. Is this not mastery?

Now we must take our skills as masters and apply them to what brings us joy rather than indulging what removes it from us. We are moving from the mastery of limited living to the mastery of divine expression. Our goal is not to leave the world, but to bring more beauty to it; not to abandon the planet in search of a celestial refuge, but to bring heaven closer to earth. Anything short of total delight will not satisfy us. We know too much to turn back now. The past is behind us; destiny awaits.

The way to bring heaven to earth is to constantly hold heaven in your mind and heart. Do you know anyone who brings love and beauty wherever they go? ... Bring love to what you do and everything you touch will sparkle with divinity”

Suggested Reading:

I Had It All the Time by Alan Cohen

The Astonishing Power of Emotions by Esther and Jerry Hicks

Hiring the Heavens by Jean Slatter

The Art of Soaring by Vladimir Dolokhov & Vadim Gurangov