

LIVING THE SPIRITUAL PRINCIPLES OF ABUNDANCE AND PROSPERITY WEBCAST CLASS

February 1, 2005

Partner Exercise

1. Choose an issue or problem, or something you wish to improve, in the area of money or finances. Be as specific and as detailed as you can.
2. What do you know to do that you are not doing in this area? Be as detailed and specific as you can.
3. What are you doing that you know not to do in this area?
4. Tell your story of failure in regard to what you have described in 2 and 3 above, i.e. what philosophy you have developed to support you in behaving contrary to what you know. Be as detailed as you can bringing in your childhood, parents, upbringing, religion, beliefs, life experience, etc., where appropriate.
5. As you review the story you just told, what consistent theme emerges? Pay particular attention to, and describe, where you felt you were a victim. Also pay attention to, and describe, the judgments you made, and perhaps are still presently making, on yourself, others, the world, God, etc. Describe how the limiting beliefs you held in the past are still influencing you at the present time.
6. Take some time, now, to forgive yourself for the judgments you have made on yourself, others, the world, God, etc. Do this out loud.
7. Take a moment to focus on your breathing, and bring yourself into a relaxed and calm place inside of yourself. You may close your eyes.