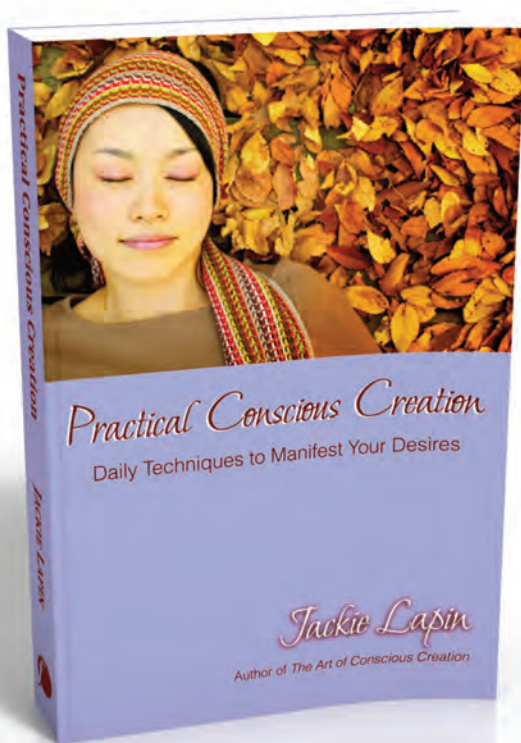


Practical Conscious Creation

Chapter 9

Wealth and Prosperity



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Practical Conscious Creation

Daily Techniques to Manifest Your Desires

Jackie Lapin

Author of *The Art of Conscious Creation*



Chapter 9

Wealth and Prosperity

One of the most tangible signs that you are becoming an effective Conscious Creator is when you see a change in your bank account or your flow of income. Money is not and should not be the sole measurement of your success, but it certainly demonstrates that you are headed in the right direction. When money arrives easily and effortlessly, without the struggle that is often associated with revenue generation, then you are benefiting from the practices you have absorbed from these pages. May you prosper in all ways that enrich your life!

A Dialogue Between You and Your Money

I know this sounds strange, but it's time you started talking to your money. If you are feeling strapped, then you need to develop an up-close-and-personal relationship with your money. And when I say "your money," it may be money already in your bank or dollars that are on the way and you have yet to deposit in your account.

So let's start a dialogue between you and your money. What would you like to say to it? How do you want to make it feel? Do you appreciate it? Do you enjoy it? Do you love it? Are you grateful for the things it's helping you do—pay your bills, get a manicure, give gifts to your children, pay for the car repair, buy dinner for your best friend? It's fantastic, isn't it? It's just a tangible method to track the exchange of services and energy between people, but it's just so green! Green represents abundance, harmony, rebirth, and growth! Money lets you celebrate the success of your work life. It enables lots of forms of joyful entertainment. It provides enriching food.

So talk to your money. Romance it. Love it. Just like you would a puppy or a kitten.

What do you imagine it would like to say to you?

I love being able to service you?

I love being YOUR money and letting you pass me along to someone else to help make their life better.

I love making you feel good when you see lots of dollars fill up your bank account. Please spend me smartly and save me for a rainy day.

It's just so fun to bring joy, happiness, and prosperity to you!

Now what would you say to the money that has yet to arrive?

I'm so looking forward to your arrival.

Thank you for helping me to grow and prosper.

I promise to use you for my personal growth, for making wise choices and for helping others.

You're a blessing on the way, since I know that you'll help me pay down my mortgage quicker and will get me into a great place financially.

It will be so fun to have you by my side when I go to buy my new car, and

get the wood and tools to build my son's treehouse.

Now I can take care of that treatment I need to get into peak health!

Oh and wonder of wonders, I can take that trip to Europe regardless of how the dollar is faring against the euro!

I am so thankful for your arrival!

Fun, isn't it? It's a unique way to Consciously Create your future wealth, employing joy, fun, and imagination, instead of intense focus on changing the future. This is a light-filled, joyous celebration of your wealth today—and a celebration of wealth to come.

So what other imagination tools can you devise to attract money and keep it coming?

Try these:

- **Grow a money tree.** Imagine you have a money tree in your tummy. (I actually posted a picture of a money tree on the wall in front of my desk as a reminder. (If you would also like one, please visit www.practicalconsciouscreation.com/moneytree for your very own money tree image!) Now envision it growing inside of you and each time you need some money, you clip some of its \$\$\$ leaves. And watch, they grow back! There's an unlimited supply!
- **Magnetize your aura.** Imagine your aura in brilliant colors all around you. Set the intention to magnetize it. Zap! Now you are a money magnet, and money is coming from all over to stick to you! Pluck one from your crown chakra. Oh there's another one I can grab right off my ankle. Those dollars are just arriving from all over the Universe!
- **Feed your genie in a bottle.** Go find a funky old lantern or bottle, something antiquesy and fun. Imagine this is the bottle in which your genie lives and he (or she!) is there to grant your money wishes. See your genie bringing you that money whenever you want or need it. But make sure to feed your genie lots of love and gratitude to keep him or her feeling special about your relationship. He or she will keep trying to please you as long as he or she feels appreciated.
- **Fill your magic box.** Find a beautiful box that evokes lovely thoughts whenever you open it. Each night go over, open it up and put in your imaginary savings. Keep piling in dollars—and oh yes, now and then put in the real thing! (Now that's an idea!)

Practical Conscious Creation Tip No. 50

Is Your Stock Going Up or Down?

Is your stock going up or down? As the market dips and jobs disappear, are you focused on the stock market or on your own personal stock? What do you have that will buoy you in this environment? Optimism, gratitude, love, talent, intelligence, determination, vision, a willingness to collaborate, inner strength, integrity, creativity, intuition, and other gifts and positive values? If you focus on bringing these to the table, it doesn't matter what happens in the stock market. You will survive and thrive, and so will those whom you influence! Focus on your gifts. These are the true gold in your life.

- **Bathe in the light of your emerald gem.** This one has always been powerful for me: When my business was in trouble many years ago, this imagery helped turn my life around. Go outside in the sunshine. Imagine a stunning, deep, rich-green emerald in the sky above you. See beams of emerald green light shining down on you, knowing that this light represents abundance, prosperity, and safety. Let it warm your shoulders and caress your body. Feel financially secured and blessed by the rich green universal gemstone.

So the minute you start feeling poor, turn your mind to one of these lovely fantasies or talk to your money. I have no doubt you'll start to see a change in your fortunes.

Twenty Ways to Trigger Abundance

You're seeing your savings dwindling, and you're getting deeper in debt. Fear is dominating your days and depression your nights. Willingly or unwillingly, you're feeding that monster called "Lack." So let's call an audible, as they say in football, and switch plays right now. Let's start focusing on the end zone and the touchdown you are going to score by looking ahead, not behind.

Stick to your own game plan. Don't listen to the news and other negative reinforcement. Your game plan is your own and will put you in the plus column if you just keep heading down field. Focus on these 20 game-winning strategies to trigger prosperity and abundance in your life.

1. **Make a choice to be abundant.** Let go of all other limiting beliefs. Set your intention.
2. **Live the concept of unlimited abundance in your personal and professional life.** Abundance for all drives the worldwide economic engine. You can operate a business responsibly on a budget and at the same time leave the door open for expansion. Operate from prudence, not scarcity. Set an intention for growth at the same time that you build your budget. Create goals that have room for increased revenue. Take actions that show your confidence in the fact that unlimited abundance is headed your way, and is earmarked for your future and the future of the world. There are unlimited opportunities for you out there. You just have to allow yourself to be guided to them.

3. **Define prosperity for yourself.** More time? More freedom? Less stress? More money to spend on what? More ways to share your wealth?
4. **See the world as an opportunity, not a hostile environment.** Always view a challenge as a chance to create anew!
5. **Each day put the Law of Attraction to work on your behalf.** Make sure that you are operating on a high frequency with positive focus, acts and values—and make correction where it is not. If you are operating on a high frequency, you are resonating with the Universe’s vibration and you should attract money, resources, and business that are in alignment with you and your highest good.
6. **Be open to change.** The Universe puts things in your path for a reason. Resistance chokes off the flow.
7. **Everything happens for a reason.** There are no accidents. No doubt you’ve heard this before. If you stay open to this guidance, you will engage greater prosperity and opportunity. For example, let go of continually challenging clients or projects because the Universe is trying to give you a message. There is something better that awaits. Make energetic room for it.
8. **Is your work right for you, or do you need to make a change?** If you hate your job, your energy is destroying its ability to produce revenue. Does your work match your passion? Do you like your clients? What can you do both energetically and action-wise to change this—change your attitude, try a more positive approach with others, be more grateful, ask to shift roles in the company, take on more or less responsibility, delegate further, ask to be treated differently, start looking for a new job, put in your resignation, start your own business? Don’t hold onto a job because it’s paying the bills. And if you get “downsized,” count your blessings. Have faith there is a better opportunity if you open the door for it.
9. **Give great value.** You serve yourself when you serve others, both in business and personally. Let others spread the word about you, your commitment, and your generosity!
10. **Listen to your intuition.** The Universe is speaking through your spirit. If you ignore it, you’ll miss opportunities, make the wrong decisions about utilizing money, or worse—find yourself in unpleasant circumstances.
11. **Don’t ignore things!** Step up and take responsibility. If the bills are piling up, don’t shove them in the drawer. Offer payment plans, talk to your

bank/creditors, and so on. Create an exit strategy to your “short term shortage.” Unclog the energy by giving it a place to flow.

12. **Be open to where your abundance will come from.** It’s not always just from your paycheck. Review positive opportunities for wealth that could be yours—even if they seem a bit far-fetched. Dreaming is more than dreaming, it begins the process of creation. Let go of preconceived notions about where your money is coming from. Think about money in new terms—trade out, barter, additional staff or support so you can do more and bring in more income.
13. **Be clear about what you want!** The Universe can’t present it if you are confused, unsure, and unspecific. Focus on what you *do* want. Not the problems or the images of pending disaster you’ve built up in your mind—unless you want to attract that. Create your personal and professional goals with a strong vision of success. Put them in writing.
14. **When faced with a decision, do what feels good to you.** Your body will tell you if this is the right or wrong decision. Or whether you are operating out of fear instead of optimism, enthusiasm, and excitement. If you make a decision from fear, it will surely cause the results to be unsatisfying. You’ll feel it clearly through butterflies or tightness in your abdomen, headaches, stiffness in your neck. Look for the signs. If it “feels” good, you are on the right path.
15. **Act with vigor and vision.** Take steps that demonstrate to the Universe that you are deserving of abundance and worthy of the world’s largess. Through your actions, show your co-workers, friends, and family that you believe in the bounty that this world affords, and that you have faith in the Universe and in the future to create the opportunities for a better life, a better nation and a better world. Embrace that robust future by taking the first steps.
16. **Pay it forward.** Do good deeds and make generous overtures to others, simply asking the recipients to pay it forward. Create the energy that will heal and repair, and plant positive healthy seeds that will allow abundance to grow.
17. **Allow things to happen—surrender.** Follow the guidance; the signs will be there. The doors will open. You don’t need to push. . . Let the Universe move the pieces on the chess board, with you as the King.

Practical Conscious Creation Tip No. 51

Bless Your Money!

The next time you wince when you pay a bill, or dread paying for something, note this feeling. It is one of the factors that contributes to your financial strain. Our conscious and unconscious dreads, fears, and anxieties about money constrict our flow of Conscious Creation. However, there is a simple, easy-to-remember way to open up that channel of abundance. Bless your money! Bless it when it comes in. Bless it when you pay a bill, knowing that you are contributing to economic liquidity. Bless it when you deliver it to the cashier, because you are helping to keep that business healthy so it can be there for your convenience. Bless it when you give it to anyone or provide it for any purpose because somewhere in the chain you are helping someone else in need earn food and shelter. Bless it because it's a joyful form of energy! (Money = a fair exchange of energy for a service or product.) Bless it when you give it away to help someone else. Bless it because it helps create your abundance. Just take out a dollar bill right now and kiss it! And say thanks for the grace it affords you.

Now just remember this whenever you have that sense of money pressure or lack! Instantly start blessing your money, and very possibly you will soon begin to see those dollars multiply! I see my bills in a whole different light since I began doing this! And I actually feel good about paying them!

18. **Remember how powerful you are!** You have the ability to create whatever you can conceive!
19. **Don't work all the time, and don't think about work all the time.** Enjoy the other parts of your life that bring you joy. It is your state of joy and fun that will allow your frequency to call forth the abundance that creates more joy.
20. **Create something new that excites you!** Find one thing that you love and can at least generate a little money right away. Your passion and enthusiasm will kickstart your positive energy and focus your attention on opportunity and forward motion. This will create momentum that will lead to greater success and prosperity. A little excitement goes a long way toward priming the pump!

The Source of Your Prosperity

I'll bet you think that your money comes from the company that pays you a salary or the clients that pay your consulting fees?

But you would be wrong about that. Your money and abundance of all kinds comes from The Universe—the unlimited Source of all things. This is a very important fact to remember. Because just as assuredly as The Source can create what you now have, it can create more!

It can also create less if you are greedy, sloppy with your money, unhappy about your life in general, mistrustful of the Universe, ungrateful, or filled with fear.

So let's look at this unlimited source of income. How does it create prosperity? It transforms positive intentional energy into the form of currency that we use as exchange in our world today—money! Energy is limitless, so the prospect of more wealth is limitless.

Even if you are living on a fixed income today, this doesn't mean that is all there is. Using your inspiration and your creativity, you can find other ways to bring in more, stretch what you have, change what you are currently doing, and open the door for something else.

And then there is the occasional surprise! An unexpected tax return or gift from a friend. A mistake in your favor by the bank. A medical reimbursement

check. A leap in your mutual funds. An investment that's matured. A back child support payment. Someone wants to buy something you created and just hung on your wall. A girlfriend buys you a plane ticket to visit her in another city. Someone hands you a coupon in the store that they cannot use.

So if you would like to optimize your possibilities of attracting more abundance, here are certain keys to keeping the wellspring flowing:

1. **Radiate love and gratitude.** First and foremost be in a state of love and gratitude. When you are emitting these vibrations it creates a positive "receptor" for wealth and abundance. Most of all, be grateful for the money you have and any new money that comes to you. However, the more grateful you are for everything in your life, the more abundance you experience.
2. **Be in the flow.** Money is like water; it is always flowing. You just need to be in the right place and mindset to receive it. So spend every day creating the perfect garden to be watered by this flow. Be at peace. Start your day with a ritual that consciously puts you in the Universe's flow of positive energy—a beam or cone of golden light shining down upon you and surrounding you. Daily ask for this flow of light and love to shower you with grace. Do actions during the day that honor this flow. Maintain integrity and speak with your heart open with compassion spilling forth.
3. **Stay open.** Be open to being directed to new and other sources of income. Don't turn something down because it's different from what you now know comfortably, or it requires time and effort. The Universe may be presenting you with an opportunity. This is not to say you *must* do everything put in front of you, but at least give it careful consideration. New ideas and new opportunities can lead to new wealth.
4. **Remember that financial limitation is a temporary condition.** If you are moping about, feeling the economic crunch is a downward spiral that will create long-term deprivation in your life, cut it out *now*! Because if you feel that way, that's what you'll get. If on the other hand you consistently remember that financial limitation is a temporary condition, and that it can be reversed at any time, you're already on your road to recovery.
5. **Be confident in your ability to manifest.** The more confident you are that you are a fast and rapid manifestor, the more you will likely manifest money quickly and easily. Know that you have this ability and this power, and that wealth is headed your way! That confidence and wisdom primes the pump.

6. **Ask for guidance; seek inspiration.** If you don't have any good ideas about increasing your abundance, then ask for guidance and inspiration. You'll be surprised at what ideas might come to your mind or opportunities placed in your path. Take inventory of your skills, passions, and unique talents to see how you might make additional money in fun ways that satisfy your heart and soul.
7. **Create visualizations.** I always think of myself standing under a waterfall with the Universe pouring down abundance on my head. Money is just flowing everywhere. What visions can you create that place you in a situation to be saturated, blessed or in receipt of money?
8. **Install a Fountain in Your Home.** In the Chinese feng shui tradition, flowing water in or around the home is a means to increase the energy (chi) that attracts wealth. Find and buy an inexpensive floor or table-top fountain that keeps money flowing to you. (And make sure to close all the toilet seats in your house regularly since money will flow down the drain and out of your home if you don't!)
9. **Trust the Universe.** Once you express your desire for increased money and start taking action, have faith that the Universe is working on it, too. (But first, just undertake your own housekeeping to make sure you are not doing anything else that can keep that wealth at bay—including being in a state of fear or emitting other negative vibrations.) Go about your business and remember to trust.
10. **Remember and revere the true source of your wealth.** When you are pitching an account, or having a conflict with the executives in your company, remember that it is not they who are the source of your income. Always remember and revere the true source of your money, and this will serve you well. It releases your beholden-ness to anyone but the Universe. This allows you to make wise decisions and not decisions based on fear. And it keeps you in a proper state of gratitude and awe at the amazing Source that grants you the means to enjoy your life more fully!

Jackie Lapin

Leading the Way in Practical Conscious Creation for Personal and Global Transformation

Author of *Practical Conscious Creation* and
The Art of Conscious Creation: How You Can Transform the World;
Founder and Creator of LifeWisdomNetwork.com®
Founder of United World Healing

Jackie Lapin is the world leader in educating, mentoring and coaching people on Practical Conscious Creation. Her newest book, **Practical Conscious Creation: Daily Techniques for Manifest Your Desires** (Findhorn Press) follows on the heels of her Amazon.com No. 1 bestseller **The Art of Conscious Creation, How You Can Transform the World**, which received unqualified endorsements from such personal growth leaders as Joe Vitale and Mark Victor Hansen.



That masterful book, the first in her Practical Conscious Creation Series, makes “personal frequency management” a cornerstone of its message, teaching people how to raise their personal frequency, a critical first step in success manifesting. **The Art of Conscious Creation** was a finalist USA Book Award, The Visionary Award and the National Indie Excellence Awards.

Since that book was published, Lapin has become a noted speaker, coach and transformational business consultant. Her mission is to turn millions of people into Conscious Creators, so that they consciously create their lives, rather than let life happen to them. For more information on Practical Conscious Creation, Jackie’s books and coaching programs, go to:

www.jackielapin.com.

Lapin also founded United World Healing, a non-profit organization designed to bring people together for shared visions to change the world. A pioneering

spirit who has succeeded at the highest levels of multiple careers, Lapin was one of the national's first women sportswriters, and then became a nationally recognized media relations expert with a world-class client list for more than 30 years.

The publicity she generated has sold millions of dollars worth of products and services and launched multi-million-dollar companies. Among her clients have been The World Poker Tour, Toyota, Upper Deck, The Golf Channel, the LA Marathon, Disney, Seagrams, Mazda, Avon, Showtime and PetSmart, among others.

Lapin is also the co-founder and innovator behind LifeWisdomNetwork.com®, the Virtual Village that is the marketplace, directory and information resource of the fast-growing Consciousness and Transformational World. Life Wisdom Network is designed to support the abundance and prosperity of all leaders, practitioners, retailers, product suppliers, service companies, organizations, social networks, information resources, spiritual centers and events that serve the growth of consciousness and personal transformation around the globe.

When not visioning, meditating, writing, speaking, reading, networking or coaching, Lapin can be found tending the 250 roses at her home, taking pleasure in her friends around the globe, traveling, photographing the world around her and enjoying nature.

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