

The Soul of Prosperity
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The Soul of Prosperity

Detailed Chapter Outline

PART I EVERYTHING YOU EVER WANTED TO KNOW ABOUT PROSPERITY BUT WERE AFRAID TO ASK.

Chapter 1 What is Prosperity?

Prosperity is a multifaceted concept. Relationship harmony and supportive vs. and non-supportive relationships. One aspect of prosperity is professional fulfillment vs. boredom/burnout. Prosperity makes you feel alive, excited and looking forward to each day. It also includes financial peace, which doesn't require a trust fund, and is a sense of connection with something bigger than you.

How does prosperity begin? Prosperity begins within based on how we define it. We have often let others define what would make us prosperous. When we define it on our own terms, we are no longer subconsciously judging ourselves based on someone else's expectations and then subconsciously sabotaging ourselves due to unconscious self-judgment.

Why has prosperity eluded some? Prosperity eludes us when we are unaware that prosperity is possible, unaware of prosperity tools (that will be defined later) and the lack the spiritual discipline to use these tools regularly.

How can you recapture prosperity? Learn and use the prosperity principles.

Chapter 2 Prosperity Principles

Prosperity principles are like physical laws. The Law of Love, Law of Inner Cause and Outer Effect, Law of Substance and The Law of Mind. These Laws work in tandem with Spiritual Principle of Inner Prosperity and the outcome can be prosperity in our outer world. In other words, when we become aware of a source of love that we have believed to be outside of us, and when we radiate with this energy of love from within, we attract outer circumstances to us that reflect this inner love, and we see the world differently and attract different experiences to us. As we are on this journey, the Law of Inner Cause and outer effect helps us to see (in our outer world) where our thoughts are aligned with the law of love and where they are not. Then we can choose the consciousness of love, and consciously draw loving circumstances to us. The consciousness of prosperity is the consciousness of love. We can see it in the spring, when the earth, where vegetation has appeared to be "dead" but is just dormant and springs back to abundant life. This abundance can negate any consciousness of lack that creates pain, suffering and strife in our worlds and thus can create the

even more of a prosperity consciousness. Understanding and using these laws creates inner peace, inner abundance, and inner joy to create an outer world of peace, abundance and joy.

Chapter 3 The Prosperity Journey Begins Within

Inner prosperity begins with inner peace. Inner Peace begins with inner awareness of what creates your peace and what robs you of your peace. You can explore your inner awareness through meditation. Learn what makes you tick. See if these common limiting beliefs apply to you. Escape the common consciousness (the perfection paradox, grinding guilt). An integral part of this healing is of a spiritual nature, because the spark of spirit within you is the catalyst for the inner transformation that creates a transformation in your outer world.

Chapter 4 Prosperity for Minority Cultures

Overcoming cultural factors endemic to your community begins with understanding of the “failure factors” in your community. Healing the wounds of your community’s “failure factors”. Finding and creating “success factors” in your culture. Understanding your divine identity. Merging your aspects and identities into a whole. Prosperity in African American cultures. Prosperity in the Gay and Lesbian Community. Often you’ve personalized “failure factors”, without being aware that they were endemic in your environment. Only when you understand that regardless of your origin, you may have internalized certain endemic failure factors. However, you can overcome them.

Chapter 5 The Supporting Cast For Your Journey

Meet your silent saboteurs: The Ego, the Inner Child, the Inner Critic, the Inner Judge, the Inner Saint, the Inner Sinner, and the Inner Lackey. The ego (**E**dging **G**race **O**ut) believes that the future must be a re-creation of the past because it does not make room for the grace of the moment, which can change your choices and thus your outcomes. The inner critic is an outward manifestation of the consciousness of lack. It continually murmurs the idea that you are not enough and do not deserve your good because you have not met a standard of perfection (the perfection paradox). This unconscious murmur may create self-sabotage in the same way that a tennis pro who cannot concentrate is less likely to win the game. The inner judge sees any situation negatively and avoids pain instead of seeking joy, so that when life offers you the potential for a blessing (such as a date) you immediately avoid it because of the unconscious belief that the “worst” could happen, and you may even inadvertently act out in unattractive ways to sabotage the potential for blessing. The inner saint, which insists that you be perfect or not “show up” at all in your endeavor, and the inner sinner which is the part of you that would overcompensate for previous repression are both based on the perfection paradox. They create a tension that causes inaction when action is necessary for growth and good.

Chapter 6 Healing Your Inner Consciousness

We are often ruled by emotions that are based on fear (due to our prior experiences) and these emotions overrule our rational minds. We avoid the potential for pain, and by default avoid the potential for fulfillment. These emotions often take the form of silent saboteurs within our consciousness that act in ways that our rational minds cannot understand, and yet we seem to be unable to break the patterns of the silent saboteurs. When we can heal and transform the silent saboteurs we are then ready to consciously create our prosperity.

Transform your ego by learning that many ways that you define yourself were just fictitious “creations” based on old stories that you told yourself that no longer apply. Embrace your Inner Child by “revisiting” the early formative experiences that shaped these “stories” and heal that part of your consciousness that was wounded by these stories. Redeploy your Inner Critic by learning to embrace the unique aspects of yourself that you have judged and devalued. Redeploy your Inner Judge to see the opportunity instead of the risk of any situation. Retrain your Inner Saint to value acceptance of yourself just as you are as well as perfection. Reform your Inner Sinner by seeking balance when there is a need to “act out” based on old patterns and wounds. Teach your Inner Lackey (which sees lack instead of abundance the truth of abundance. Take the 7 step journey of inner peace to heal your emotions so that they no longer cause you to subconsciously make irrational, unproductive choices.

Part II CONSCIOUSLY CREATING YOUR PROSPERITY

Chapter 7 Ready, Set, Go

Find your heart’s desires. Align with your heart’s desires
Identify approximates, which are the different ways that the essential elements of your heart’s desires can be fulfilled (untying God’s hands). Understand the creative nature of the universe, its responsiveness to our thoughts and beliefs, and tap into that creative potential. Plan your strategy by identifying the key tactical steps that you can take to move forward. Is it ego or God? Creating your highest good, based on your soul’s purpose.

Chapter 8 Prosperity Tools (The Recipe of Conscious Creation)

Prayer, affirmations, meditation, energy work, emotional energy and healing the emotional body, which is the magnetic force that activates the law of attraction. Other elements include words (affirmations), written words (journaling), subjective communication, pictures, brining pictures to life (creative visualization).

Chapter 9 Prosperity Aerobics

Identify any blockages you may have and create a plan for releasing these blockages by using the tools outlined in the previous chapter. Identify your inner process (e.g. working with the inner child, subjective communications for better relationships, etc.). Healing the ego. Prosperity aerobics for relationships, professional fulfillment, family situations, physical comfort, and for spiritual growth.

Chapter 10 If At First You Don't Succeed (Working Your Personal Prosperity Program)

Learning, healing and growing require repetition. Releasing layers of ego conditioning by peeling back the layers of your ego like an onion. Healing the emotional body. Dancing in advance (the power of expectation). Balancing patience and persistence. Balancing specificity and openness. Balancing pragmatism and idealism.

Chapter 11 Avoiding Prosperity Potholes

Thinking God is Santa Claus. Thinking God is Gepetto and you are Pinnocchio. Thinking God is a broken record. Thinking God is Tom Thumb. Thinking God is on a cloud. Moving forward on the road ahead... Finding God within and co-creating with the energy of God.

Chapter 1 What is Prosperity?

“The Soul of Prosperity” is like a set of driving instructions that can be used to navigate your life. The Pathways are quite simple, and make common sense. They combine ancient wisdom and with personal growth techniques such as meditation and creative visualization to produce the results you want. Along the way, you build a new, more fulfilling relationship with yourself, others and the world around you. As a result, you will experience the “peace that passes all understanding” from within, and you will experience fulfillment in your outer world. This journey is a simple one that requires simple steps. Many of the steps can be applied over and over again until they are integrated into the deepest levels of your thinking, actions and reactions to your experiences. As these understandings become an internal part of you, you naturally move forward on your journey of healing and evolution.

In truth, you are already on this journey, but may not be aware of its purpose, or the tools available to you. You have been taking it by trial and error, as if moving around in a dark forest stumbling, falling, and experiencing pain before choosing a new path. Without a roadmap, or a clear vision of the destination, the journey seems tedious, pointless and unnecessarily difficult. Wouldn't it be great to move forward effortlessly and joyfully to a wonderful destination? Using “The Soul of Prosperity”, you can mitigate much of the trial and error, and create deep prosperity in every aspect of your life. This journey is our human process and the pathways that we take to prosperity can be direct, simple and effortless when you know your purpose, your destination and the “rules of the road.” “The Soul of Prosperity” helps simplify this journey making it easy for you to move forward as smoothly as possible. First we must begin by defining prosperity.

What is Prosperity?

Prosperity is indefinable, but knowable. In the words of Supreme Court Justice Potter “I shall no longer attempt to define it, but “I know it when I see it”. Although he was referring to something else, we often don't know what prosperity is but we know it when we feel it. When we feel a sense of peace, fulfillment, faith, hope, and joy, we know we have reached a level of prosperity.

Prosperity is a multidimensional concept. Prosperity is a multifaceted concept. A beautiful, brilliant diamond has been cut in 68 facets (different angles) to maximize its clarity and brilliance. It sparkles and shines differently when we see it from different viewpoints because it has so many facets. Like the diamond, prosperity also has many facets, and our level of prosperity changes based on how we see prosperity. That also means that if we see prosperity differently, we may already be prosperous (based on our own inner standards of prosperity) but not feel prosperous because we think that someone else's standards for satisfaction are the standard that will make us prosperous and our level of prosperity changes based on how we see it.

The Dimensions of Prosperity. Prosperity has at least six identifiable dimensions: relationship prosperity, family prosperity, vocational prosperity, physical prosperity, financial prosperity, and spiritual prosperity.

Relationship Prosperity. We have prosperity in our relationships when we feel that sense of harmony that comes when we seem to be “on the same wavelength” with another or others. As a result, we experience less drama, friction and discomfort in our relationships. In relationship harmony, the time that we spend with people seems to be more of a joy than a burden and that time seems to stand still because there is not discomfort or friction.

For example, as a youth, I observed my mother and her best friend and their “long goodbyes”. They would talk for hours and weave seamlessly from one topic to the next. They would try to shorten their visits so they could attend to other things, but they would always say “one more thing” and continue on a new thread of conversation. This would go on for hours, and my Mother would invariably say “I don’t know where the time went” as we were leaving. However, when we left she seemed like a new person. She was exhilarated, focused, peaceful and she seemed unburdened. She was at peace.

In my own relationships, I have a friend with whom the conversation weaves from subject to subject as the time passes joyfully. Even after a long absence when we get together it is as if we have just seen each other in the past week, and being with him is like putting on a pair of comfortable shoes that I forgot that I owned – I realize that rediscovering them is like finding a new gift. This is relationship prosperity.

Family Prosperity. We experience prosperity in our families when we find our family relationships to be supportive and uplifting, and we look forward to interacting with our family members. In other words, we have family prosperity when we are relating to our families in a functional way. When we are in family prosperity, we feel free to be who we are with our families, and we feel free to let our family members be who they are around us. Family prosperity contains a minimal amount of judgment, competition, anxiety, discomfort or friction because there are no debts or regrets. In other words, we don’t need them to be or act in a certain way for us to feel good about ourselves, and they don’t need us to be or act in a certain way for them to feel good in the moment. This may seem like the “impossible dream” but it is certainly possible by using this book.

Vocational Prosperity. We have vocational prosperity when we find professional fulfillment, professional success. We enjoy our professional endeavors and find them rewarding. We know that we are not experiencing professional prosperity when we are experiencing professional boredom and / or professional burn out. If we generally enjoy doing what we do so much that time seems to stand still and we would do it for free, then we know that we have reached a level of professional prosperity. Vocational prosperity will often lead to financial prosperity.

Financial Prosperity. We know that we have financial prosperity when we have

financial peace. No matter whether we are working with a \$20,000 budget or a \$2 million budget, when we have financial prosperity we have peace that our physical and survival needs are fulfilled and when our finances are not a source of worry. If we have a six-figure income accompanied by a seven-figure debt, we may actually experience less financial prosperity than someone who lives on significantly less. Our finances may then be a source of worry that affects every dimension of our prosperity including our physical prosperity.

Physical Prosperity. Physical prosperity is more than physical health, but a sense of well-being and physical comfort that brings us a sense of peace. Often we associate physical prosperity with a minimal amount of stress and its damaging side-effects (e.g. an increased risk of heart attacks, strokes, and a reduced resistance to illness). Studies have shown that regular meditation actually reduces stress levels and the incidence of its side effects. Meditation also increases our level of Spiritual Prosperity.

Spiritual Prosperity. Finally, we know that we have spiritual prosperity when we attain a sense of inner peace (the peace that passes all understanding), and we feel a connection with something that is larger than ourselves. When we feel spiritual prosperity any challenge we may face seems temporary, and we are well aware of what we can do to overcome the challenge. We have developed a way to navigate these challenges and to always remember our connection to a source of love and joy. We know that we are experiencing spiritual prosperity when we no longer have an ongoing sense of anxiety, fear, doubt or worry.

So how does prosperity begin? Prosperity begins when we define it on our own terms, based on our own internal standards, and not by someone else's standards of prosperity. Often we have let Wall Street, Madison Avenue or Hollywood dictate what makes us prosperous. We let Wall Street define prosperity when we believe that prosperity is only available on the condition that we attain a certain level of monetary and material wealth. We enable Hollywood to define our prosperity when we believe that the images projected by Hollywood depict a perfect lifestyle to which we should aspire. These scenes are illusions created by make-up, stringent preparation, planning, and a budget of millions. In Hollywood, solutions to challenges are resolved neatly within an hour or two and we assume they all live "happily ever after". We let Madison Avenue (the Advertising World) define our prosperity further by believing that if we buy the products that they sell, we will have the fantasy life depicted by Hollywood and we will be worthy of love. External definitions of prosperity are based on non-existent illusions. Trying to reach these unattainable standards of perfection is a recipe for constant dissatisfaction.

When we defined the dimensions of prosperity before, there were no absolutes. There were just general examples of prosperity. In other words, we can define prosperity any way we choose. The reason that we often do not experience prosperity is because we have let others define prosperity for us and we believe that we must attain their standard of prosperity to be prosperous.

Prosperity begins by understanding that we have the power to define our own prosperity.

We've let others define our prosperity. During our lives, we have become very skilled at letting others define our happiness in every aspect of our lives. This happens very gradually as we respond to feedback we receive from others and from the world. Each time we receive positive feedback, we repeat the actions that we have taken to elicit positive feedback. When we receive negative feedback we avoid the behaviors that have drawn negative feedback to us because we subconsciously fear that if we receive negative feedback we will not get what we need to survive. Unfortunately this behavior pattern causes us to turn away from being the person we want to be, and it forces us into being someone we are not in order to get the love that we believe that we need to survive.

To demonstrate this, a group of students in a large lecture hall decided to play a joke on a professor who had a habit of pacing the floor of the auditorium. Each time the professor would move to the right of the podium, the students would become inattentive. They would talk among themselves, rattle papers, and create commotion. When the professor moved to the left of the podium, the students would become silent and stare at the professor in awe. By the end of the lecture, the students had driven the professor to the far left corner of the room where he was cowering and shouting at the top of his lungs! The professor was amazed to discover himself withering in one corner of a cavernous lecture hall. He had been driven to the far corner based on the feedback he received from the students. He was not conscious of his drift, but subconsciously he told himself "if I react by moving to the left, the students will show me the respect and attention that I desire". Subconsciously the professor equated this respect and attention for love and subconsciously felt that he needed this love and approval to survive because it is a core human need. He then responded to this feedback and let himself be driven into a corner of the room.

We respond to the feedback that our environment gives us in order to get what we believe we need to survive. Since we were born, we have received feedback from the world in the same way the professor received feedback from his class. This feedback drives our behavior. The feedback that we received has been conditional feedback. If we met certain conditions, we received positive rewards (love, positive attention, admiration). If we didn't meet these conditions, we received negative rewards (criticism, punishment, shame-inducing responses). We told ourselves stories about how the world works based on this feedback. We then believed these stories and they became "self-fulfilling" in the same way that a child performs up to our expectations or "down" to our expectations.

We concoct stories based on this feedback. As children, our parents and families truly hold the keys to our survival because they provide our core needs such as food, shelter and protection. When they withhold love and approval from us, we subconsciously fear that they will withhold the means for our survival. We fear that we will not have what we need to survive because the need for love and approval is one of

our core needs. We subconsciously perceive that we are in mortal danger and we respond to this danger by modifying our behavior according to their wishes. Our parents learn to control our behavior by withholding (or threatening to withhold) our core needs, which we equate with love, when we behave in ways that do not meet their standards.

Since we were all “trained” from birth to understand this dynamic, others in our environment also use this dynamic to elicit the behavior from us that they desire. By giving positive feedback for behavior they desire, and withholding positive feedback (or giving negative feedback) when we exhibit behavior they want to discourage, they manage our behavior, perceptions of ourselves and our sense of well-being. Just like the professor who was forced to one corner of the room, we are forced into a way of thinking, acting and responding that does not reflect our true nature, but instead reflects someone else’s desires for us based on their world view, fears or desires. We subconsciously believe the story that is created based on this feedback.

Our stories limit our prosperity. For example, a parent who feels inadequate because he or she didn’t have the educational opportunities that are available to you may have stressed education to you. Their emphasis on education may have been so pronounced that their love for you may seem to be conditional upon your academic performance (regardless of your native abilities, aptitudes, or interests). You may have wanted to be a carpenter, yet your parents wanted you to be a doctor. Their way of showing love for you was to push you, judge you, scold you, or shame you if you didn’t meet their standard of perfection based on what they wanted for you. Your self-esteem may have suffered because you believed that your worth was dependent on meeting their criteria of perfection.

In another example your parents (or parental images) may have an idea of what body type, and physical characteristics are lovable. They may have grown up in an era where survival and self-worth were dependent on being loved by someone, and being loved by someone was dependent on having certain physical and social characteristics. Out of love, they may have wanted to mold you into a person that had such characteristics so that you would survive and have the love that they desired for you. They then shamed you into believing that you had to look a certain way and carry a certain weight in order to get the love that they wanted you to have. They try to change you into something that you’re not, physically, emotionally, and spiritually. They believe it is for your own good based on their view of the world. However, there is a popular saying in the Caribbean – “you can’t turn a duck into a chicken” – but some people still try, and they use conditional love as the tool. The effects of conditional love may have had the short-term effect of controlling your behavior, but have certainly had a pernicious long-term effect of creating stories in your mind that compromised your self-worth and your ability to experience prosperity. This effect that these “stories” have had is quite evident in many of the people I have counseled.

One is Judy, the middle child in her family, who felt she was not seen, heard or valued

because she didn't receive the attention that the oldest child received, and felt ignored when her younger sibling was born. Judy is left-handed and somehow always felt different and flawed. In her heart, she has collected a whole catalog of slights. Anytime something happens to her, she believes that it is because she is a left-handed middle child because this is the story that she tells herself.

Another client, Joe, has constantly received criticism from perfectionist parents who want him to be all that he can be. This criticism implied that he is not good enough just as he is. In his heart he has told himself the story that he is not good enough and can't finish projects for fear of withering criticism. He subconsciously tells himself the story that if he doesn't finish, he won't get criticized. However, this has not had positive outcomes in his life and career and he is so disappointed by the lack of fulfillment in his life that his heart is breaking.

Chris received attention (that she perceived as love) from her parents when she was sick. In her heart, Chris associates being ill with receiving love. Therefore, she makes herself sick in order to get the love that she needs to survive. Yet she doesn't understand why she can't seem to get well.

In these examples, my clients have told themselves stories about their "left-handedness", their "not-good-enoughness" and their "sick-ness". We have all told ourselves similar stories. These stories diminish us and kept us from fulfilling the potential that lies within each of us. It is as if the parts of ourselves that we have rejected is living in the basement of our minds, being held hostage and unable to escape. However, the only thing holding this part of us back is the stories that we have told ourselves. These stories are just as fictional as a fairy tale, but to us they are very real in the same way that an elephant, raised from infancy tethered to a small stake in the ground, continues to believe it cannot move. The adult elephant always has the strength to simply walk away, but the childhood memory of being limited by the stake keeps the elephant convinced that it cannot escape.

Somewhere, deep within, we hold the grandest vision of ourselves. However, we are often unable to achieve that vision due to the stories we have told ourselves or been told by others. When we are able to make and sustain our connection with this grand vision of ourselves, we can integrate it deeply into our every day experience. Constant exposure to this new vision of ourselves and constant connection to the emotions, energy and feelings that it creates makes it happen. Our connection to the energy and source of unconditional love nurtures this vision because it negates the pernicious effects of conditional love and neutralizes the destructive stories we have told ourselves that keep us from attaining prosperity.

What stories have you been told about prosperity? What is your "left-handedness", "not-enough-ness" or "sick-ness"? Whatever they are, such stories have are based on your experiences of conditional love. They have taken control of your ability to experience prosperity and blinded you to the prosperity that is available to you and to everyone.

In summary, each day we receive feedback from the world and we let the world define prosperity for us. One person may be may feel prosperous with \$1 million while another may feel prosperous on an annual salary of \$40,000 a year. For example, deep in your heart, you may feel perfectly prosperous as a single person, however you may have received constant feedback from the world that tells you that you can only be prosperous if you have a spouse 1.2 children and a white picket fence in the suburbs. When you listened to the world's definition of prosperity instead of your own internal truth, you may trade your true inner prosperity for a definition of prosperity that in fact makes you unfulfilled. ***Therefore, part of attaining prosperity is defining it in our own terms.***

How do we define our own prosperity? Defining our own prosperity depends on becoming aware of our own “internal prosperity standards” so that we are comfortable enough with our own “internal prosperity standards” that we do not sacrifice them for someone else’s standards of prosperity. This requires a great deal of inner awareness. Inner awareness is a deep lasting clear understanding of “what makes us tick”. “What makes us tick” is also known as our consciousness.

Our consciousness is the grand combination of our thoughts, feelings, experiences, and reactions to our environment. Our consciousness is our internal database where we record everything. When something happens, we do a quick “computer check” into our database, draw conclusions based on past experiences. We then react to the event in order to either avoid pain or to pursue joy. For example, if we smell a familiar perfume, the invisible molecules of that perfume emanate from the person wearing that perfume and touch the very sensitive nerve endings in our nose (the olfactory nerves). These nerves vibrate in response to the stimuli and create an electromagnetic impulse that is carried through the central nervous system to the brain.

The brain is the like the card catalog in a library (the ones that existed before the Internet). It is a warehouse of information and matches the electromagnetic impulse to the stimuli that it has stored in the same way that you match an author’s name to his listings in the library’s card catalog. In the example of perfume, you go to the section of your “internal card catalog” labeled perfumes. You may have a number of different fragrances stored away, so you match the smell with the appropriate perfume and you have the thought “She’s wearing Shalimar” (a popular perfume).

When this match is made, all the associations for this match come up (you may associate the smell of with a person with whom you have had an extremely positive experience and a part of you wants to re-create the experience). In another case, you may associate the smell of Shalimar with someone with whom you have had a negative experience and you don’t want to repeat this negative experience. Consciously, you may simply be aware of the smell of “Shalimar”. However, beneath the surface of your consciousness you may have a whole range of thoughts, experiences, emotions and associations that are triggered by this experience. The wide and often conflicting associations may be buried deep within your conscious and subconscious mind.

However, these conflicting associations may create conflicting desires, cause conflicting actions and create conflicting results. Ambiguous desires always yield ambiguous results.

Often we are not really aware of what “makes us tick” because our consciousness is not readily apparent to us. In truth everybody wants to be prosperous everybody wants to be healthy, wealthy, wise, fulfilled and happy. However, if everybody wants to experience prosperity in these ways why can't we just wiggle our noses like Samantha Stephens, the witch in the popular film and television series "Bewitched" and attain it? Because our subconscious mind rejects the same prosperity that our conscious mind says that we want. Our subconscious mind is at war with our conscious mind and often overrules what we consciously desire.

In the perfume example, you desire to avoid another negative experience with someone wearing perfume may outweigh your desire to re-create a positive experience, even though you think you want to create a positive experience. Your subconscious mind may actually sabotage your conscious desire. For example, you may go on a date and act in ways that create discomfort, disinterest or rejection. Therefore it is important for us to understand our subconscious mind and to get our subconscious mind into harmony with our conscious desires because the creative force that creates our outer world is a dynamic combination of our conscious mind and our subconscious mind.

Our consciousness is like an iceberg. 20 percent of an iceberg is above the surface of the ocean. 80 percent of the iceberg is beneath the surface of the ocean. The part of the iceberg that sank the Titanic is the part of the iceberg that was beneath the surface. The crew saw (and thought they steered clear) of the part of the iceberg above the water. However, they were unaware of the vast part of the iceberg beneath the water's surface that tore into the ship's hull, causing it to sink. Such is the case with our consciousness. The part of our consciousness that sinks our desires is the part of our consciousness that lies beneath the surface of our conscious minds. Just like 80 percent of the iceberg is beneath the surface, 80 percent of our consciousness lies beneath the surface of our conscious awareness. Therefore it is important for us to align our subconscious mind with our conscious mind and put the full engine of our creative power to work to create our prosperity. Therefore, we must become aware of our subconscious mind.

Our subconscious mind is the part that lies deep within our conscious mind. For example, getting a whiff of perfume, we may have a multitude of associations that are triggered in our minds. However, we may not consciously examine each association and each emotion that is triggered, and my consciously simply have a fleeting thought. We may then move on to other fleeting thoughts and keep our focus on the task at hand. The complete experience happens beneath the level of our conscious awareness. However, we may react based on our subconscious emotions so our subconscious mind is truly the creative engine of our experiences and this is the key spiritual law that is important to know in order to navigate on our journey to prosperity. This spiritual law is the "Law of Inner Cause and Outer Effect."

I experienced a perfect example of the Law of Inner Cause and Outer Effect magnetically attracting situations a few years ago. A friend and I went out to buy things for a brunch we were hosting. He constantly complained that New Yorkers were so rude -- especially clerks, who were always particularly nasty. He often got into fights with clerks. He complained about it so much I could almost see what was coming when we shopped together. After placing the brunch items on the conveyor belt, my friend placed the Sunday paper on top of the counter out of the clerk's field of vision. After the clerk finished ringing up everything and asked for the money and my friend said, "You forgot the newspaper." The clerk of course had to void out the transaction and wasn't sure how to void it. As she fumbled about, my friend got increasingly angry and impatient, and demanded that the clerk ring up the newspaper separately. However, the clerk had already gone into the system and begun the voiding process, so she insisted on doing it "her way". Tension mounted, tempers rose, and as you might imagine a real nasty altercation followed, complete with name-calling and the store manager's involvement. And as we left, my friend said, "See, I told you these clerks are nasty. They're always getting into fights with me and you can't get good help." My friend didn't realize that he created that situation. Subconsciously, by placing the newspaper out of the clerk's field of vision, he helped create a situation that became a self-fulfilling prophecy.

The Law of Inner Cause and Outer Effect can help explain where prosperity begins. The situation he created was one that diminished his prosperity in the moment, and it was due to his inner beliefs. However, it was a powerful reminder of where prosperity begins. Prosperity begins within. On our journey, we will discover how to find inner prosperity so that our inner prosperity is created in our outer world.

Why has prosperity eluded us?

When we understand that our inner awareness (our conscious and subconscious minds working in harmony) creates our prosperity we have our first clue as to why prosperity has eluded some of us. We haven't realized that the true engine of prosperity was our own internal consciousness. Another is that we haven't realized the prosperity was available to us. Part of the way that our minds have been conditioned has been to believe that prosperity was something outside of us beyond our control and therefore unavailable to us. In addition we may not have been aware of many of the tools and techniques that can create prosperity. Even some who may have been aware of these techniques may not have regularly applied them as a part of our personal practice so that they can be integrated into our lives. In summary, prosperity has eluded us for three reasons:

1. We haven't been aware that there is a set of principles and laws that create our prosperity.
2. We haven't been aware that we can use these laws to create our prosperity.
3. We haven't integrated these laws into our personal life practices.

How can we recapture our prosperity?

We can recapture our prosperity by coming to a new understanding that prosperity is a naturally occurring external state that is determined by our inner awareness. We can change our inner awareness to create prosperity by understanding and integrating the laws of prosperity as an integral part of our personal life practices (like learning a new golf swing, a new tennis strategy or a new yoga pose). The following chapters will establish these prosperity principles, provide ways to integrate them into your life and support you on your personal journey to more joy, fulfillment and peace.

In summary, prosperity can be defined in many ways, and we often have let others define our prosperity for us without the self-awareness necessary to know what makes us happy. When we understand ourselves and define prosperity in our own terms, we can begin to create a path to our increased well-being. We create this path by using a set of spiritual laws and common-sense principles that take us on a journey in a same way that following the “rules of the road” while driving will take us safely to our destination. When we integrate these principles into our daily practices we can change our lives and experience better relationships, more inner peace, more physical comfort and more inner and outer security.