



## Effortless Prosperity

There is a myth about working hard, and it goes something like this: The road to success is through hard work.

This myth originates from the industrial revolution and the Protestant work ethic. Further, it was mostly observed by the lower and middle class.

Achieving success does require hard work; however, hard work does not necessarily translate to success. How successful can one be if there is a lack of time or energy to enjoy life?

Does working hard necessarily lead to prosperity? The following is information to consider regarding the equating of hard work with prosperity:

- Longitudinal studies between the 1930s thru the '60s were conducted by businesses, educational centers, the military, and industry associations. The studies showed that increased work hours led to reduced efficiency, brain functioning, and increased physical fatigue, all of which reduced, contributing to less productivity (Williams, 2017).
- In a 2018 survey of adult Americans, 60% percent of the respondents reported occasionally feeling too busy to enjoy life (Van Kessel, 2020).
- Sixty-one percent of respondents believe that only those on top of the income ladder can get ahead. Only a third of respondents believed that anyone could get a fair shot at becoming prosperous (Dutton, 2020).

One of the most powerful abilities that we have is the ability to change our perspective. When we change our perspective, we change our experience of reality.

As long as we believe that hard work and sacrifice are the only way to prosperity, we will sacrifice our mental and physical wellness. What are we giving up by holding on to this myth? In your own life, what has this myth cost you?

Now consider a different perspective of life. What is it that you are passionate about?

Is there something that you love doing? When you do this activity, does time seem to slip away?

Do you have to keep thinking about your next step, or do you find yourself in an effortless flow? How do you feel during these times?

I bet you feel a lot different compared to when you are involved in less enjoyable activities.

You may think that the difference you experience when doing what you love versus other activities is due to the nature of the activity itself.

I love being creative and designing things. However, I find doing accounting to be mind-numbing. From a deeper level of understanding, how I feel about these two activities has less to do with the activities themselves and more with my perception of them.

By taking charge of your perception, you can transform your thoughts and action in a way that invites prosperity into your life.

## **Understanding Effortless Prosperity**

We live in an intelligent universe, and evidence of this intelligence can be seen throughout nature.

The natural world carries on its activities and functions with effortless. There is a natural rhythm to the changing seasons, day turning to night, and the rising and falling of the tides.

Your body is made of billions of cells, each with its own specialized function. Yet, each cell communicates and supports all other cells. There is the orbiting of the planets, the adaptation of living beings to changing conditions, and the daily miracle of birth that gives expression to new life.

All of these phenomena occur with great precision. In this way, the universe is like a magnificent orchestra. Every orchestra participant performs their role effortlessly and in coordination

with everything else. The natural world, when left undisturbed, enjoys prosperity, and it does so effortlessly.

We have turned our back on this universal intelligence, and it has cut us off from playing in tune with the rest of the universe.

Though our minds have led us to incredible advances as a society, they have also led us down a path of self-destruction. We work so hard to improve the quality of our lives, but we find ourselves burning out.

There is a kind of tree that grows in the forests of the northern states. During wintertime, snow collects on the tree's branches. In most trees, the weight of the snow would cause the branches to break. However, this tree is different.

When the weight of the snow becomes too heavy, the branches bend, and the snow slides off.

In losing our connection with universal intelligence, we seek prosperity by resorting to our own means.

In doing so, we try to support the weight of the challenges that we encounter until they become too much and we break. However, it does not have to be this way.

In our pursuit of prosperity, the biggest hurdle we experience in our mindset.

We have not learned to live effortlessly. You can learn to achieve prosperity through effortlessness. This is not to say hard work is not needed, as it is.

The difference is that effortless living makes achieving prosperity so much easier.

Learning to live through effortlessness is easier than you may think.

In fact, it is less about learning new things than remembering the deeper truths of who we are.

When living from this place, we tap into an intelligence that we abandoned long ago. The guidance that we receive is what makes it possible to achieve prosperity effortlessly.

## **Getting into the Flow of Your Life**

What most of us do not realize is that we are multidimensional beings. Because of our minds and bodies, we experience the physical dimension.

We experience the physicality of ourselves and the world around us.

Our five senses take in information from the environment, and our minds create an interpretation of it.

If you are looking at a tree, your eyes are taking in the visual information from the tree. This information is turned into electrical impulses that travel to the brain, where a conceptual image is created.

The tree that you see does not actually exist outside of you. Rather, you are experiencing the image that you created!

As most of us do not realize that our experiences in life are created internally, we believe that we are experiencing a physical world that we appear to be separate from.

This sense of separateness leads us to believe that we must work hard to bring prosperity into our lives.

While we can only experience the physical realm, the essence of who we are is not part of the physical dimension.

Who we are fundamentally belongs to the metaphysical world; consciousness is the essence of who we are. We simultaneously inhabit the physical and non-physical dimensions.

A metaphor for our multidimensional existence is a video game. In a video game, the gamer controls the avatar in the video game.

The avatar exists in a preprogrammed world, where it encounters different challenges.

The goal of the game is for the gamer to navigate the avatar through the challenges so that the next level of the game can be reached.

The gamer is the metaphor for your essential self, which is consciousness.

The avatar symbolizes your physical representation. Navigating the challenges we face as we try to reach the next level is part of the game.

Just as the avatar is unaware of the gamer, our physical aspect is unaware of our essential selves. Yet, our essential selves provide the intelligence to reach the next level!

Because we have lost touch with the non-physical aspect ourselves, we resort to exerting ourselves mentally and physically to gain that which we desire.

When seeking prosperity, we rely on the physical dimension exclusively.

Learning to tap into your higher self is not a skill, nor is it something that needs to be learned.

The ability to make that connection is a natural aspect of who you are. The challenge is that most of us have forgotten how to do so.

The first step to creating effortless prosperity is to develop an effortless mindset.

## **Un-cluttering Your Mind to Get Your Answers**

When I was younger, I used to worry a lot. I also spent a lot of time thinking about how to solve the problems in my life.

Needless to say, my mind was always going. With all my thinking, not much changed in my life.

Imagine a jar filled with water and a layer of sand at the bottom. Someone comes by and shakes the jar, which leads to the water becoming murky.

If you were to point a flashlight at the jar, the light beam would be broken up by the suspended grains of sand.

Now suppose that you let the jar sit undisturbed. The grains of sand would settle at the bottom of the jar, and the water would become clear.

When the beam of light passes through the jar, it is sharp and focused.

The jar and its water are a metaphor for your mind; the sand is your thoughts, and the beam of light is the universe's intelligence.

My mind used to be like the jar with murky water. Thankfully, my life is not like that anymore.

My mind is largely quiet. When I have a problem, I briefly reflect on it before I go to sleep. In the morning, when I wake up, I get into the shower.

It is then that the magic happens! I am bombarded with insights on how to address my challenge.

The insights that I receive are not of my own doing. Rather, I made an intention to solve my problem the night before. The cosmic pump has been primed!

All I have to do is take a shower to receive the information. The clear waters of my mind allowed the light of intelligence to shine through!

I did not spend hours wracking my brain or worrying about what may happen.

I just opened myself up to receive the information that was offered to me.

There is nothing special about this ability, and anyone can do it.



As a matter of fact, most of us have experienced this at some time in our lives. We commonly refer to this phenomenon as intuition.

There is a simple way to tell the difference between intuition and normal thinking. When you experience intuition, there will be no associated emotional reaction.

On the other hand, you will have an emotional response when you are thinking.

It is not that thinking does not have value. Thinking is useful for practical purposes, but it will not tap into universal intelligence.

Treat universal intelligence as your raw product and use thinking to make any needed adjustments to your intuition.

I gave a personal example of showering to clear my mind so I could receive the information.

It did not hurt either that I had just woken up, so my mental noise had not arisen yet. The point is that we all have engaged in an activity that causes our minds to become calm.

Some of the greatest scientists made their discoveries when they were not thinking about it. Einstein came up with the theory of relativity while daydreaming.

Find what works for you to get the sand to settle and the water to become clear. It is from within the calming of the mind that you will receive guidance and insight for creating prosperity in your life.

## Slowing Down the Mental Noise

The first step in developing an effortless mindset is to slow down the mental noise. It is estimated that we have 60,000 thoughts per day.

Most of these thoughts come and go without registering in our consciousness.

The ones that do are normally recycled thoughts from the past.

Changing our lives requires moving beyond our ruminating thoughts by clearing our minds so we can experience our intuition.

As long as we entertain our repetitive thinking, we will be like a hamster on a wheel.

The following exercises can help you slow down your mental noise. It is important to note that these exercises require consistent practice to achieve their full effect.

### Mindfulness of Breath

Breath meditation is one of the purest forms of meditation. Do the following:

1. Sit down in a comfortable position.
2. Take a deep breath and then slowly exhale.

3. With your eyes closed, focus on your breath. Notice the sensations that you experience as you breathe.
4. Continue to focus on the movement of your breath as it enters and leaves your body.
5. If you get distracted by thoughts, return your attention to your breathing. Regardless of how often you lose concentration, return your attention to your breath.
6. Do not judge or criticize yourself or anything that you experience. Getting distracted by thoughts is normal; it takes practice to discipline your mind. By practicing this meditation, you will develop greater awareness and concentration.

## Clear Seeing

The purpose of this meditation is to learn how to experience life without projecting your thoughts on it. The more you can do this, the calmer your mind will be.

1. Sit down, make yourself comfortable, and relax.
2. Close your eyes and focus on your breath. As you do so, become more and more relaxed.
3. Now, open your eyes and look around at your surroundings. What is the quality of your experience as you view your environment? You may wish to rate your experience from 1 to 10, with ten being the highest.
4. Now close your eyes and allow yourself to relax. I want you to imagine that you are an alien from another planet and have been sent down to Earth to observe what it is like here.

You do not know anything about this planet and have no words to describe your experience. All that you have in your immediate and direct experience.

5. Keeping all of this in mind, open your eyes and observe your surroundings again. You can scan your environment, focus on a particular object that you find interesting, or you can do both. Take your time and observe.
6. When you are ready, rate your experience of observing again.
7. Now compare the quality of your experience during the second observation with that of the first. Did you notice a difference? What were those differences? Was there freshness to your second observation that was missing in the first?
8. If you could not detect a difference, that is okay. Continue to practice this technique until you can detect a difference in the quality of your experience when observing.

## **A New Approach to Wealth Creation**

In the previous section, exercises were offered to guide you in developing greater awareness of your inner realm. Your inner realm is where your thoughts, perceptions, emotions, and sensations reside.

These phenomena inform our decision-making. Without a clear awareness of these phenomena, they can negatively influence us.

In creating a mindset for wealth creation, it is important for you to be aware of these phenomena and to learn to co-exist with them so that they support you in your decision-making.

Listening to your intuition will guide you toward wealth creation; however, we all have beliefs about money that conflict with our intuition.

Creating prosperity requires us to transcend our limiting beliefs about money and abilities.

Moving beyond our limiting beliefs is also important if we manage our existing resources wisely and spot future opportunities for wealth generation.

What prevents most people from achieving wealth is self-doubt and the belief that it is too difficult to achieve. Additionally, many do not properly manage their money.

Money should create lasting value for ourselves and others. Many get caught up with their ego-based minds and waste their money by spending on things that create only short-term pleasure.

To manage money successfully requires saving it, investing it, and giving it to others to help them succeed.

To do any of these successfully requires a change in mindset; it takes a mindset that is based on wisdom rather than reactivity. What is it that affects our ability to attract money into our lives? What is it that determines whether we can find happiness with the money that we have?

From a conventional point of view, there are probably many theories to address these questions.

In the fields of psychology, sociology, and economics, researchers have attempted to find the answers to these questions.

Their findings have led to a growing self-help industry where finances have a prominent niche.

Despite all the studies, a survey by the APA revealed that 72% of Americans reported being stressed about money.

Despite all the resources available, many of us struggle to improve our financial situation.

Could it be that the challenges we experience financially exist at an even deeper level, a level that conventional advice fails to address?

We live in a vibratory universe. The essence of all of existence is energy, which has a vibratory frequency. What enters our lives does not occur by happenstance; there are no accidents in life.

Everything that we experience was intended to happen due to our vibratory frequency. We can tune in to a radio station because the radio could pick up the right frequency.

Some insects can see ultraviolet light because they can tune into its frequency. You have a bad feeling about somebody who enters the room because you could detect their frequency.

Our story with money is no different. The frequency we emit will determine how open we are to having money enter our lives. In book 2, *Multiplying Prosperity*, we will go into more detail about how to attract wealth.

## References

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