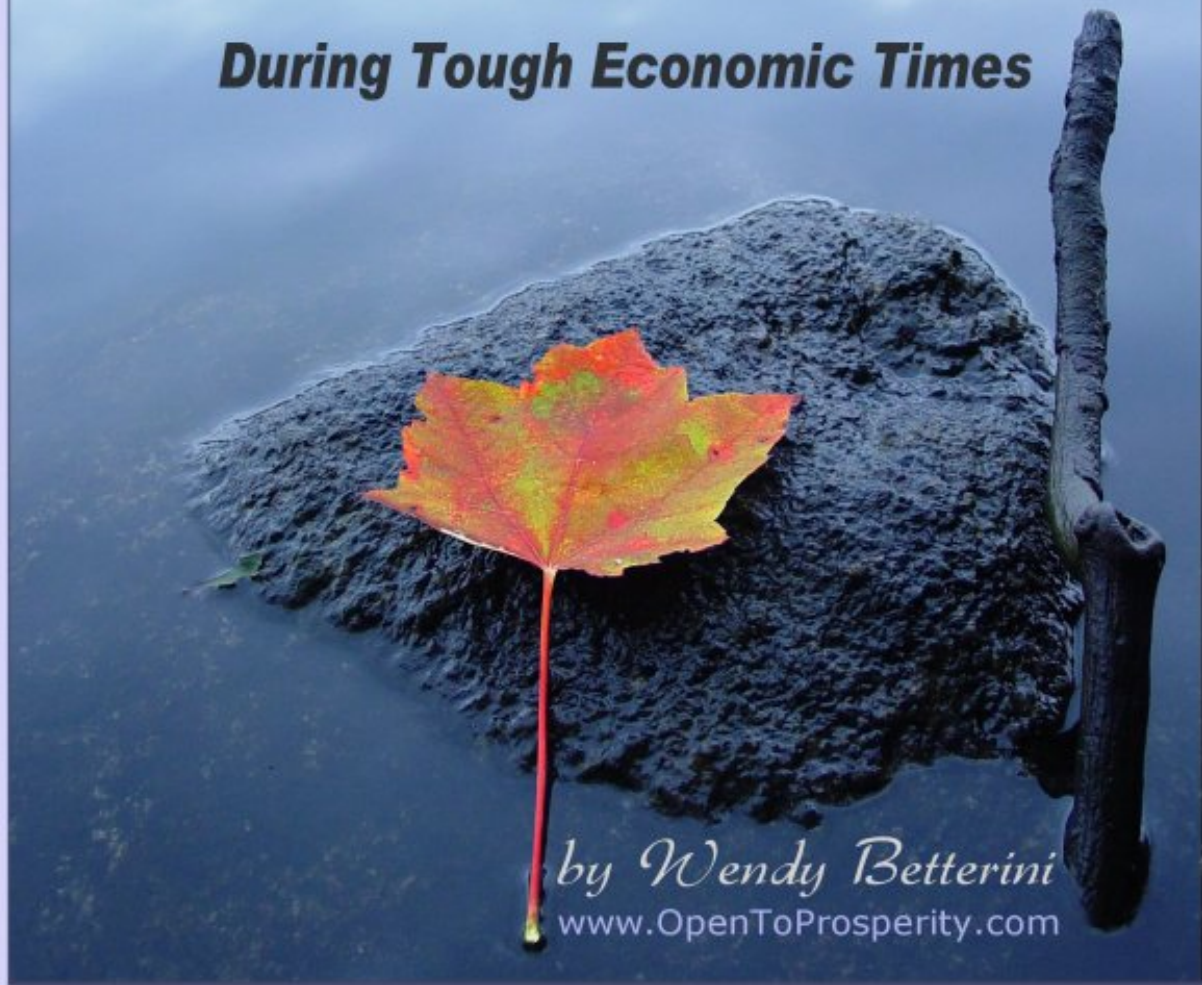


How to Be **Proactively Prosperous**

During Tough Economic Times



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“If you think about disaster, you will get it. Brood about death and you hasten your demise. Think positively and masterfully with confidence and faith, and life becomes more secure, more fraught with action, richer in achievement and experience.” – Eddie Rickenbacker

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Fear, Fear Everywhere!

During challenging financial times, a powerful “virus” begins to spread throughout the world and take control of people who allow it. That virus is FEAR. The more the media and “experts” predict doom and gloom, the more people begin to believe that the fearful possibilities they dread are bearing down upon them. And the more they believe it, the more troublesome experiences they have.

I’m sure you don’t need a detailed picture painted to describe these “troublesome experiences,” because you have undoubtedly seen some of them appearing already – either in your own life or in the lives of people you know.

I was moved to write this guide because I want to do my part in giving people back their power. I want them to know – **YOU to know** – that you are not powerless. You are not helpless against the challenges you are facing now or may face in the future. I want you to know that you have much more creative control over your experiences than you may realize – and this guide is going to share some powerful steps in helping you to take back your creative control when it comes to money, abundance and financial security.

I can’t guarantee that your life will transform overnight. I can’t promise that the news reports will get better anytime soon or that the economy will suddenly burst forth with new growth just because you change your thinking.

The truth is, you can’t control anything outside of yourself. You can’t control the state of the economy. You can’t control what other people are saying, predicting or doing. You can’t control interest rates, market conditions, or the unemployment rate. None of that is within your control.

But you **CAN** control your own sphere of influence, your own level of abundance, and your own peace of mind. If you take the information in this guide seriously, and put it into practice consistently, you will feel more in control of your life and more confident about your future. You will know how to minimize the intensity of the scary stuff and start attracting the means, the resources, and the opportunities that allow you to build a brighter future for you and your family. And if enough people do the same, imagine where it could lead? 😊

Taking Back Your Power

One of the most terrifying things about economic downturns is the overwhelming feeling that everything is falling apart around us and we can't do anything about it.

It's bad enough that we have an awareness of the awful possibilities, but there are references to the negativity everywhere we look too.



News networks are abuzz with dire predictions about the unemployment rate, foreclosures, industry bankruptcies, and worse. People everywhere are talking about how bad things are and how much worse they can get.

Inevitably, as you are exposed to this bad news from every direction, you begin wondering about your own security. Is your job safe? Is your spouse's? What if everything spirals out of control and you find yourself in a crisis?

Most of us can't seem to stop ourselves from worrying; our thoughts just "go there" even if we are doing okay right now. What if . . . what if . . . what if . . .? The negative possibilities are terrifying to contemplate, but contemplate them we do!

From a **creative standpoint**, this is a serious problem because the Law of Attraction simply reflects back to us everything we focus on.

- Focus on financial shortage long enough and we begin to experience just that.
- Focus on limited opportunities, and we feel more and more trapped each day.
- Focus on economic conditions getting worse – and soon decay and stagnation is all we can see.

And this scenario gets much worse when our own financial situation is already dire – when bills are crushing down on us and there isn't enough income to pay them – we end

up feeling like we are standing in the path of a huge, scary freight train that is bearing down on us and we have no idea what to do about it.

We know we need to move out of the way, but we don't know which option is best. Should we dart left, right, or turn and run straight down the tracks to try to stay ahead of it? Indecision and fear paralyze us and we watch in horror as our worst nightmare appears to be coming true.

Obviously, getting OFF the tracks and out of the way of the freight train is necessary if we want to turn things around. But how?

The very first step is to take back your power by realizing that the freight train itself is an ILLUSION. That doesn't mean that your problems and the bigger problems in the world aren't "real". They are definitely "real" because they have been created through the power of focus.

By illusion I mean that these things are perceptions. Financial shortage is a **perception**. Struggle and scarcity are **perceptions**. **And so are abundance, financial ease and security**. These perceptions are conditions that you can choose to focus on or not.

Does it really matter which ones you choose to focus on? Anyone who understands how the Law of Attraction works will answer with an emphatic **YES**, because whatever you focus on will continue to expand and multiply and reflect back to you in your own life conditions.

You may be thinking that you can't help but focus on all of the negative stuff because it's all around you day in and day out – but you do have other options. The most important decision you can make right now is to affirm with conviction that you are not helpless and you are not powerless. No matter how frightening your circumstances may seem right now, they are not set in stone.

In fact, physical conditions that seem solid and real can often change **VERY QUICKLY** – in ways you can't even imagine right now. But there is a catch. You can't make these changes from the outside. The changes must come from within first. The very first step in making these inner changes is to take charge of your focus starting immediately.

Controlling Your Focus



I cannot stress enough how influential your thoughts are, and how VITAL it is to carefully select what you give your attention to.

Unfortunately, even those of us who know the true power of thoughts can easily slip and begin focusing on things we don't want. (Like those terrifying possibilities mentioned earlier.)

Even worse, giving attention to these things can happen almost automatically so we're not even aware that we've begun doing so, and this is especially true when society seems to be saturated with references to negative possibilities everywhere we turn.

But what can you do about it?

First, decide that you are going to take control of your focus immediately. Take a mental stand that FEAR is no longer allowed in your mind. Fear is what that freight train mentioned earlier is really made of – and we also apply our worst fears to it, like foreclosure, bankruptcy, financial disasters of all kinds, etc.

Turning your attention away from that scary perception is the first thing to do. You have to stop investing your energy into the horrible things that “could” happen. Stop worrying. Stop stressing. Stop allowing yourself to be overcome with anxiety and fear. Stop obsessing about the bad things that may or may not be bearing down on you.

That means no longer allowing your thoughts to dwell on lack, struggle, fear, or negativity in any form. It means no longer watching or reading the dreadful news that circulates daily. It means refusing to participate in conversations that focus on the negative possibilities, whether they apply to you or anyone else.

That doesn't mean they won't keep popping up in your awareness – but here's the difference: when they do, you can choose to deliberately remove your focus from them

and focus on something better. That may be one of the most difficult things you'll ever have to do, but it is necessary.

A good affirmation to train your mind for this is:
“Despite appearances, I choose to focus on abundance now.”

Notice that the affirmation doesn't try to convince you that lack doesn't exist or that there aren't struggles in the world right now – you are simply affirming **YOUR RIGHT** to focus on abundance, no matter how dire conditions may appear to be.

This is a powerful focus, and it gets much more powerful the longer you stay with it.

If frightening images persistently pop into your mind now and then, firmly and deliberately push them right out again. Then turn your attention back to focusing on abundance with all of your might.

When you first begin changing your focus in this way, you will probably find yourself flip-flopping back and forth for awhile. As long as you consistently keep redirecting your mind back to the images of abundance and well-being, then you are still making progress.

Little by little the strength of the negative thoughts will subside.

Believe it or not, it does not take very long before this type of focus begins to yield results!

They may not be dramatic at first, but the longer you do it, the bigger and more impressive they are going to get. The trick of course, is to be very **FIRM** about focusing on the images of abundance, and turning away from the images of lack.

How Exactly Do You Focus on Abundance?

Turning your attention away from the negative stuff is a good first step, but you also want to deliberately begin focusing on the things you WANT to happen in your life.

If you don't know exactly what those things are yet, take some time to figure it out.

Consider how you would like your life to look for the next year, the next five years, the next ten years, and so on. How much money would you like to receive on a monthly basis? What kind of job or business do you want? How do you want to feel about your level of prosperity?

Envision a New Reality

Write all of these things down with as much detail as you can, and then begin visualizing each situation twice a day, or even more if you can. You don't have to spend a lot of time in each session, but try for 10 minutes at least.

Here's how to do it: Simply sit quietly, let go of all tension and then imagine your life being the way you want it to be.

Imagine receiving large checks each month effortlessly. Imagine your business growing and prospering, or imagine yourself receiving a great new job, or a promotion and pay raise in your current company.



Most importantly, don't just "see" these images in your mind but really tune in to what the experiences would FEEL like and allow your emotions to flow as if they were happening right now. Allow feelings of joy, wealth, excitement, appreciation and confidence to flow through you as you "pretend" that you are prospering in every possible way. When you are finished, send out a heartfelt request to the universe to assist you in making these visions a permanent part of your daily reality. Ask to be led to the right people, places and opportunities to create a prosperous, joyful life in every way.

Affirm, Affirm, Affirm

Beyond your daily visualization sessions, you can choose to focus on abundance by constantly repeating empowering affirmations as you go about your day:

- **The more I focus on abundance, the more abundance I receive.**
- **I am abundant in every way right now.**
- **I allow the universal flow of abundance to grace my life now.**
- **I know that more abundance is flowing into my life now.**
- **The universe loves to surprise and delight me with unexpected abundance.**
- **I expect great things to happen to me today.**
- **I always have more than enough of everything I need.**
- **The universe is providing for me in every way possible.**

Those are just a few affirmations to get you started, but you can also write your own to suit your own goals. Think about what you really want more than anything right now – like a great new job, a pay raise, unexpected income, or anything else – and then put it into an empowering statement that expresses your belief that it will happen soon.

For example: **I know the universe is orchestrating a wonderful new job for me right now; the universe can find endless ways to send more money into my life,** and so on.

Once again, whatever you spend the majority of your time focusing on is what you are going to start experiencing, so make sure you spend most of your day focusing on abundance, not lack! Even more important than saying the words is FEELING as if you are already abundant is important too.

Just as you do in your visualization sessions, get into the habit of feeling very prosperous many, many times throughout the day.

Imagine that you already have everything you desire, all the money you can handle, and endless opportunities for growth flowing into your life. The more you practice feeling these feelings, the more your outer reality is going to begin reflecting experiences that correspond with them.

Appreciate Everything

Appreciation (or you could call it gratitude) is one of the most powerful emotional states you can adopt, simply because it communicates a message of “all is well” to the universe.

The more you communicate “all is well,” the more the universe is going to send great experiences and events back to you and keep that feeling going.

Appreciate the positive qualities of anything and everything you encounter each day. Appreciate your coworkers; appreciate your spouse; appreciate your job; appreciate your home; appreciate the money you have as well as any unexpected money you receive; appreciate your life and everything in it.



Even better, spend time each day writing about the things you appreciate.

You can appreciate things that are happening now, things you want to experience soon, or things you enjoyed in the past. (Or all of the above!)

As you write, focus on the qualities or feelings you appreciate about each thing.

Express how much you appreciate the feeling of being abundant and secure, and why it's important to you.

Express your appreciation for feelings of love, joy, happiness, freedom, and anything else you want to call into your life. As you focus on feeling appreciation for these things, you will attract more expressions of them into your life.

Refuse to Settle for Less Than You Deserve

Do you really believe that you deserve to be prosperous? REALLY believe it? If you are like most people, you may have doubts – even if logically you know you are worthy.

The problem is that you won't allow yourself to accept anything you don't believe you deserve. To overcome this blockage, keep affirming daily that you gratefully accept any and all expressions of abundance and prosperity that come your way. Tell the universe over and over that you are now ready to receive, and affirm to yourself that you DO deserve to receive the things you want.

Several times throughout the day, practice feeling loved, abundant and blessed. Imagine that a large stream of goodness is flowing to you from the universe, and imagine fully opening your heart, mind and spirit to receive it. Feel glad as it flows through you, knowing that you truly do deserve it.

This exercise is incredibly helpful because as you think these thoughts and feel these feelings, you are communicating vibrationally that you are willing to accept abundance, joy, money and all good things. And when you put forth a request like that, the universe will answer!

In addition, evoke your own inner power by standing firm in your decision to think, speak, act and BE prosperous now. Speak only in positive terms regarding your own financial situation.

You don't have to "lie" if everything isn't going perfectly, but at least make a decision to focus on the positive things instead of the negative.

Be grateful for the money you do have now, rather than worrying about money you don't have. Be optimistic when discussing the future with others (or even thinking about it).

Express unshakable faith that it's all going to work out perfectly, and refuse to entertain any doubts to the contrary. Know that you deserve to be prosperous in every way, and refuse to settle for less! It's amazing what happens when you set your mind on achieving something and refuse to settle for less – you usually get it or something even better.

Let the Universe Help You!

Affirm daily that the universe is helping you to create a more stable, prosperous future.

Every morning, ask for guidance on things you can do to help bring in more money or strengthen your existing financial situation, and then listen throughout the day for any insights or hunches you may receive.

Before making decisions, ask the universe which option is right for you, and then listen for the answer.



Most often you will get a “feeling” that seems to indicate a yes or no answer or you’ll feel like you are leaning more toward one choice over another. Trust these feelings and let them guide your every decision!

Once again, ask to be led to the right people, places and opportunities to create a more abundant life experience. You will be doing this after your visualization sessions but you can also do it numerous times throughout the day. Ask for guidance constantly and then take action on what feels right.

Also begin working on forming a perception of the universe as being loving and kind. Begin believing that the universe WANTS you to be successful and wealthy. Believe the universe WANTS you to be able to pay your bills and feel financially free. The more you reinforce this perception of a loving, helpful, supportive universe, the more you’re going to see things happening in your surroundings that support the belief.

Things will begin coming to you spontaneously, new opportunities, ideas you didn’t consider before – the universe will begin working with you in much bigger ways simply because you are allowing it to. Overall, your pathway to prosperity will be much smoother if you allow yourself to be led rather than trying to figure it all out on your own. You’ll be AMAZED at the way the universe can guide you and consistently move you into the “right place at the right time” – over and over and over!

Empower Yourself by Serving Others

Another powerful thing you can begin doing on a daily basis is serving others in any way you can.

If you can afford to donate money, do it. If you can afford to spare some time or energy to help someone else, do it. If you have clothing, books, or other household items you no longer need, donate them to a charity that is meaningful to you.

Why should you do this?

Because as you give of your time, money and resources to help others, you are communicating to the universe that you have “more than enough” – and you will start attracting more back to you!

You don't have to have a lot in order to give. Give what you can, even if it's only a few dollars or a little bit of your time.

In fact, you can focus on giving something intangible every single day, like compliments, kind deeds, support, encouragement, and so on.

As you give these things, affirm silently that every bit of good you do on behalf of others will come back to you as increased abundance. Don't worry about how and when it comes back, just focus on serving others because it empowers you and makes you feel good.

The more deliberately you do this, the more powerfully it works! Don't wait around for an opportunity to serve, go out and FIND ways to help.

Even better, ask the universe to lead you to where your help is most needed.

Don't worry that you'll be asked to do something beyond your means; you will not. Instead, you'll be led directly to the best possible ways to make a real difference in the lives of others, and greatly increase the rewards you receive in return.

Other Empowered Actions



Beyond serving others, you may also want to get into the habit of taking deliberate action to help improve your financial situation (all other situations too).

Beyond the “inspired actions” you will ask the universe for guidance on each day, also consider making a long list of every action step you can think of that may help improve your situation right now.

For example, if you are feeling uncertain about the security of your job, you could make it a habit to seek and apply for new jobs every day. Or if you really need to get more income flowing in, you may decide to take on a second job temporarily to put some money in the bank or pay down debts.

These action steps do not have to be large or difficult, even small actions can make you feel empowered! Brainstorm and come up with as many ideas as you can, big or small, and write every single one down on a sheet of paper. Then consider which of them would be the quickest or easiest to do, and then go about doing them every day or as often as possible.

And here is the most important part: do not undertake these actions with a panicky, desperate state of mind, and not with a defeated, “this probably won’t work” state of mind. Instead, affirm to the universe that you are going to do what you can to improve your circumstances now, and you intend that your actions will be successful and lucrative. Hold a positive expectation that good will come from every action you take.

Let go of “how” it all comes about, but do what you can and expect the universe to meet you halfway. Even if you’re nervous or unsure, decide that it can’t hurt to TRY at least, and you are going to do everything in your power to turn things around. You can even talk to the universe as you do this if it makes you feel braver. Say, “Universe, I intend to turn my financial situation around NOW, and I am taking this action in an attempt to do so. I know that you are supporting me fully and working with me to create the best possible outcome. Thank you!”

Does It Seem Too Good to Be True?

Are you wondering whether this stuff really works? **It does!** But your own attitude is really the most important ingredient. The techniques don't hold the power, **YOU DO**. If you give it a halfhearted effort, your results will be minimal or even non-existent.



On the other hand, when you truly commit yourself to changing your thoughts, believing in a more prosperous future, and doing whatever you can to turn things around – you just wouldn't believe how quickly and dramatically things can change! If you want dramatic results like these in your own life, make it your mission to give it all you've got. Treat the process like a workout regime or medicinal treatment – devote yourself fully to it every single day whether you feel like it or not.

Make your visualization sessions your highest priority and take charge of your thoughts with all of your might. Just like physical exercise, it seems hard at the beginning but it **DOES** get easier. Once you start seeing the positive changes taking place before your eyes, you won't have to push yourself – you'll be so excited that momentum will take over, and things will just keep getting better and better from that point on.

Continuing the Process . . .

The information in this guide is a good starting place to begin creating a better, more prosperous life, but there is much more you can do too!

Using the Law of Attraction successfully is all about learning how to create your experiences by altering the "frequency" you send out to the universe. This frequency is a mixture of the content of your thoughts, emotions, beliefs and expectations.

These things must be aligned in order to use the process effectively and avoid getting mixed results. For more detailed information, visit [Law of Attraction: Step by Step](#)