USING ENERGY TO PROPEL YOUR 2008 GOALS



A multidimensional guide featuring highlights of the Prosperity from the Inside-Out System In written form, audio instruction and audio guided imagery

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Abraham -Hicks on Goal Setting

"Let's say that you are anticipating a year down the road.

You are anticipating that you'll be joyful. You are anticipating that you'll be healthy. You are anticipating that you'll be prosperous.

There is a wonderful thing that happens when you project into your future experience because you send a rocket that the Universe actually actualizes around.

But what happens with so many of you when you think in terms of planning a year down the road (or a week down the road) ... you've been thinking that that planning was about what **you** were going to do. Where what we want you to think in terms of is...

You are wanting to project your thoughts so that you give the Universe plenty of time to gets things lined up in the way that you think you would like them to be.

Accept that there are Universal forces that are assisting you and treat those universal forces as if they are a manager that you can rely on and depend on, and do more delegating of more down the road stuff, and more interim stuff. Do your long range delegating to the Universe."

http://www.abraham-hicks.com/ - Chicago 9/20/03

INTRODUCTION

Goal Setting from the Inside-Out

Did you set goals for this past year? If so, how many of these came to pass?

The actual practice of sitting down to map out our goals and desires for the new year offers many benefits – not only on the physical plane but on the metaphysical level as well, for in the process of setting our goals we:

1) gain clarity about what we want,

2) begin to focus energy in that direction, and

3) allow ourselves to let go of energy that we had previously set into motion so that we may make space for new future outcomes.

Yet, from an energetic perspective, traditional goal setting also has its drawbacks.

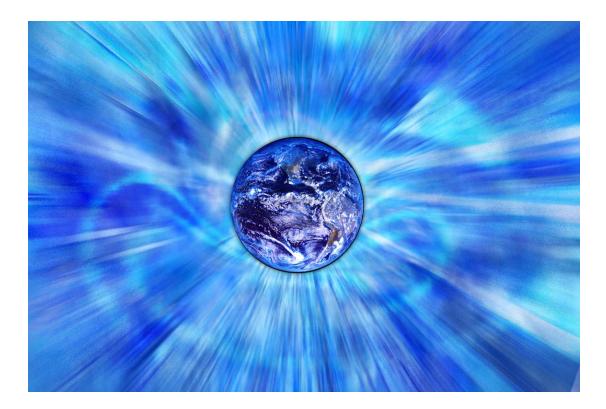
1) If the achievement of our goal requires us to take action steps, it is possible that we will become discouraged at our lack of progress early in the game. This negative energy tends to become self-reinforcing, leading many of us to abandon working towards our goals before February even begins.

2) In traditional goal setting we are encouraged to become very specific. Unfortunately, when we become too narrowly focused on a specific outcome we do not leave any room for our highest good to come to us in a slightly different package.

3) Most significantly, in traditional goal setting we are typically coming from a place of lack as we make lists of our new goals. This focus actually reinforces our experience of a gap between where we are and where we desire to be, which may push the goal even farther away.

Universal Laws reminds us that if we are not in vibrational harmony with our goals, no amount of efforting, struggling or striving will draw them to us. Therefore, in addition to traditional goal setting, it is advisable to spend a fair amount of time achieving energetic alignment with the things, people, opportunities and experiences that we would most like to attract in into our life.

Audio Instruction and Guided Imagery



Audio Instruction and Guided Imagery

By <u>Elyse Hope Killoran</u> - Certified Spiritual Life Coach, Founder of the "<u>Prosperity Partnership</u>," President of "Prosperity from the Inside-Out"

Note: You must be connected to the internet to access the recordings

- Goal Setting from the Inside-Out*
 - 9 minute Guided Imagery & Energy Activation
- Explanation of Goal Setting Process*
 - 20 minute Instruction & Inspired Actions

*Audio selections have been excerpted from recordings of live teleclasses led by Elyse Hope Killoran for members of the Prosperity Partnership Program.



CREATING PROSPERITY FROM THE INSIDE-OUT

1. Your outer manifestations always mirror what is going on inside you.

2. When you change your inner programming, the external results will change accordingly.

3. If you don't have something that you want, it is because you are not energetically (mind-body-Soul) aligned with it.

4. If you have something in your life that you don't want, it is because right now you are in energetic alignment with it.

5. Whether you want something you do not have, or you have something that you do not want, when you learn to consciously shift your energy you will attract totally different results.

6. The laws of the universe are totally clear and absolutely consistent!

7. To change your attraction: 1st) Get clarity about what you want, 2nd) Align your energy with it, and 3rd) Commit to receiving it and it will be yours.

8. Simply knowing something on an intellectual level gives you very little power. When you take a truth and internalize it so that it becomes who-you-really-are on a cellular level, you will radiate that truth outwardly and your entire experience of life will be changed.

9. The fastest way to block your efforts to create the life you love is to get caught up in a negative energy spiral. Any action taken from a place of lack (fear, anxiety, poor self-esteem, separation/scarcity consciousness) will be motivated action (pushing fear/discomfort away) and will be counterproductive.

10. The fastest way to propel yourself towards the manifestation of your dreams is to:

- learn the intricacies of the universal laws
- · consciously line up your energy with what you want and
- take action (positive, flowing, enthusiastic action) from a place of inspiration (pulling your good towards you) rather than motivation

CORE POINTS

GOAL SETTING FROM THE INSIDE-OUT

Goal of process – to gain clarity about what you want with strong sense of allowing

Step 1. Decide to deliberately focus on something that you are wanting

Step 2. Focus on what you want using all 5 of your senses

Step 3. Focus on how it will feel to have what you want (the essence of what you want)

Essence = communication from inner guidance. Essence is what is *really* wanted (being state such as freedom, joy, peace, connectedness, prosperity, etc.)

Step 4. Set Your Tone: Come out of meditation/workshop and focus on ways that you can Be/experience more of that essence right now (and on a daily basis.) The correct order to focus upon is: Be/Do/Have

Examples: experiences that we seek to have/ essences we desire to be: (Note: All of these essences are synonymous with being in our highest vibrational states!)

Lightness, buoyancy Connectedness Feeling integrated/Whole Growing/ Expanding Vibrancy/Aliveness Joy Love Feeling of Security Creative Self-expression Being "On Purpose" / Engaged in enjoyable and meaningful activities High Self-esteem/ Self-love Energized Being in the flow Prosperous

INSPIRED ACTIONS: BE-ING THE SOURCE

A) Daily:

In our culture we are acclimated to beginning each day with a focus on what we have to do. Consider making a powerful shift in how you live your life by first stating an intention about who you want to BE that day.

i.e.: I am LOVE. I am PEACE. I am WISDOM. I am CENTEREDNESS.

Then, for each intention, list things that you might DO today to BE more of that.

Example: Today I am CENTERED: I meditate, I spend time alone, I take a deep breath before reacting to anything.

B) In our most significant relationships/experiences. When you focus on the things, people, experiences, opportunities that you want to draw towards you, consider (and get into the energy of) who you want to BE in relation to these experiences.

Example: HOW (WHO) I AM BEING (INTEND TO BE) IN INTIMATE SPIRITUAL PARTNERSHIP:

I experience myself as warm, loving, joyful, radiant, non- judgmental, charismatic, centered, compassionate, confident, whole, playful, courageous, gracious, patient, considerate, a good listener, stimulating, fascinated, fascinating, free, passionate, sensual, nurturing, strong, truthful, and an uplifter while celebrating my uniqueness and remaining connected to my true essence.

Example: HOW (WHO) I AM BEING (INTEND TO BE) AS I LIVE MY IDEAL CAREER/RIGHT LIVELIHOOD:

I experience myself as a brilliant, knowing, connected, loving, articulate, inspiring, organized, and a vibrant truth-teller, guide, uplifter and partner.

Who do you INTEND to BE today?

CONTINUING ON THE PROSPERITY PATH

If you have found resonance with the material in this e-book and you have a desire to continue to move forward on the prosperity path, we suggest that you:

- □ Thoroughly explore our web site at <u>http://www.choosingprosperity.com</u>
- Register to play the one of the free versions of the Prosperity Game at <u>http://www.choosingprosperity.com/game</u>
- Subscribe to our free ezine, "<u>Prosperity from the Inside-Out</u>.

This powerful, multi-dimensional program is designed to activate your Prosperity Consciousness. Each month you'll receive step-by-step guidance in the use of a new spiritual tool, so that you can begin creating prosperity -- from the inside-out!

Subscribe at our web site <u>http://www.choosingprosperity.com/ezine.htm</u> or by sending an e-mail message to <u>mailto:Elyse@choosingprosperity.com</u> with "Subscribe" in the subject line. Click here for <u>past issues</u>.

- Register for the next, free two-week trial of "<u>The Prosperity Partnership</u> <u>Program</u>" (Available internationally via teleconference technology - see description below.)
- Enlist the author of this guide to partner with you, one-on-one, to anchor your highest future.



Elyse Hope Killoran: Certified Spiritual Life Coach and the founder of the Prosperity Partnership Program (now in its fifth year!)

Elyse enjoys abundance in all areas of her life -- specifically an abundance of time, money, freedom, fun, friendship, peace and love. (Check out her <u>pictures</u> online.) Although her "reality" (as a business owner, single parent, home-owner and mother of 10 & 12 year old boys) might be one in which you would expect stress, timeconstraints and monetary-challenges, Elyse has drawn into her life a vast array of people, opportunities and financial resources which

enable her to provide very well for her family while doing what she loves: coaching clients (through her spiritually-oriented coaching practice. And she has seen her share of proof that, "the better it gets, the better it gets!"

For more information about Elyse (her background, coaching style & personal story) visit: <u>http://www.choosingprosperity.com/elyse.htm</u>



The Prosperity Partnership

A Powerful Intentional Community Experience of Aligning Body, Mind, Emotions and Spirit to Awaken Prosperity Consciousness in Every Area of Your Life!

READ what PPP participants are saying:

"Way more than I expected!! I really love the program! ... I really feel that I've changed at a cellular level, which I didn't 'get' when I started the program..."

"Clearly a powerful community, lead by those who 'walk their talk.' A gift to all who participate."

"I'm really impressed with the program! My life has gone into 'fast forward' and it is really making a difference."

"It has been the single best use of time and resources I've made in the last year!"

Read these testimonials and others by clicking here

HEAR what PPP participants are saying:

Rachel N. Los Angeles, CA describes how she "started the PPP with a bang" by putting her house on the market and selling it "within 5 hours, in a bidding war and walking away with an extra \$100,000." <u>Click This Link</u> To Play The Audio Message from Rachel

Erik A. Austin, TX "I have more abundance in my life in every single form every day. I'm making more money. I have more loving relationships. I'm a more loving person. I'm healthier, I feel more at peace." <u>Click This Link</u> To Play The Audio Message from Erik

Duanne R. outside Austin, TX "The experiential learning, the support from the group, the consistent every week practice with my inspirational actions has literally produced results beyond my expectations and I'm ready for more." <u>Click This Link</u> To Play The Audio Message from Duanne

James G. - Somerset, England "What was so uppermost in my mind - financial lack, scarcity - does not exist now. I am debt free...I have had unexpected windfalls that appeared exactly when they would make the most difference...And this has come about not because of struggle, effort and intellectual endeavor... but due to the tools and practical approach of the partnership group." <u>Click This Link</u> To Play The Audio

For additional audio testimonials click here...

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