



5 Keys to Unlock Your Prosperity Power



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Practical steps to keep your vibrations
high and your Prosperity Power flowing.

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What IS "Prosperity Power?"

Prosperity Power = Your ability to attract prosperity and abundance to you.

Prosperity Power comes from your prosperity mindset--also called your prosperity vibration. Like the sound coming from a radio, you are "broadcasting" your prosperity vibration out to the world all the time. The more positive and stronger your signal, the more you'll attract prosperity in all its forms—money, support from people and other resources, opportunities and all that you need to truly thrive.

Do you know someone who just seems to draw money and opportunities to them? Someone who manages to thrive even in tough economic times and despite challenges.

It works the other way too. Someone who broadcasts anxiety, fear, pessimism, will tend to stay broke, or just won't attract what they want. Someone who might be working hard, but still just doesn't have much to show for it, can't earn much, struggles with debt, can't save or accumulate wealth. They tend to repel, or turn money off.

What makes the "Money Magnet" people different? It's both their Prosperity Vibe AND the actions they take.

Raising your Prosperity Vibe & Keeping It High

It IS simple to up your Prosperity Vibe. This report will give you some tools to start making changes at a conscious level. As you use the tools over time, you will make a shift and start to create new neural pathways so that your new vibration is your natural or 'default' way of being.

Some clearing of old pathways at the subconscious level also must happen, because much of that old programming is negative and conflicts with what you want to create. To boost your 'signal' and become magnetic to what you want to attract, your broadcast needs to be clear and unconflicted. That means addressing your subconscious programming—feelings, beliefs, memories, decisions about life—that are running beneath your conscious awareness. This

means that most of what we feel, think say and do is driven on auto-pilot by a bunch of programming from before the age of 7—mostly fear based and disempowering stuff.

I have many tools to help with this, when a client is looking to unearth and clear away these old programs. These blocks to prosperity can be mysterious and hard to find on your own. Then, the first step—on your own or with help—is to become aware of these old programs that are running on auto-pilot in your brain.

One way to do this, is to look at the results you are having—and trying and dig back into “What kind of beliefs might be leading to this situation?” For instance, if you can’t hold onto money, or when you earn more a bill—or person in need—comes along to “eat it up”. You might have a belief like “Easy come, easy go.” Or “I can’t get ahead”.

“Easy come, easy go” might have been something you heard growing up. Maybe one or both of your parents modeled “I can’t get ahead”. Maybe you are still carrying baggage from old family history, like a family who were forced to flee persecution and had to leave everything behind.

We also make decisions at very young ages about what life is like, about ourselves and other people, about money, success, etc. Those decisions may even be as strong as a vow—as in, “I will never trust anyone else with money”. Here’s another kind of decision we might make.

Say you were the oldest of a bunch of children and you had to take care of your younger siblings. You decided certain things then that continue to run your life on auto pilot. There are a gazillion beliefs you might have formed at that time, like “I have to take care of everyone else to get love and attention” or “I come last” or “Life is hard and I have to work all the time” or “What I want doesn’t matter” or “No one is there for me”.

Can you see how these beliefs/decisions might be affecting your level of prosperity and happiness? Unless and until you become aware of them, and do something to change them, these beliefs will continue to run your life.

But don’t let this discourage you. Don’t go down the rabbit hole of “What’s wrong with me?” or “Nothing works”—hang with me here, okay?

There's Nothing Wrong with You + Even Better News

Sometimes we struggle with money issues, or may have spent years visualizing, affirming, doing treasure maps and things don't change too much. Recognizing that you've been blocked by your subconscious programming is good news. It means there are deeper roots to your issues that still haven't been weeded out. Something's missing, or interfering with creating a stronger Prosperity Vibe.

So yes, there is work to do—and you're in the right place, because I can help you. I have a lifetime of personal and coaching experience, and tons of amazing tools to help you make the shift.

Here's the best news of all: the very minute you make a conscious choice that you want to shift, the shift begins. Take a deep breath, and make a choice to say YES to yourself and your prosperity. Go ahead, say "YES" out loud, throw your arms up in the air or high five the mirror.

Then, let's get this party started. Right here. Right now. How? Simply by reading through this report all the way through to the end. The end has very important action steps. (Remember, "life rewards action" so choosing one or more action steps will tell the Universe you really mean business.)

If you can, read it through to the end now. If not, read as much as you can at this sitting and print it out to read later.

You're in the right place – get ready for your 5 Keys

This report will give you 5 ways to make your prosperity vibration stronger. Not only will you feel happier and more peaceful about money in your life, you'll start to experience a greater inflow of money, that your money seems to go further, or things just start to ease up.

Once you've read the report, and experimented with these 5 keys—or if you have any questions—get in touch. I'd love to hear from you. Email me at ProsperityCoachLN@gmail.com. – and join my Facebook group: Prosperity Reimagined. With lots of tools and insights to offer, I'm grateful to be of service.

My main goal as a prosperity coach is to help you become aware of that subconscious stuff—clear it—and replace with new empowering beliefs and attitudes. Gain clarity for yourself about where you are and what support you need—from me or elsewhere--in a discovery session. Or signup for my email list and/or FB group.

When you clear the subconscious limiting beliefs and programs, when you release the emotions or trauma around past events, you free up your energy. Result? You start taking constructive action, you develop more ability to 'bounce back' from adversity, you flow a lot more easily with life's ups and downs. That's when it all starts to be FUN instead of tiring and exhausting.

Creating and manifesting becomes like a game, so that even when you're working hard, it's effortless and rewarding.

Drum roll – Here are your 5 Keys to Unlock Your Prosperity Power:

1. Focus on What's Right
2. Let Go of Comparisons, Envy and Jealousy & Applaud others' success.
3. Take a News Fast
4. Creating Instant Energy Shifts: Empowering Memories
5. Notice your Progress & Celebrate Each Step of the Journey.

Prosperity Power Key# 1: Focusing on What's Right

Whatever we focus on expands. When you focus on what's right, what's working, what is good in any situation, guess what happens?

When we focus on what is missing, what is wrong, that tends to get bigger. When we are in 'Eeyore mode' (gloom and doom) we will look for, and find more and more evidence that things are bad, that the economy is tanking, etc.

WHAT WE LOOK FOR IS WHAT WE WILL FIND.

Relationships show this so clearly. Focus on your partner's faults, and soon they will seem even worse, or the list of faults gets longer. The more we focus on that, the more criticized and unhappy our partner feels. Ironically, as that happens, they will mysteriously act out these faults more and more.

With a business, there are so many tasks and skills for us to master and to do. There are so many reasons to get down on yourself, or feel frustrated and disappointed. Especially when you are your business, it's tricky to separate negative results in the business from how we feel about ourselves.

We are conditioned to focus on what's wrong and what needs correcting, first and foremost. This is how the brain works. It's a habit that's been reinforced by your parents, and what school taught you. We fixate on errors and mistakes, on looking at what's wrong.

Sure, we do need to be honest and assess ourselves critically. It can be very useful to know when things need to be improved or if things are off. Especially with money and business.

But with this habit of finding fault (usually with ourselves or with others) we overlook what is already working, what is already good. When you believe that something is going to be difficult or complicated, our emotional brain, our limbic system will turn that into a self-fulfilling prophecy so that the task actually gets more difficult and complicated.

The Shift: Name 3 things that are right, that are working, right now! There, that's better. Do this anytime you need a shift. A great practice is to keep a "What's Right" journal and start noticing every day.

Start right now. What are three things that are working, that feel good, in your life right now?

1.

2.

3.

Whew—feeling better already, I bet! Use this anytime you need a lift. Let's check out Key #2 now.

Prosperity Power Key #2 Let Go of Comparing Yourself to Others and Celebrate their Success

Comparing yourself to others brings you down--whether you compare yourself and find yourself lacking, or find yourself better than others. Jealousy and competition are low vibrational states—not good foundations for self-esteem or taking joy in who you are and what you do.

Also, any time we tie our feeling good to outside circumstances which come and go, we set ourselves up for a roller coaster ride.

When you compare yourself to others, you give your own power away, by feeling less than others, and dwelling on what you feel they have that you don't. Comparisons are also an energy drain and waste of time because most of what we think about others is based on our projections anyway. Ever notice how the way you see others changes, depending on your mood and how you feel about yourself?

It's easy to envy someone else's apparently happy marriage or successful business, but who knows what it looks like from that person's perspective? The lives of many celebrities are an extreme example of that.

When you feel jealous, ask "What is it that person has that I want? Is that really important to me? If so, how can I cultivate that in myself, or attract it in my life?" Take the focus off them and onto yourself and the things you can do something about. Declare for yourself "That's for me!" and as you do that you once more affirm that this is an abundant Universe. There's enough for everyone.

The only useful comparison and competition is with ourselves. Are you becoming the person you truly want to be and developing your potential? Are you meeting your goals and intentions? How far are you from where you want to be?" That creates what Robert Fritz calls "Structural Tension". Structural tension pulls us towards our goals and visions. Watch out for self judgement, though, even when comparing yourself with your goals. Use the comparison as a measure, an appraisal, not a stick to beat yourself up with. You don't need any more of those, do you?

To feel better about yourself and up your Prosperity Vibe, try this: Notice and celebrate the successes of others! Congratulate someone on their success or accomplishment with a phone call, email or blog or FB post. You'll feel great as you share love and appreciation, and your generosity opens a flow. You are focusing once more on success—even if it's someone else's!

The Shift: Think of one person, someone you know or someone you admire, and something they've done that is a success. Could even be the grocery store checkout person who makes you laugh. Tell them what you appreciate or congratulate them on their success. How great does THAT feel?

Prosperity Power Key #3. Take a News Fast

Yep—take a break from the news, in whatever way you receive it. Don't watch TV news, on the internet, reading a newspaper, the radio. Take a few hours, even a day or a week. If you're daring, try a news fast for a month.

Why is this a prosperity tip?

First: By fasting from the news, you are raising your vibration or your resonance, because the news is mostly negative. What “sells” is bad news, and sensational or shocking news.

Since our news media is owned mostly by corporate interests motivated by the bottom line, guess what the news is filled with! And if you get your news through television, you are also receiving frequencies of energy, subliminal messages designed to put you into a hypnotic state. Studies show that the brain rhythms of people watching television match the hypnotic brain rhythms.

WAKE UP FROM YOUR TRANCE and TAKE BACK YOUR POWER OF CHOICE.

In a hypnotic state, you are more easily suggestible to messages. Those messages could be commercials, influencing you to buy things you might not really want or need, or influencing you to think you need to be thinner, younger or more model-like.

The messages could also be the content of the news and the view of the world that there is war and terrorism everywhere, the economy is messed up, which can put you into a state of fear, anxiety or helplessness.

I'm not saying you should become an ostrich and stick your head in the sand. Being a conscious and responsible person means having some awareness of the world we live in, and the consequences of our actions. Instead, notice the effect that news and the media are having on you--and take a break from it now and then.

MAKE SPACE IN YOUR MIND FOR YOUR CREATIVE GENIUS, FRESH IDEAS, AND NEW SOLUTIONS.

If you stop reading, listening to things on the radio, podcasts, etc. for any length of time you may have a surprising discovery: Room for your own thoughts and perceptions, more time to be present with yourself and with others in your life.

Another reason that taking a news or input fast can create prosperity is because you are creating a vacuum or empty space. That is, time in your schedule and space in your brain. Have you heard the expression, "Nature abhors a vacuum?" If you till a field and pull up all the weeds, it won't stay empty soil for long! Weeds and seeds will sprout, insects and critters will come. Taking a news or input fast empties your mind and makes room for new ideas, and creativity. Create room for fresh perspectives, and maybe even new solutions to problems.

The shift: Don't watch the news for a half day or full day, a week, or even a whole month. (Not just tv news, my friend--take a fast from social media and newspapers, too). Do one of the other things I suggest here, like noticing what's right. Keep a journal and record daily how you feel and what happens to your sense of lack vs. abundance.

Even more radically: take a total input fast—no reading books, Kindles, or extensively online, no movies or DVD’s...Get out in nature, turn off your computer for even a day--or for as long as you can. Again, notice, notice, notice!

Are you willing to try a news fast and keep a journal about your experience? How many hours or days?

Prosperity Power Key #4 - Create an Instant Energy Shift: Empowering Memories

Positive uplifting thoughts and images are healing in themselves. Take a minute to envision yourself on your favorite beach, or another favorite spot in nature. Really see, feel, and imagine yourself there. Now, notice how you feel. Do you feel lighter, more relaxed or peaceful, are you breathing a little deeper or easier? This is what we call bio-feedback: the body sensations that confirm when there’s been an energy shift.

This is very powerful because your subconscious mind perceives images—whether real or imagined—as real. Whatever we imagine, registers on some level as real in our nervous system.

Empowering memories is a modality that creates an instant energy shift by using this principle. By remembering an experience vividly, it’s like re-living or recreating it in the present. We can receive healing and an emotional lift by doing this, because it feels real and the body acts as if it is. We are “borrowing” the good feelings and positive energy from that original experience, even if it is 50 years ago, the subconscious mind only knows the present.

The Shift: Take a minute to close your eyes, breathe deeply in and out through your nose a few times, sigh out any tension from your mouth, and relax your body. Think of a happy memory from any time of your life. You may want to go with the first image that comes up, or deliberately choose a memory that relates to an issue in the present (for instance if you are feeling insecure about your

abilities, remember a time when you felt and acted confident).

Let that memory be very real, let yourself go there in your mind's eye. What does it look like, what sounds do you hear, what colors do you see, who else is there, what does it feel like emotionally and what are the sensations in your body?

When you feel like you've 'got it', rest in that memory for a minute or so. Then, bring your awareness back to the present moment and notice any changes in your breathing, level of relaxation, and the clarity of your vision and hearing. Doesn't that feel better?

Prosperity Key #5: **Notice your progress & Celebrate Each Step**

You can see how this tip fits in nicely with the others, like noticing what's right, letting go of comparisons, etc. They're all about making you feel better: happier, more peaceful, more at choice in your life. And about paying attention to the positive so that is what grows in your life.

Quality & Quantity Goals & the magic of getting Chunky

We look at our success in a global, big picture, black and white way. So, if I have a revenue goal of 100,000 for the year, and I don't reach it, I can feel like a failure. By not setting milestones or intermediate steps along the way, I'll have no way of measuring if I'm on or off course. I won't really know until the end of the year how I'm doing.

Notice too, that this goal is stated quantitatively and in terms of results. We need tangible goals and measurable results, but ONLY looking at the numbers is limiting. To really notice your progress you need to include two other things: intermediate progress on smaller steps AND beingness goals.

Here's how chunking down a bigger goal into smaller more manageable and

celebrate-able pieces works. If your \$100,000 income goal is to get 20 new clients for your coaching program, what steps do you need to take to get those 20 clients? There will be several steps, like networking, going on a radio show, writing articles, etc. Each step along the way is an achievement and worth celebrating, even if there is no immediate or obvious outcome from that step.

Beingness goals matter too. A beingness goal is about the way you are working or achieving goals. For example a beingness goal or intention could be: “I am relaxed, trusting and in the flow of life as I begin my marketing campaign”.

Your mindset, emotional state and quality of life matter too—and this kind of goal reinforces the idea that “HOW I grow my business matters too.” We don’t measure our success ONLY by the tangible end results.

Looking ahead from your startup year to a 3-year goal, the distance from here to making a \$60,000 profit may seem impossible—how do you get there from here? Chunking down a larger project or goal into smaller steps and intermediate goals is so much more motivating. Each step becomes more do-able and more possible, and you can see the progress that you are making. You get to celebrate along the way which is also very energizing and motivating.

Celebrate – Very Good! Very Good! Yay! Go, Me!

What’s the big deal about celebrating your successes? Well, gratitude and celebration are the highest vibrational states. Positive psychology also shows us that we feel appreciated and happier when we celebrate our successes and acknowledge our progress. We create positive reinforcement and more motivation to keep going.

Celebrating makes you feel good, uplifts your mood, and even boosts your immune system. Celebrating with others adds even more good energy and positivity. Think about the energy at a sports event when someone wins...wow! How about when you complete something and someone says “Great job. I’m proud of you” or you made that really tough phone call and your friend gives you “High five!” How energizing is that?

The shift: Think of one goal or one intention you set for yourself recently that you have fulfilled or made significant progress on. Tell yourself, in your own words “Awesome, thank you, you rock! I’m so happy for you, self!” Get up and do a happy dance, give yourself a “High five” or a zip up—move your hand up the midline of your body to boost the energy in your meridians and “up your vibes”! Take a tip from Laughter Yoga and get silly...Call out, Very Good, Very Good Yay and let your inner kid go to town.

Can’t think of anything? Here’s an idea then:

You’ve just read this e-book to the end (Okay, almost the end here. Don’t leave without reading the very bottom of this report).

Go you! You’ve taken time out to learn new ways to stay in the prosperity vibration. High Five Baby, you rock. Seriously, take a minute to notice & celebrate taking this first step to boost your Prosperity Vibe before you go on to the next step.

(Pause for Celebration. Woo-Hoo!)

Now how are you going to practice and put your learning into action?

Pick one key (or more) to practice and set a time frame, maybe a week. Keep a journal and notice, notice, notice!

THANK YOU FOR READING ALL THE WAY THROUGH THIS REPORT.

WHAT 3 KEY THINGS ARE YOU TAKING AWAY FROM READING THIS? WHAT IS ONE KEY ACTION YOU ARE GOING TO TAKE (OR STOP DOING) NOW?

LIFE REWARDS ACTION! CHECK OUT NEXT PAGE FOR SOME ACTION STEPS YOU CAN TAKE TO KEEP GROWING YOUR PROSPERITY POWER!

TIME TO TAKE YOUR NEXT STEP—EASY!

Contact me at ProsperityCoachLN@gmail.com or by phone 973-655-1745. Here are your options:

- 1. JUMP RIGHT IN** and contact me to set up a discovery session. We'll explore what you need and whether working with me is a good fit or what other helpful resources I can offer to help you. I promise to provide value and the best options for you, whether that means working with me, or not.
- 2. GET IN TOUCH** Email me and let me know how you did practicing the steps in this report. I'm happy to hear from you and answer any questions.
- 3. STAY IN TOUCH** Join my Facebook community. It's open to anyone but not public, meaning what you post there stays in the group. (In FB lingo it's a closed group)

Look on Facebook for Prosperity Playshop. Or go to:

<https://www.facebook.com/groups/121806158425914/>

(You've already opted into my email list and will get future emails from me. Make sure I am not landing in your spam folder).

THANKS FOR READING. KEEP ON GROWING—YOUR PROSPERITY POWER (AND PROSPERITY!). STAY IN TOUCH. I APPRECIATE BEING ABLE TO BE OF SERVICE.