

## **MONEYMONK 6-28-07: SACRED WEALTH PRACTICES**

Hey, it's summertime – officially now – I have an idea! Why not have this summer be the one you begin your (organ music) Sacred Wealth Experiments. I know there's a lot of creative genius out there waiting to be harnessed. I'm guessing you wonder at times how to make the law of attraction work for you. How about taking a test drive by adding Sacred Wealth practices to your day for a period of one to two weeks?

### **Sacred Wealth Experiment 1: Your Daily Practice**

One of the biggest issues that keep us from our desires is a lack of time and effort devoted to calling them in. You may have tons of knowledge and spiritual savvy. But it's hard to make the time to apply your know-how regularly enough to make things happen.

A practice is a necessary thing on so many paths. It can be a simple way to strengthen and test your creation skills. It can be hard to establish a new pattern – I've heard it takes 40 days to set a new routine. Think tennis, and getting good at it. Think rollerblading, which is all I've been doing, thinking about it, even though they're in the trunk of my car waiting to be set loose. Oh yeah, with my feet in them – that's the rub.

Think of a solely physical practice of exercising each morning. Now that person would be way ahead of the game compared to the person starting the day with sandy eyelids and their morning coffee practice not quite complete.

A daily spiritual practice gives a similar “awakened advantage”. If you are a spiritual person, you need this to keep the proper ‘in the world but not of it’ - perspective. In this case, the muscles you're stretching are those of your higher Self.

More accurately, it's the integration of muscles you're looking for – the handshake between your spirit and your flesh. They work best when they're on the same page. They dance best when they've said hello and picked out some good music together for the day.

If you want something to call in your desire(s), having a practice is a great tool. Creating a desire takes more than the occasional visualization for most of us. This keeps your focus going. Whether you have success with your desire or not – this could be a good thing to try. Anything that helps us to be more calm and grounded in our speedy and complex world – good news indeed. Plus, we can make this fun... Simple ... Short ...

### **Yes – Time Is Required**

Are you thinking, how will I fit another thing in? Yep, we're busy folks these days. That's not actually new though, if you look at those highly successful people. They are busy too, but somehow they learn how to do the most important things, and not get distracted by Solitaire and email. Shoot, how can I get that Jack of Hearts loose? Oh...

Let's borrow an idea from my colleague Kris Barstow. He was starting a huge hairy project – editing a 700+ page book. His first week he named a work session that would be “the smallest increment I can imagine”. He did a half hour that first week. It got done. From there he built upon it.

For your experiment, how much time would be the smallest increment you could imagine starting with? I mention mornings – that's what many find to work best. You may prefer a different time of day – maybe before going to bed at night. Maybe at lunch time. Or tea time. The same time each day is good for setting routines, but find your own rhythm.

Whatever – just write down your plan. What would be an amount of time to start with that you can really do? Yes, even that amount is enough to get started – we're just negotiating that first hump here. Name also how long you want to try this – 1 or 2 weeks.

Then schedule it in your day timer, write it in, set the alarm early – name the steps you need to do to pull this off. Maybe you already have a daily practice. In this case, what would be a sacred wealth practice you could add that would be fun?

What practice can you add that would create more sacred wealth? Why not try something out you've been wondering about. Include any of the following: feeling grateful for what you have, visualizing what you want, embodying the higher qualities this item would bring you (see 4 Keys to Healthy Wealth workbook), body/mind awareness practices, setting a daily intention, song and dances, etc. Be alert for any inspiration that arrives for actions you can take in the real world to bring in your desire.

The short and dirty version I use now is stretching, stillness, and intention setting for the day. Your intention can be general (appreciate life more today, be gentle with my family), or it can relate directly to your desire (I invite better cash flow – I'll do my checkbook balance today as an action step).

This could take ten minutes if you're focused, an hour if you get into it. You can use a timer too, if like me, you are easily distracted, and find yourself washing dishes without knowing how you got there.

### **Making It Easy and Fun**

Most people think the “secret workings of the universe” aren't really secrets anymore. Lots of good wisdom is available these days. But change doesn't happen automatically, even if you're spiritual and good hearted. So why not create a short and sweet experiment to check out how this law of attraction stuff works for you over a week or two?

Then you can either drop this whole idea, get support for challenges, or move on to even bigger sacred wealth experiments. Remember it may not even be the point to get what you want, but what the path teaches you on the way. Like for example my car purchase, and learning I still need to continue to heal my critical streak. Love the car, by the way.

Finally, see if there's a way to make this easy and fun. Whether or not you see your desire show up right away, check out if adding an "awakened advantage" to your day has any other side benefits. Let me know what happens or if you have questions!

Many blessings to your heart and your wallet,

Denise Barnes, MA, LPC, ADTR

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