

MAY MCCARTHY

THE
PATH
TO
WEALTH

A
SEVEN WEEK
PROGRAM TO
GUIDE YOUR
SUCCESS

DAILY PRACTICE WORKBOOK

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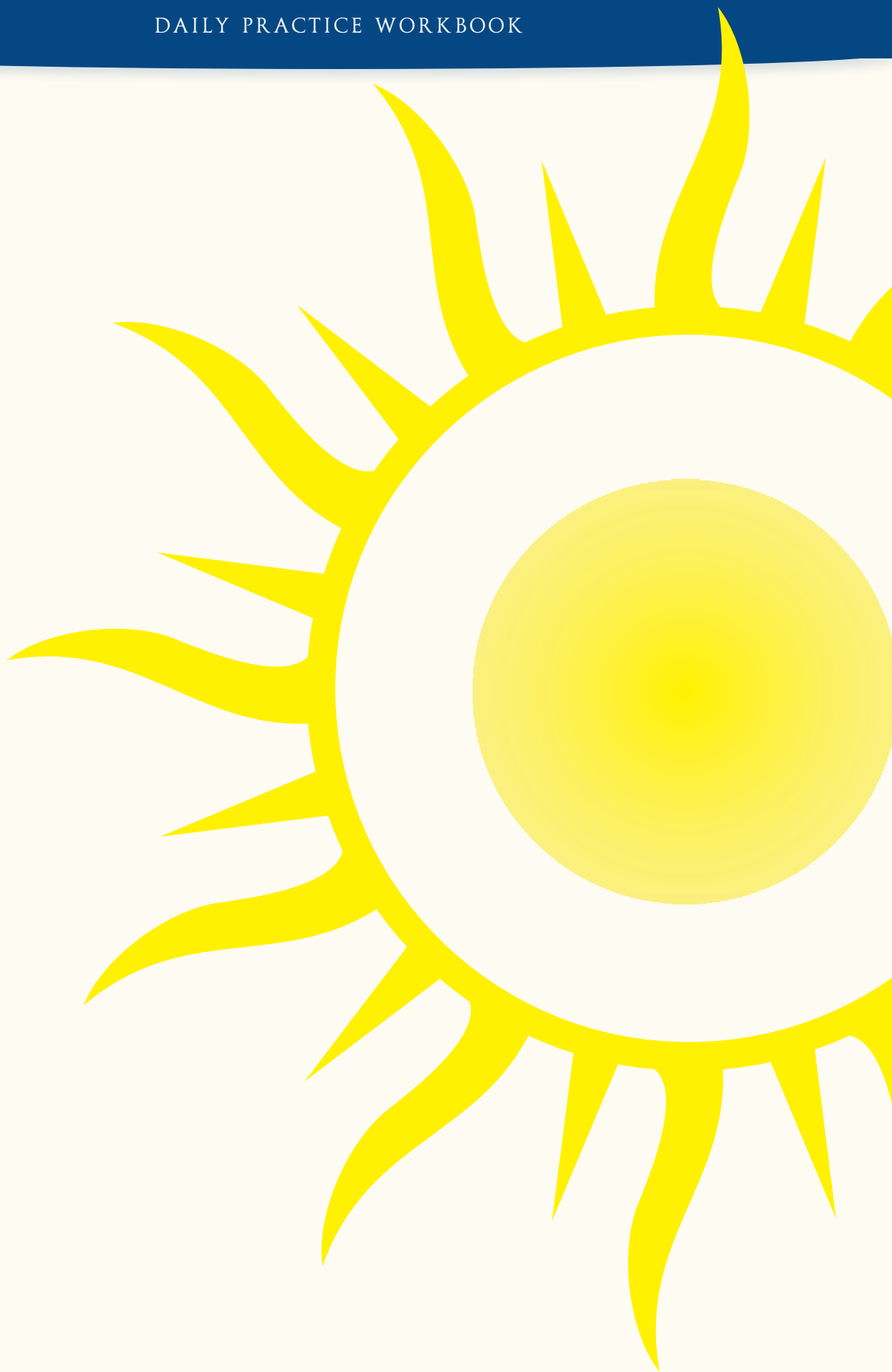
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SECTION 01

Introduction







Business and life can be a game of fun and prosperity. I've proven this over the past thirty-four years as I've been part of building six companies, many of which were successful and profitable multimillion-dollar businesses. My desire is that you learn how to do the same—how to experience more fun and success in your work and your life.

In this workshop series, you'll learn the seven-step daily practice I used to create financial abundance and freedom in my life. This is what I want for you too, and it's the reason I wrote my book.

As you learn and practice the steps in this workshop series, you'll have new experiences that increase your fun, ease, and success. You'll gain insight about your purpose. You'll discover how to successfully navigate ups and downs in your business and your life. Perhaps best of all, you'll eliminate old behaviors that have kept you from the experiences you really want.

This workshop series describes universal principles you can use to create a true partnership with the all-knowing power of the Universe that is prepared to guide you. This power is within you and knows what is necessary for you to receive what you want.

Each of the seven sections in the series has an exercise and assignment. I hope that these help you to deepen your understanding of the spiritual principles that lead to your greater Good. Emma Curtis Hopkins, a 19th century new thought author and teacher said, "There is a Good for you and you ought to have it." I would add that you should have it now! May you be blessed on your path to all that is Good.

May McCarthy

Intentions for the workshop series

- ♦ *Purpose:* To develop a successful partnership with the Source of YOUR Intuition.
- ♦ *Goals:* Name your Source of Intuition
- ♦ Commit to a Partnership
- ♦ Meet daily with your Source of Intuition
- ♦ Follow guidance from your Source to achieve goals and overcome challenges
- ♦ Gain tools to transform challenges into Good
- ♦ Experience Success and Satisfaction along the way

List two to three intentions that you have for this workshop:

“The intuitive mind is a sacred gift.”

—Albert Einstein

Messages are always being sent to us.

- ♦ Sometimes they make no sense—we may do nothing.
- ♦ Sometimes, we choose to follow them—they may bear fruit.
- ♦ GOAL: To partner with the Source and receive more reliable messages that guide us to our desires or Good.

Reflection: Describe a time when you *did* or *did not* listen to your intuition:

Name Your New Spiritual Partner:

Pick a name for the Advisor Characteristic of Spirit that is meaningful to you:

The CSO name represents an “executive type of position” that I respect like a co-founder or Chairman of my Board. I wanted to value the advice and commit to a partnership. The name CSO helps me to do this.

Operating in the Partnership:

- ◆ Just like other relationships - spend time together and have roles & responsibilities.
- ◆ Spend 30 minutes in the morning together.
- ◆ Spend the rest of the day in communication.
- ◆ Leads as intuition are sent by the CSO.
- ◆ At the end of the day, let go and give-forth anything that blocks the communication or path to your Good.

The CSO (Chief Spiritual Officer) Partnership Roles and Responsibilities:

- ◆ You establish the “*what*” or name that describes what you want as your Good.
- ◆ The CSO provides the “*how*” or *path* to get to your Good.
- ◆ You *make room* for your Good and a *clear communication* channel for the CSO.
- ◆ The CSO *tells you what steps to take*.
- ◆ You *follow the CSO’s directions* or ask for *another lead*.

Commitment to Partner with My Source of Intuition

I, _____, choose to partner with my Source of Intuition who I affectionately refer to as _____, in my work and my life. I can accomplish all that I desire with _____ as my partner including:

WITNESS _____

DATE _____

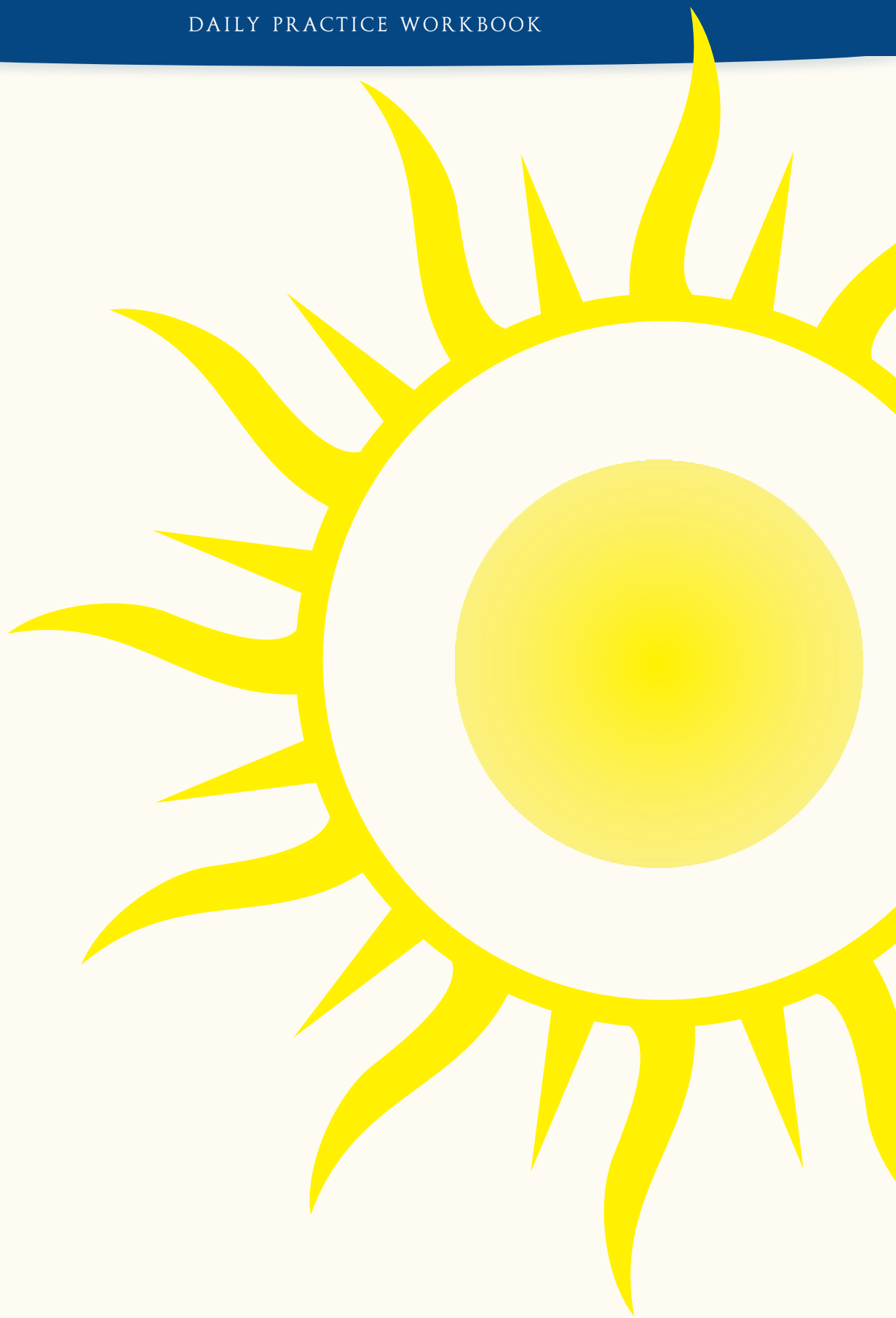
ASSIGNMENT – SECTION 1

- ◆ Read Part 1 of *The Path to Wealth*
- ◆ Begin the daily practice as written
- ◆ Note demonstrations and questions to discuss in next section:

SECTION 02

The Path to Wealth Morning Practice





REVIEW OF SECTION 1 – Share comments, questions, and insights that you have about last week's assignment.

Importance of a Daily Practice

- ◆ It's just that – daily and consistent.
- ◆ Many people throughout history have used prayer effectively and they were consistent – their affect in the world was noticeable. (Jesus, Rumi, Mother Teresa, Ghandi, etc.)
- ◆ Often, we begin to “slack off” when things are well and don't do our practice daily.
- ◆ Then, everything starts to fall apart and we have to get back on the prayer wagon, and pray without ceasing.

A consistent daily practice will take you to a Greater Good.

Great authors and speakers confirm this.

- ◆ Two of my favorites are Catherine Ponder, Dynamic Laws of Prosperity and anything by Edwine Gains.
- ◆ They went from NOTHING to huge success and prosperity.
- ◆ Everything Good resulted in their lives from a consistent and daily method of partnering with Spirit.

Continue with gratitude meetings even when everything is well.

- ◆ Even if you don't have anything to “overcome” or “handle”, shorter simple gratitude meetings are appropriate to keep you focused on your Good.
- ◆ You'll “remember to remember” that your CSO is the only Source of Supply and responsible for all Good.

The daily morning practice with the first four steps should be done first thing in the morning. This sets the tone for your day and makes you more receptive to receiving your Good.

Steps 1 – 4: The Morning Practice

Step 1 – spend 5 to 10 minutes

READ something spiritual that puts you in a receptive mindset.

- ◆ Books with short uplifting stories, e.g. “The Game of Life”
- ◆ Real people accounts that describe - *“What the CSO has done for others, the CSO now does for me and more.”*
- ◆ Begin to understand that as we believe, we will receive.

Step 2 – spend up to 10 minutes

WRITE a gratitude letter to set goals with the CSO.

- ◆ Thank the CSO for all that you have.
- ◆ Thank the CSO for what you want as though you have it.
- ◆ Recognize that universal power is available to help you.
- ◆ Release your words to the CSO and let It give you next steps.

Step 3 – spend up to 5 minutes

SPEAK as you read the letter with feeling.

- ◆ Use your emotions to describe what you’ve written.
- ◆ You will welcome what you put your attention on.
- ◆ Words have power - we attract what we put our voice to.
- ◆ Positive emotions allow you to see more possibilities.

Step 4 – spend up to 5 minutes (close eyes)

IMAGINE your life as you’ve achieved your desires.

- ◆ This prepares you to make the Good permanently yours.
- ◆ Seasoned athletes use vivid, highly detailed internal images to see desired outcomes.
- ◆ Use your thoughts to see your Good already manifest.

Go get ready for your day!

SECTION 2 EXERCISE: PRACTICE THE MORNING STEPS

There are 3 pages in this exercise. Begin the exercise below:

Step 1 – Read Something Uplifting

One of my students told the story about his daily practice. He said “The first couple of days of attending the CSO meeting felt a bit like a chore. I had to wake up earlier than normal to fit the morning meeting into my schedule and that made me tired by the end of the day. But, I did it and wrote and read my gratitude statements for increased sales of \$10,000 and other things that I wanted to make my life easy and fun. I watched for and expected my CSO to give me directions on the path to my Good. By the fourth day, I woke up before the alarm and looked forward to the meeting with my CSO. I felt more energized than I had the previous mornings even though I got the same amount of sleep. I began to notice that I already had so much to be grateful for which had always been around me. Little demonstrations showed up in the first 3 days like great parking spaces, new inquiries for our business, a coworker that appreciated some help they got, and a mention of our products in a trade magazine for free. I celebrated each one of these with my friends and employees. On the fifth day, I received a \$10,000 new order for products from a company that we hadn’t included on our prospect list. They called us up and said that another customer told them that they could buy the products that they needed from us. This increase was just what I wanted!”

Step 2 – Write out a CSO letter using the following letter outline:

Dear _____, (name of your Spiritual Partner)

Thank you for my . . .

(List what you have and are grateful for.)

Thank you for my . . .

(List what you want as gratitude statements, as though you already have them.)

Thank you, _____, for . . .

(List how the CSO, Spirit, God, the all-knowing Universal power, operates powerfully and positively in your life.)

For all of this good and more, I give great thanks. I now release these words to the law, truth, and power of the universe and know that You as my partner are working on it to be done.

With gratitude and love,

Step 3 – Read your letter to yourself.

Step 4 – Close your eyes and imagine experiencing all that you are grateful for

Discuss this with a partner and record your thoughts:

There are 2 resources in the appendix at the end of the workbook for you to review:

- ◆ Sample Morning Practice Outline.
- ◆ Sample CSO Gratitude Letter.

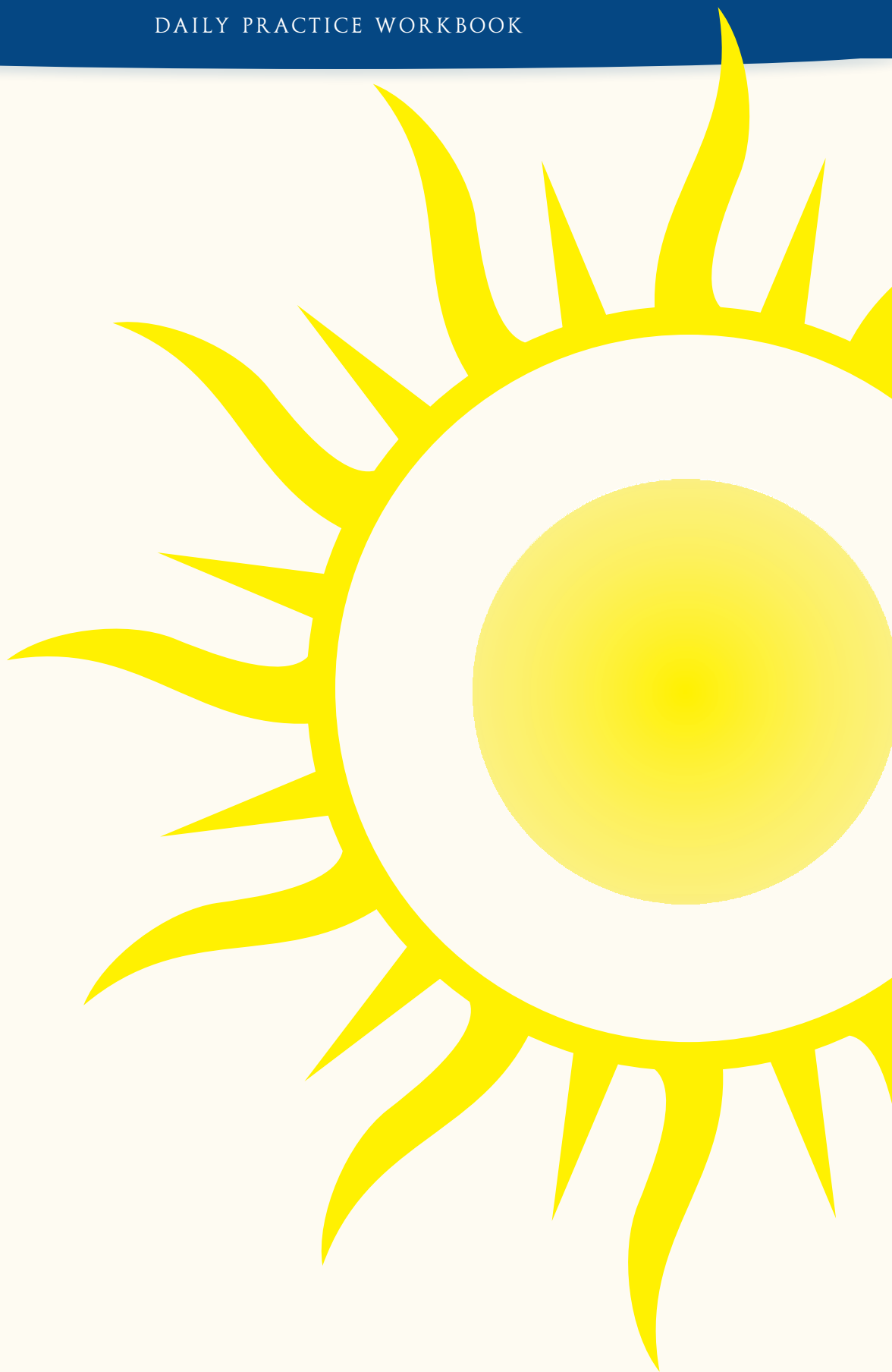
ASSIGNMENT – SECTION 2

- ◆ Read Part 2 of *The Path to Wealth*
- ◆ Choose an inspirational book for Step 1
- ◆ Continue with the daily practice
- ◆ Note demonstrations and questions to discuss in next section:

SECTION 03

The Path to Wealth Daytime Practice





REVIEW OF SECTION 2 – Share comments, questions, and insights that you have about last week's assignment.

Steps 5 – 6: The Daytime Practice

Step 5 – Expect leads and follow directions from the CSO

- ◆ There is power in expecting results.
- ◆ It's the job of your CSO to provide you with directions.
 - ◆ Intuition as leads, flashes or nudges to take action.
 - ◆ If you don't feel comfortable – ask for another lead.
 - ◆ Follow directions that you receive and take the next step.

Directions from Your CSO show up as leads

- ◆ *Awareness*—a “knowing” about what I'm to do
- ◆ *Hunch*—a feeling in my gut to take action
- ◆ *Flash*—a picture in my mind to follow up
- ◆ *Sign*—messages in other forms
- ◆ Nudges and other words are used as well

IMPORTANT: Take action to show Action Faith, or ask for another lead

Showing Action Faith – Digging a Ditch

- ◆ Name your Good
- ◆ Receive a lead
- ◆ Follow directions or ask for another lead
- ◆ We don't know which goal is being worked

If You Don't Understand Or Have Fear, Ask For Another Lead

Story of Gideon - Throw a Fleece, ask for Another Lead.

Step 6 – Celebrate and Note Demonstrations

Celebrate in a joyful way for any Good showing up.

- ◆ It is fun and helps you see more possibilities.
- ◆ Supports expectancy and magnetism.
- ◆ Jump up and down, text or call a friend, etc.

Note demonstrations of all signs leading to your Good.

- ◆ Nothing is too small as a sign that the CSO is showing up.
- ◆ This is your proof that Good has manifest.
- ◆ Builds confidence and trust in the power of the CSO.

SECTION 3 EXERCISE: IDENTIFY CELEBRATION PARTNERS

Celebration partners are important to achieving your goals. Be sure to choose people who support you fully. There is power in agreement. List a minimum of two celebration partners below:

Describe how you will contact your celebration partners: e.g. text, phone, etc.

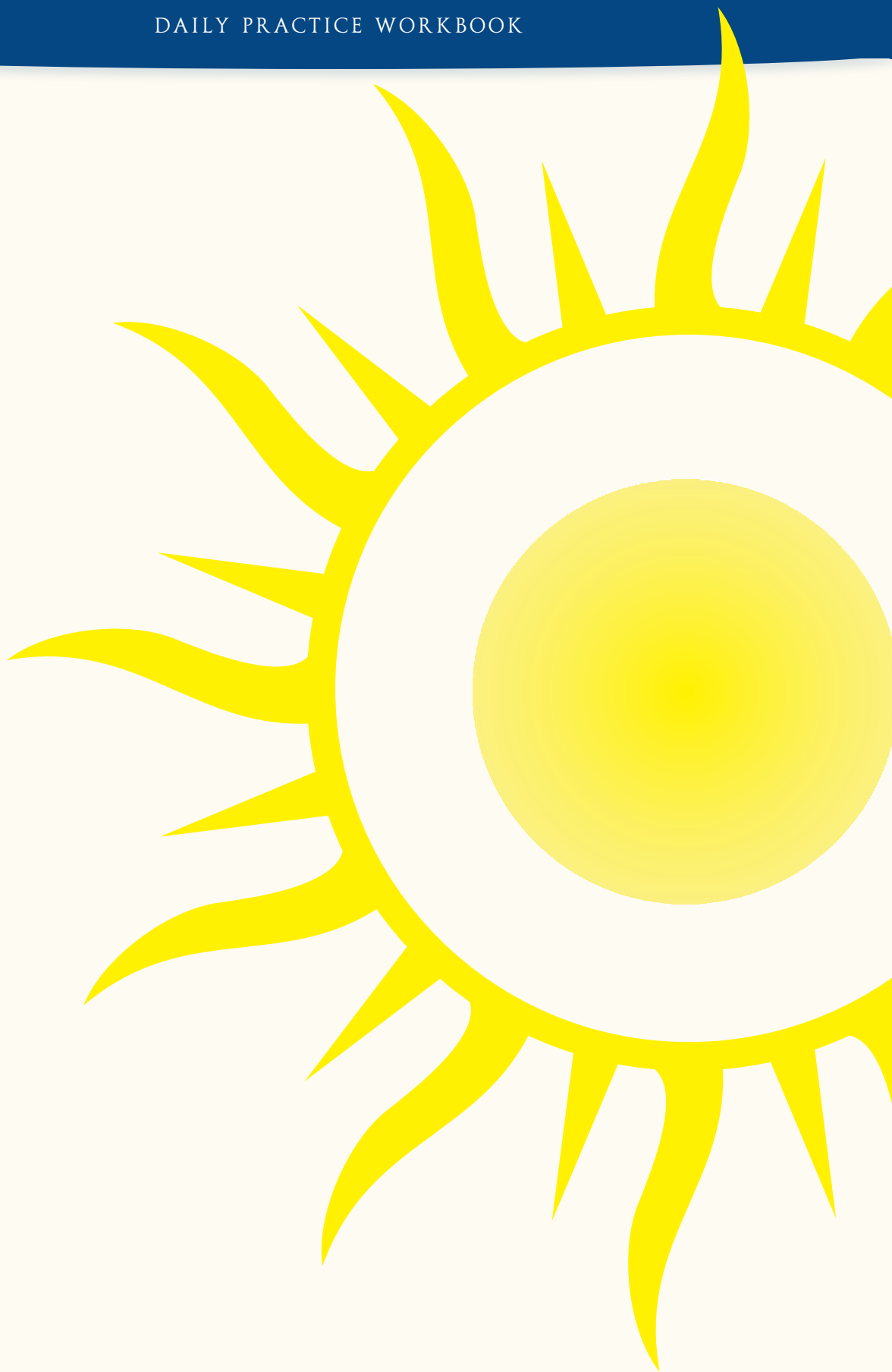
ASSIGNMENT – SECTION 3

- ◆ Finishing reading *The Path to Wealth*
- ◆ Continue with the daily practice
- ◆ Contact your Celebration Partners with any leads that you get
- ◆ Note demonstrations and questions to discuss in next section:

SECTION 04

The Path to Wealth Evening Practice





REVIEW OF SECTION 3 – Share comments, questions, and insights that you have about last week's assignment.

Final Step: The Evening Practice

Step 7 – End Your Day with Gratitude and Forgiveness

Gratitude helps you to notice more possibilities.

“Give forth” anything negative that’s taking up room within you.

- ◆ Giving forth unblocks channels to receive the CSO’s messages.
- ◆ Negative emotions block messages.
- ◆ Giving-forth creates more room for more Good to reside in your life.

MRI studies show that *Forgiveness* uses the same part of your brain as complex problem solving. Could forgiving make you smarter?

***The Giving Forth or Forgiveness Prayer –
recite this together:***

“CSO, if there is anyone from my past or present that I need to forgive, whether I remember them or not, I now do so. I bless them, I love them, I forgive them, and I release them into your care, for you to work with them in whatever way is best. And, if there is anyone from my past or present that needs to forgive me, including myself, they now do so and we are all free to experience a higher and greater good in our lives.”

You don’t have to believe this prayer – it still works. This does not condone others behaviors – it makes room for your Good to be received.

When consumed with unforgiving thoughts, use the Forgiveness Mantra:

"I bless you, I forgive you, and I release you."

- ◆ This will overpower your thoughts and quiet your mind.
- ◆ You can then hear messages from your CSO.

SECTION 4 EXERCISE: EXPRESS GRATITUDE AND GIVE FORTH

Expressing gratitude and keeping your channels clear by releasing negative emotions helps you to notice leads from your CSO. List a minimum of three things that you are grateful for below:

1. _____
2. _____
3. _____

Recite the Giving Forth Prayer out loud and record any thoughts that arise below:

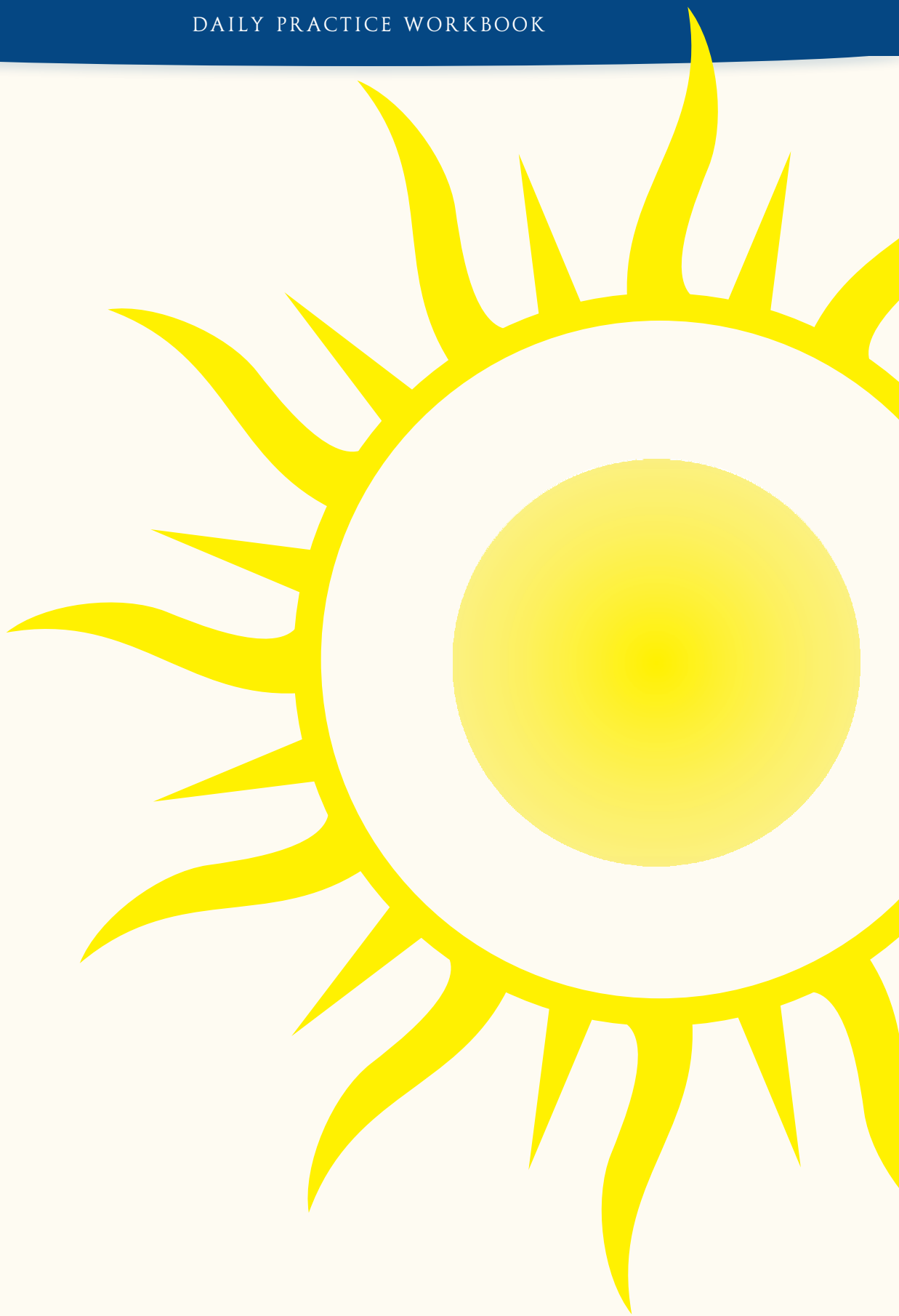
ASSIGNMENT – SECTION 4

- ◆ Continue with the daily practice
- ◆ Note whether someone or something comes to mind that needs more forgiveness.
- ◆ Use the Forgiveness Mantra if needed.
- ◆ Note demonstrations and questions to discuss in next section:

SECTION 05

Words, Thoughts, and Emotions as Tools





REVIEW OF SECTION 4 – Share comments, questions, and insights that you have about last week's assignment.

Do you believe that your words have power?

- ◆ What have you been focusing your words and attention on?
- ◆ How can you use your words, thoughts and emotions to create a different outcome?

Thoughts, words and emotions play powerful roles in our lives.

- ◆ We speak about what we want or don't want.
- ◆ We experience what we focus on.
- ◆ PROBLEM: We speak about and focus more of our time on what we *don't want*.

Story of Sam

- ◆ Words, thoughts and emotions attracted what Sam received.
- ◆ Fear is an emotional magnetic force.
- ◆ The same power can be used to create something new.

Reflection

What have you received or experienced as a result of what you feared?

Affirmations Help - sometimes they are not enough

- ◆ Sam created affirmations.
- ◆ Fears and doubts continued to consume him – hijacking thoughts.
- ◆ Casting burdens and denials were required to stop negative thoughts.

Casting the Burden to be Free

- ◆ It's not your job to be burdened.
- ◆ Remember the partnership roles and responsibilities.

When consumed with thoughts of fear or doubt, say the following:

"I cast this burden of (fear, doubt, lack, pain, etc.) on the CSO within and I go free to be (loving, happy, successful, financially free, at peace, etc.) easily and joyfully, with grace and in perfect ways."

Denials and Affirmations as Tools

Denials:

Using thoughts and words with emotions to deny the lie and remove obstacles in the path of your Good.

Affirmations:

- ◆ Using thoughts and words with emotions to affirm the truth and state the Good that you want to experience
- ◆ Prepare denial and affirmation cards in advance so that they're available when needed: e.g. "No weapons formed against me will prosper; but whatsoever I do will prosper."

SECTION 5 EXERCISE: USING DENIALS AND AFFIRMATIONS

Think about one of the goals that you wrote down earlier in the class. What thoughts or doubts come up that question whether you can achieve that goal?

For example:

The thought about my competition being better prepared and larger than my company might make me doubt that our company can achieve the sales goal that I'd like.

Write a denial for these doubts or negative thoughts: e.g. *"I deny any lack in my business success due to increased competition."*

Write an affirmation to follow the denial that confirms what you want: e.g. *"My divine partnership with the CSO ensures my business success, and I easily and joyfully receive increased revenues of a minimum of 25% or \$350,000 this year."*

Now read the two together out loud with the *denial* first, followed by the *affirmation*. Read this out loud whenever doubts and fears come to mind.

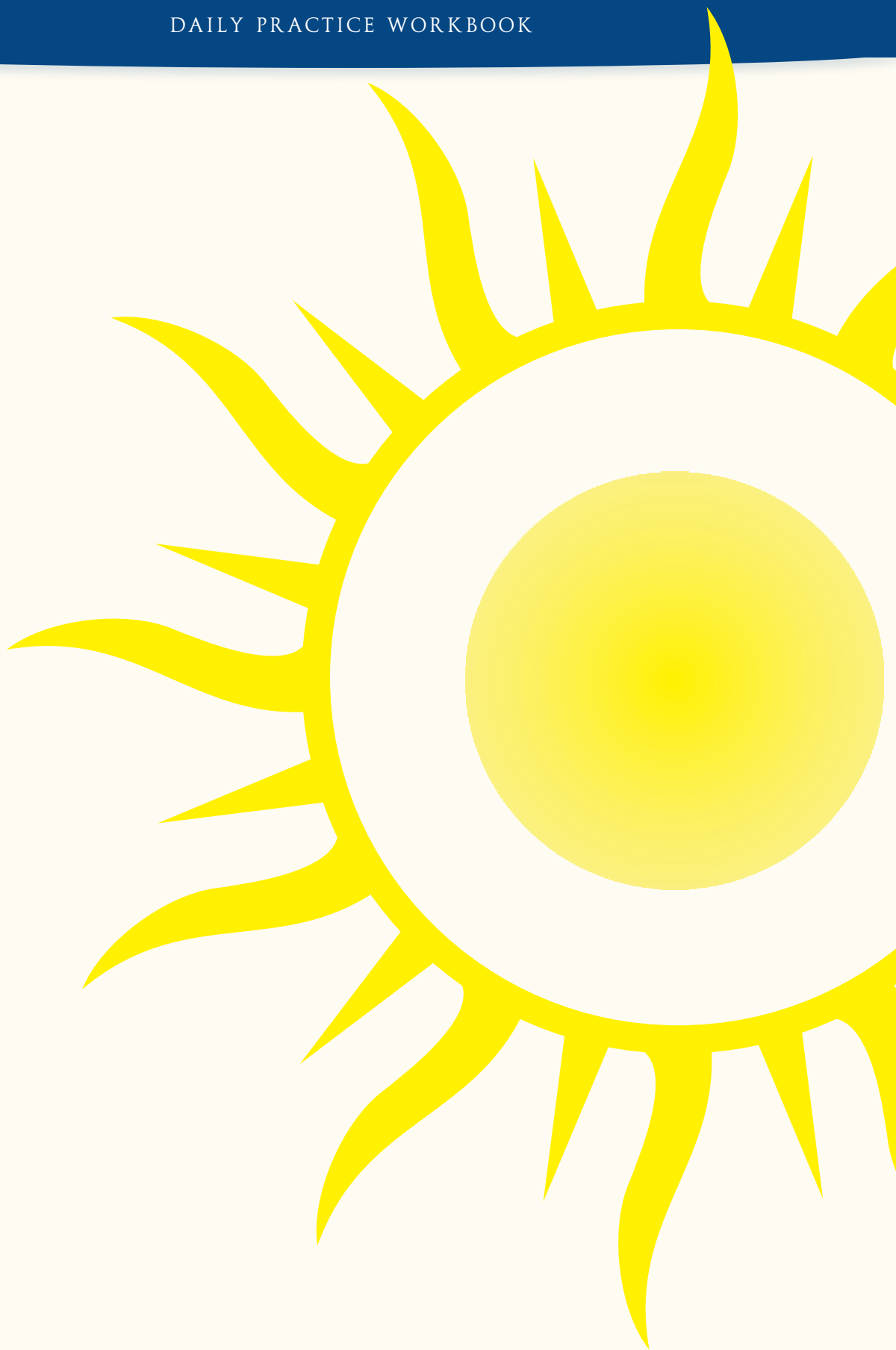
ASSIGNMENT – SECTION 5

- ◆ Continue with the daily practice
- ◆ Write out a Cast the Burden card.
- ◆ Write out one denial with affirmation card for each of your goals.
- ◆ Recite the affirmations multiple times per day.
- ◆ If doubt or fear shows up, recite the denial followed by the affirmation as well as your Cast the Burden statement until you feel peace.
- ◆ Note demonstrations and questions to discuss in next section:

SECTION 06

Other Ways to Unlock Your Good





REVIEW OF SECTION 5 – Share comments, questions, and insights that you have about last week's assignment.

Eliminate Fear

- ◆ False Evidence Appearing Real.
- ◆ Faith in a worst case scenario.
- ◆ Focuses on what you don't want.

Fear can consume your thoughts and:

- ◆ Be exhausting and painful
- ◆ Block communication channels with your CSO

Anger and resentment can also have a basis in fear, e.g. "Employee in Trouble with Law" story.

Recognize Deep Rooted or Hidden Beliefs

- ◆ Something that you were told at a young age
- ◆ Family, gender, race, age, financial, and societal beliefs

Stop believing the lies—use denials and affirmations to drown them out.

Change your Mental Equivalent Limits

Mental equivalence issues can prevent you from advancing past a self-imposed level of Good. Lottery winners often lose all that they gained and return to the highest level of Good where they felt comfortable.

To keep the Good that you desire, change your ideas about what you deserve and do things to welcome your new Good to stay.

When you have limited thoughts and doubts about achieving your goals, recite the Worthiness Mantra:

"Thank you CSO that I am a perfect and worthy creation that is unique and very good. What the CSO has done for others' success and prosperity, it now does for me and more."

As you repeat this often, you will begin to know that any amount of Good that you desire is possible for you to achieve.

Make your desires welcome

To experience something different make it familiar to you. For material things that you want, go to places where they are and see, feel, and imagine having them.

For a new career or level of success that you want to achieve:

- ◆ Read stories about others that have that kind of success.
- ◆ Go to places where you can meet people who have that kind of success.

Continue with your daily practice to train your brain for success.

Leaving things unfinished and habitual patterns – life is a mirror

The CSO as Spirit mirrors your commitment.

- ◆ Your demonstrations may be delayed or unfinished.

Finish something that you're led to complete.

- ◆ Unblocks your channels for Good to arrive.
- ◆ Welcomes the Good to stay.

Identify any patterns that repeat themselves and deliver what you don't want.

Conflicts: Personalities or Situations

People and situations can't always be reasoned with. Write and Speak to the Divine True Self in them.

*"Dear Divine True Self of _____, I bless you, I love you,
and I give great thanks that you are now _____ for all
of our Good. Everyone who is related to this now benefits from it."*

Recognize the Source within them—same that is within you. Describe and know that Good for ALL is possible, e.g. "Patent Story."

SECTION 6 EXERCISE: UNLOCKING YOUR GOOD

Describe your fear about achieving a goal:

What Good would you experience without that fear?

What could you do to face that fear?

Recite the Worthiness Mantra.

Create a Divine True Self letter.

- ◆ Use words that benefit all parties concerned.
- ◆ If it's a situation, use words to transform it into Good

ASSIGNMENT – SECTION 6

Continue with the daily practice. Identify hidden beliefs that have held you back.

- ◆ Create and recite denials and affirmations to resolve these.

Take action on unfinished projects. Each day for the next week:

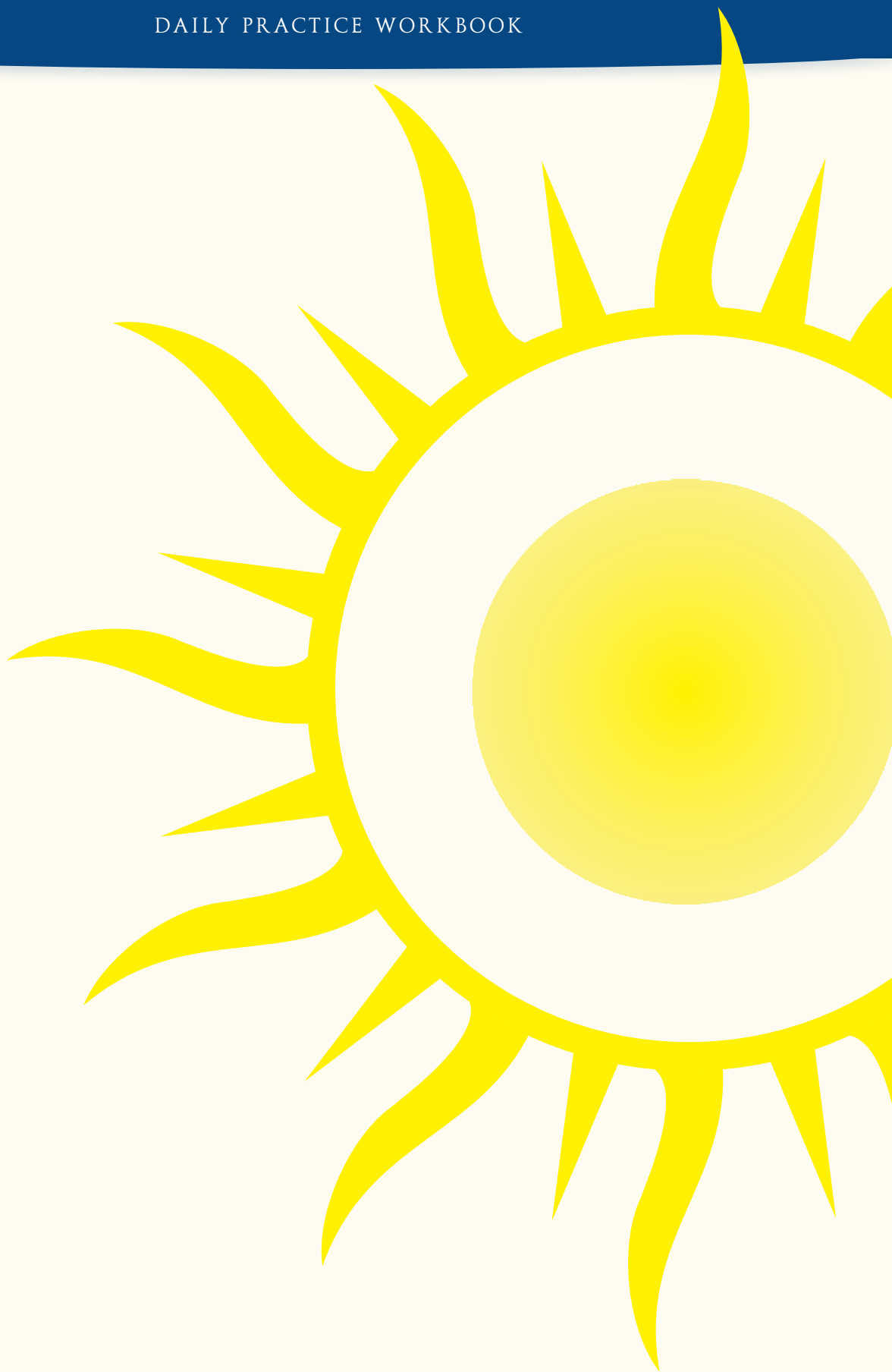
- ◆ Recite your affirmations and worthiness mantra.
- ◆ Write and Speak a Divine True Self letter to resolve conflict.

Note demonstrations and questions to discuss in next section:

SECTION 07

Jump Start Your Good





REVIEW OF SECTION 6 – Share comments, questions, and insights that you have about last week's assignment.

Request More Leads – Do Your Job

If you're still not getting any movement, ask your CSO for more definite leads.

- ◆ Be still and listen with more than just your ears.
- ◆ Make room for the CSO to give direction.

Giving and Receiving

- ◆ Give what you want to receive.

Be a good receiver.

- ◆ Law of Circulation

Cheerful vs Resentful

Your attitude about giving should be cheerful.

- ◆ If you feel any fear or resentment = belief in lack.
- ◆ Identify your level of comfort in giving.

Consistency is important.

- ◆ Mirror the consistency you want to experience.
- ◆ Story of man with dog – proved Spirit.

We LOVE Giving

Give consistently and cheerfully and you will receive the same.

Reflection: What are your thoughts about giving?

SECTION 7 EXERCISE: JUMP START YOUR GOOD

Describe what you want to experience in each of the following areas:

Health: e.g. I want a physically fit body.

Money/Finances: e.g. I want consistent and increasing income.

Relationships: e.g. I want to feel loved by my family and friends.

Work/Use of Skills & Talents: e.g. I want to feel valued when using my skills.

Appreciation, Love, Joy, etc.: e.g. I want to feel appreciated by my employer.

What could you give today to represent what you want to receive?

Health: e.g. take a friend for a walk.

Money/Finances: e.g. give 10% of unexpected income to my Center or Church each week.

Relationships: e.g. contact one person each day to say hello and that I love them.

Work/Use of Skills & Talents: e.g. volunteer my skills for an hour a month to a non-profit

Appreciation, Love, Joy, etc.: e.g. tell one person (family, friend, co-worker, etc.) each day that I appreciate them.

Discuss with a partner.

Summary

- ◆ Partner with the Source of YOUR Intuition
- ◆ Meet with Your CSO daily - Name Your Good
- ◆ Interact with Your CSO
- ◆ Receive and follow leads, celebrate, note, give forth
- ◆ Use Your Words, Thoughts, and Emotions to Support your Intentions and Eliminate Fear

- ◆ Unlock Channels to receive Your Good
- ◆ Jump Start Your Good with Giving

SECTION 7 ASSIGNMENT

- ◆ Continue with the daily practice.
- ◆ Choose right Words, Thoughts, and Emotions.
- ◆ Use tools to Unlock Your Good.
- ◆ Use tools to Jump Start Your Good.

Invitations

- ◆ Join our private Facebook Group for support and new Celebration Partners.
Contact CSOGroup@bizzultz.com.
- ◆ Sign up for a monthly newsletter at www.bizzultz.com.
- ◆ See tune up videos on line at www.bizzultz.com/video.
- ◆ Join free teleconferences at www.bizzultz.com/store to address questions.

APPENDIX

Additional Resources

Section 2

- ◆ Sample Morning Practice Outline and Sample CSO Gratitude Letter

Sample Morning Practice Outline for Daily Use

Agenda:	The CSO and I attend the meeting. Date:_____
6:00am	READ something spiritual and uplifting to put me in a receptive mood. I read: _____
6:10am	WRITE out “gratitude statements” in a letter to the CSO and include those things that I am grateful for and those that I want as though they are already manifest in my life. (Use a journal for the CSO letter)
6:20am	SPEAK as I read my letter out loud with emotion.
6:25am	IMAGINE and think about and feel grateful for all my desires as though I already have them. What does it look like to experience my desires? How do I feel experiencing my desires? At this point, I may hear or feel some guidance from the CSO as a direction to do something. If I do, I’ll write it below: _____ I may or may not hear or feel any guidance on a next step to take and that’s OK. If I do feel some guidance, I’ll follow directions or ask for another lead.
6:30am	Meeting adjourned.

Throughout the day, I do the following:

EXPECT and WATCH every moment of the day for a sign or some intuitive direction to take the next step toward my desired good. I won't overanalyze the instructions. I will follow the intuitive leads, flashes, hunches that I received and will list them below:

CELEBRATE and express gratitude in a joyful way when something good happens that is related to what I want. Call a friend, text a relative, etc. to celebrate. Today I celebrated the good of _____, with _____.

I NOTE the demonstration after celebrating as a sign that my good is showing up. Nothing is too small. I received the following demonstration today:

I end my day with GRATITUDE for what comes to mind. I then GIVE FORTH or FORGIVE anything that has happened today or in my past that is taking up room within me that could be replaced with more of my Good.

Sample CSO Gratitude Letter

Good morning CSO, thank you for a great sleep and all of your marvelous blessings of good in my life. Thank you for working in me, through me, as me and by me, showing me what to do, when to do it, and how to do it in order to experience my highest and best good in all of my affairs. I am so grateful that you are Love, Peace, Health, Joy, Ease, Wisdom and Huge Abundant Prosperity. And, as you are these qualities and so much more, so AM I for your power created me to be the perfect expression of your creation as May here on earth. I accept that role and am delighted that my talents are being used in meaningful, satisfying, fulfilling, fun, easy, successful and hugely prosperous ways.

Thank you CSO for my business. I and all related to my business are blessed at all times and receive their good. We work towards the success of our co-workers, customers, suppliers and vendors, and our world, and accept and receive our good. We easily and joyfully create, provide, install, implement and support our flawless, superior, easy to use, and maintenance free products and services. Our customers are happy with our products and services and tell all of their peers at other hospitals how wonderful we are. And, the other hospitals buy from us too! We are market share leader in our industry and have a wonderful reputation. Thank you that my business easily and joyfully receives a minimum of \$15,000,000 in sales this year and that we are debt free, cash flow positive, and profitable at all times in all ways. Thank you CSO that our business attracts and employs the very best team members who are for our highest and best good, and who enjoy their work. We bless all others related to our business and experience success.

I love everyone and everyone loves me. I love myself and am loved. I bless everyone and everyone blesses me. I bless myself and am blessed. I forgive everyone and everyone forgives me. I forgive myself and am forgiven. I am peace with poise and confidence. Nothing moves me. I am grateful for my physically fit, trim, toned, energetic, healthy body that is eternally youthful and increasingly whole and complete. I am joy and joy radiates in and through me to all in our world. I am ease and live a charmed life. All that is mine to do is done so easily and joyfully and I experience my highest and best good at all times. I am wisdom and make right decisions quickly as guided and directed by the CSO. I am huge Abundant Prosperity with overflowing resources. I am rich beyond my wildest dreams, with a minimum of _____ after taxes to use and enjoy, bless others with as the CSO directs, and invest and increase. I am debt free, cash flow positive and profitable at all times.

Thank you CSO, for my husband Don who is my perfect loving partner. We are so blessed and happy with you at the center of our relationship. Thank you CSO for my family, friends, and Indy, my cat. They are all such a treasure to me. I live my purpose: I bless others and am blessed.

For all of this good and so much more, I give great thanks. I now release these words to the law and it is done. And so it is!

Love you,

May

Section 4

The Forgiveness or “Giving Forth” Prayer:

“CSO, if there is anyone from my past or present that I need to forgive, whether I remember them or not, I now do so. I bless them, I love them, I forgive them, and I release them into your care, for you to work with them in whatever way is best. And, if there is anyone from my past or present that needs to forgive me, including myself, they now do so and we are all free to experience a higher and greater good in our lives.”

Suggested Reading

List of books to consider for Step 1 as the reading portion of the practice:

The Game of Life and How to Play It, Florence Scovel Shinn, 1925

Your Word Is Your Wand, Florence Scovel Shinn, 1928

The Secret Door to Success, Florence Scovel Shinn, 1940

The Dynamic Laws of Prosperity, Catherine Ponder, 1962

The Dynamic Laws of Healing, Catherine Ponder, 1972

As a Man Thinketh, James Allan, 1902

Think and Grow Rich, Napoleon Hill, 1937

The Seven Spiritual Laws of Success, Deepak Chopra, 1994

The Way of the Wizard, Deepak Chopra, 1997

The Four Agreements, Don Miguel Ruiz, 1997

The Power of Your Subconscious Mind, Joseph Murphy, 1963

The Power of Now, Eckhart Tolle, 1997

The Power of Intention, Dr. Wayne Dyer, 2005

Feel free to use any books that increase your receptivity to the understanding that the universal power is operating in everyone's life.