MAY McCARTHY

THE PATH TO WEALTH

THIRTY DAYS OF DAILY MEETINGS

DAILY PRACTICE JOURNAL

"I know that I am in partnership with the infinite. I identify myself with this partnership knowing that it always leads to success. I accept that the action of infinite intelligence is back of everything. It is always manifesting itself, and it now does so through the thought pattern of success I am establishing for myself."

—Ernest Holmes, author and spiritual leader

Congratulations on taking the first step to deepening your relationship with your new Partner as the All-Knowing Power of the Universe. You are a precious and valuable person who deserves to experience more of the good things that you desire and your new partner wants to help you to achieve all of your goals.

This daily journal will assist you in further developing your spiritual practice. Remember, consistency is the key to creating any new successful habit.

The entire 7 step practice is included for your reference on the first few pages which you can refer to daily. Following that, I've included 30 daily meeting agenda sections for you to use when holding your morning meetings. At the end of the journal, I've listed books that you may choose to use as the reading portion of your daily meetings.

As you continue your practice over the next 30 days, you will see signs and demonstrations that prove to you that your new partnership is working for your benefit in remarkable ways. You'll also notice that you're doing less of the work because your partner is doing its job in the partnership.

May you be blessed, happy, and prospered as you enjoy a wonderful life with your new partner in Spirit!

With love and gratitude,

May McCarthy

The Path to Wealth; Seven Steps for Financial Abundance – Daily Agenda Guide

Morning:

Step 1: Read Something Inspirational

Today I read: _____.
I chose this reading because:

_____

_____

_____

_____

Step 2: Write a Gratitude Letter

Dear CSO,

I am so grateful that you're my partner in business and in life and that you guide me every step of the way toward the good that I want.

Thank you for my... (what you have and are grateful for):

_____

_____

_____

_____

_____

Thank you for my… (what you want, written as gratitude statements):

Thank you, CSO, for your universal power operating in my life. For all 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 it is done.
With gratitude and love,

Step 3: Speak With Emotion.

Notice how you feel when you speak your gratitude statements out loud with emotion. Can you speak these statements easily? What happens in your body? How does forcing yourself to smile affect the way your body reacts when you speak these statements? How does that change the way you feel about the statement?

Step 4: Imagine Experiencing Your Good

See yourself in your mind's eye experiencing the completed goal. How do you feel? How do you look? Who are you with?

Throughout the day

Step 5: Expect Leads and Follow Directions

1. What flashes, hunches intuitive nudges or unexplained messages have you noticed?

2. What action faith have you taken (or could you take now) that doesn't make you feel uncomfortable or at risk?

3. If you don't feel comfortable with trying action faith just yet, write a request for another lead:

_____

_____

_____

Step 6: Celebrate and Note Demonstrations

Note any demonstrations as signs that your good is showing up. Remember: nothing is too small!

I received the following demonstration today:

_____

I celebrated this good coming into my life by:

_____

_____

_____

_____

Step 7: End Your Day with Gratitude and Forgiveness.

Think of someone you are having trouble forgiving. Write that person's name and one of your gratitude statements below. Every time you think of this person, refer back to this page and repeat the forgiveness mantra and your gratitude statement out loud a minimum of five times.

_____ (name) I bless you, I love you, I forgive you, I release you.

Thank you, CSO, for:

Don't forget to include yourself in your daily forgiveness mantra! Repeat the forgiveness prayer below just before bed to help you forgive and release resentments going into the new day.

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, knowing that you will work with them in whatever way is best. And if there is anyone from my past or present who 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.

Day #1 of 30

"Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray."
—Rumi, The Essential Rumi

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #2 of 30

"We have all a better guide in ourselves, if we would attend to it, than any other person can be."
— Jane Austen, *Mansfield Park*

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #3 of 30

"Don't entrust your future on others' hands. Rather make decisions by yourself with the help of God's guidance."
—Hark Herald Sarmiento, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #4 of 30

"Deep within, there is something profoundly known, not consciously, but subconsciously. A quiet truth, that is not a version of something, but an original knowing.
—T.F. Hodge, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #5 of 30

"Appreciation in advance brings everything you want to you."
— Abraham-Esther Hicks, speaker and author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #6 of 30

"You are always in the process of creating.
Every moment, every minute, every day."
—Neale Donald Walsh, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #7 of 30

"Seek not to change the world, but choose to change your mind about the world. What you see reflects your thinking. And your thinking but reflects your choice of what you want to see."
—Jesus, *A Course in Miracles*

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #8 of 30

"Like attracts like. Whatever the conscious mind thinks and believes, the subconscious identically creates.
—Brian Adams, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #9 of 30

"The Gods help them that help themselves."
—Aesop 620BC – 564BC

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #10 of 30

"You are today where your thoughts have brought you.
You will be tomorrow where your thoughts take you."
—James Allen, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #11 of 30

"We are what we repeatedly do. Excellence then, is not an action, but a habit."
— Aristotle 384BC – 322BC

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #12 of 30

"The universe is always sending you inspiration, you just have to listen and allow."
—Linda Armstrong, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #13 of 30

"The universe is change; our life is what our thoughts make it."
—Marcus Aurelius 121 – 180

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #14 of 30

"It has been proven now scientifically that an affirmative thought is hundreds of times more powerful than a negative thought."
—Michael Beckwith, Spiritual Teacher

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #15 of 30

"A man is made by his belief. As he believes, so he is."
—Bhagavad Gita

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #16 of 30

"All things whatsoever ye pray and ask for, believe that ye have received them and ye shall receive them."
—Bible, Mark 11:24

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #17 of 30

"Feel the feeling as though the prayer has already been answered and in that feeling we are speaking to the Forces of Creation, allowing the world to respond to us."
—Gregg Braden, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #18 of 30

"All that we are is a result of what we have thought.
The mind is everything. What we think, we become."
—Buddha 624BC – 543BC

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #19 of 30

"Prosperity is not just having things. It is the consciousness that attracts the things. Prosperity is a way of living and thinking and not just having money or things."
—Eric Butterworth, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #20 of 30

"Imagination is a force that can actually manifest reality."
—James Cameron, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #21 of 30

"Follow your bliss . . . And the universe will open doors where there were only walls."
—Joseph Campbell, author and spiritual teacher

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #22 of 30

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hope."
—Andrew Carnegie, Business Leader 1835 - 1919

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #23 of 30

"In the universe there is an immeasurable, indescribable force which shamans call intent, and absolutely everything that exists in the entire cosmos is attached to intent by a connecting link."
—Carlos Castaneda, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #24 of 30

"Synchronicity is choreographed by a great, pervasive intelligence that lies at the heart of nature, and is manifest in each of us through intuitive knowledge."
—Deepak Chopra, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #25 of 30

"Gratitude is not only the greatest of virtues, but the parent of all the others."
—Marcus Tullius Cicero 106BC – 43BC

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #26 of 30

"Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts."
—Alan Cohen, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #27 of 30

"Live out of your imagination, not your history."
—Stephen Covey, author and speaker

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #28 of 30

"That which you give your energy and your emotion to becomes your reality."
—Kiesha Crowther, author

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #29 of 30

"We are what we think. All that we are arises with our thoughts, with our thoughts we make the world. Speak or act with a pure mind and happiness will follow you as your shadow, unshakeable."
— The Dhammapada – a collection of sayings of the Buddha

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Day #30 of 30

"Name it . . . and if you can dream it . . . you can achieve it."
—Dr. Wayne Dyer, author and speaker

30 Minute Daily Meeting

Date: _____

Step 1: Read Something Inspirational

Today I read: _____.

Step 2: Write a Gratitude Letter

(Use the section below and on the next two pages.)

Step 3: Speak With Emotion. Read your letter out loud.

Step 4: Imagine Experiencing Your Good.

Note any thoughts or leads below:

Go out and enjoy your day! Expect and watch for leads to show up.

Upcoming Events

Be sure to visit *www.maymccarthy.com* for a list of upcoming workshops and webinars that can help you to deepen your relationship with your Spiritual Partner and achieve more of what you want in life.

Now is the time for you to experience YOUR Wealth and Freedom!

Suggested Inspirational Reading

Books that are suitable for the reading portion of the practice are listed below, but feel free to use any books that increase your receptivity to the understanding that the universal power is operating through us all.

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: A Practical Guide to the Fulfillment of Your Dreams, Deepak Chopra, 1994

The Way of the Wizard: Twenty Spiritual Lessons for Creating the Life You Want, Deepak Chopra, 1997

The Four Agreements: A Practical Guide to Personal Freedom, Don Miguel Ruiz, 1997

The Power of Your Subconscious Mind, Joseph Murphy, 1963

The Power of Now: A Guide to Spiritual Enlightenment, Eckhart Tolle, 1997

The Power of Intention, Dr. Wayne W. Dyer, 2005

About the Author

Since 1982, May McCarthy has grown several multimillion dollar technology companies and has worked for Fortune 500 companies. May is an angel investor, advisor to dozens of small and medium sized companies, and is on the boards of business, philanthropic, arts, and educational organizations. She is a guest university lecturer, author, and speaker sharing successful business development strategies that make work more profitable and fun!

May uses her real world examples to illustrate the importance of relying on spiritual principles so that everyone can achieve success, happiness, and freedom.

May knows that her increasing success, fun, and growth are due to her partnership with the Divine. She wants everyone to experience abundance and freedom! She meets daily with her CSO.

Learn more about May McCarthy:

www.linkedin.com/pub/may-mccarthy/4/a55/b47/

www.twitter.com/maymcc

www.facebook.com/pages/May-Mccarthy/601413533280571

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Thirty Days to
INCREASED WEALTH AND ABUNDANCE

In today's economy, it's more important than ever to get clear about your personal and professional goals—and to commit to a plan that will get you there. In *The Path to Wealth: Seven Spiritual Steps for Financial Abundance*, multimillionaire entrepreneur and angel investor May McCarthy shares her own daily practice to help you do just that.

This daily practice journal will assist you in your first 30 days of developing your spiritual practice to allow for increased prosperity and freedom! It takes just 30 minutes each morning to meet with your Source of intuition or Chief Spiritual Officer (CSO), and throughout the day you will see signs and demonstrations that prove that your new partnership is working for your benefit. You'll notice that you're doing less of the work to achieve your goals because your partner is doing its job in the partnership.

Financial abundance can be a game of fun and prosperity, but only when you realize that you don't have to do everything yourself. Use this journal to meet with your CSO daily and let your new partner help you to achieve more of what you desire in life.

MAY MCCARTHY has cofounded and grown six successful companies over her thirty-year career, with the largest growing to over $100 million in annual revenues. She credits her success to the principles described in her book, and firmly believes that financial success and freedom are available to anyone who is willing to apply them. Visit her online at www.maymccarthy.com.

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