

YOU DESERVE TO

# *Prosper*



DEBENA JACKSON GANDY

EBOOK

**You Deserve to Prosper!**  
**Making the Shift from Scarcity**  
**to Prosperity**

**by Debrena Jackson Gandy**

## Introduction

Since the age of 10, I've been fascinated with how and why human beings turn out the way they do. As I've gotten older I've become increasingly curious about what forces and factors influence and shape how we turn out and the types of lives we experience. I've asked myself: Why do some of us experience lives of joy and happiness and others of us experience lives of sadness and depression? Why might we turn out with very different life experiences though we may grow up in the same household, in the same era and even be raised by the same parent or parents? I wanted to know why some of us seemed to stay stuck, trapped or captive in the land of scarcity while others of us successfully made the shift into the land of prosperity.

### **A Shift that Requires a New Mindset**

Since that tender young age, I've been on a quest to uncover the answers to these questions. And I've done it by approaching it from several angles – through research, reading books, life stories, biographies, and articles about those who make the shift into prosperity; by the observations I've made in my work with thousands upon thousands of people over the years through my seminars, keynotes, retreats, coaching sessions, mentoring groups, and empowerment events; and by using my own life as a the “living laboratory” and myself and my life as the number one “guinea pig.”

I've noticed that yes, for those who make the shift to prosperity, there often can be a unique convergence of environmental factors, a unique alignment of dynamics, or right timing. But all of these are for naught if an internal preparation and mindset readiness is not in place, if the “soil,” or the mind of an individual is not fertilized and ready to receive the “thought seeds” that then germinate to produce the fruit of prosperity in one's life.

I've found that it is not because God plays favorites or because those that experience joy, fulfillment or prosperity are necessarily any smarter or brighter. But instead, I've found that there is a wholly different mindset they are operating from that is the result of their coming to understand and live by a certain set of spiritual laws – the laws of prosperity.

So part of my life's mission, which is to be a catalyst for change and transformation by awakening, inspiring and empowering others to create and live the lives they desire and deserve, involves helping others make the shift from struggle, financial strain and scarcity, to prosperity in our minds, bodies, spirits, finances and relationships.

*You Deserve to Prosper!: Making the Shift from Scarcity to Prosperity* is written to help you step fully into this truth – that you, yes YOU, deserve to

prosper and can experience deep satisfaction and fulfillment in every area of your life. I am here to tell you that it does not have to be a pipe dream or a far-off fantasy. It can become a reality, if 1) you are willing to be shown how get your "soil" right - your mindset and your beliefs. 2) You plant the right "seeds" with your thoughts and words, and 3) then LEARN how to think, choose, speak and act in accordance with the laws of prosperity instead of the laws of scarcity.

### **Be in the 3%**

Unfortunately, 97% of the population is thinking, choosing, speaking and acting from the *wrong* set of laws!

But what happens too often is that prosperity eludes most of us. Why? Maybe because no one ever stopped to demystify the process for us. Maybe because no one was able to take us "behind the scenes" and clearly explain how prosperity comes about and is brought about. Or maybe no one was able to plainly and clearly articulate the "nuts and bolts" of living and walking in true prosperity.

The traditional approach followed by the majority of people has been to observe others who we perceived to be experiencing prosperity in their lives, and then we reduced their "success formula" to certain over-simplified "how to's" or actions. Obviously there was more to it than was meeting the eye.

But what I now understand is that the point of power in creating and experiencing prosperity is not in the visible and the seen, but is in the invisible and the unseen. There are literally higher spiritual realms available to us, if we know how to access them, that are so powerful that they can multiply or even neutralize the natural, physical laws of the third-dimensional realm in which our bodies exist! This is the realm of prosperity.

Those that have been able to make the shift from scarcity to prosperity recognized this, and first had to do some serious behind-the-scenes "excavation" work on their mindset, their beliefs, their thoughts and themselves. They had to overhaul their mindset and their thinking; they had to overhaul their thoughts; they started to censor what words they allowed to issue forth from their lips in the form of seeds. They had to come to realize that their "word seeds," over time, produced either the fruit of prosperity or the fruit of struggle and scarcity, depending on what "seeds" were planted in the soil of their minds, and which seeds were given the most attention, focus and energy.

This book is here to take you behind-the-scenes so that you can begin, or continue, the "excavation" work that is necessary if you want to break from the norm or the majority, and experience prosperity, vitality and fulfillment in your life instead of mediocrity, resignation, frustration, or complacency.

I am going to engage you in a process that will help you begin to bring to the light and break up the limiting beliefs that may be inhibiting, impeding, or blocking you from shifting into prosperity. We are going to begin to fertilize and cultivate the soil of your mind so that new seeds can be sown and so that new fruit can be reaped, and thus, so that a different life experience can emerge from it.

A forewarning however – deciding to create a life of prosperity will most likely require that you break out of the groupthink and the hypnotic-like trance of the American culture and the ethnic culture into which you're born. You will have to question the status quo, rock the boat, and be willing to examine beliefs you've held dearly. It will most likely require that you challenge and then discard illusions that you considered truths.

This book begins that journey, and the other e-books in my Prosperity Series will continue to move you along this path. *You Deserve to Prosper!* explores the beliefs that can keep you bound in scarcity and keep you denying or repelling prosperity. It presents and helps you understand three of the Laws of Prosperity so that you can work with them instead of against them. It shares specific ways you can raise your prosperity vibration and consciously, intentionally and deliberately create, attract and manifest a new life reality for yourself – one that is a reflection of prosperity, thriving, full engagement, fulfillment, joy, vitality and aliveness.

Yes, *you* deserve to prosper! You are *not* an exception to this rule. To prosper is your divine birthright. Yes, you deserve to prosper because you are designed with the capacity, inherent brilliance, and gifts of understanding that equip you with the mental, spiritual and emotional abilities to create the life you desire and deserve. Yes, you deserve peace, joy, love, healthy, and financial peace. Now let's get on with helping you manifest it. Get ready, get set, and let the first leg of this journey together begin!

Your Prosperity Partner,

**Debrena**

Debrena Jackson Gandy  
Million Dollar Mentor, Success Coach, Speaker

## Chapter 1: Wake Up

As we begin, let's start with being clear by what I mean when I say prosperity. Initially, you may think I mean only money, finances, or monetary wealth. Yes, these are *aspects* of prosperity, by no means are they *all* of the dimensions of prosperity. We want to be clear about an holistic definition, not be locked on to a partial and limited definition.

### Prosperity Defined

I appreciate the definition that Edwene Gaines uses in her book, *The Four Spiritual Laws of Prosperity*, where she defines prosperity using four dimensions. I am adapting Gaines' definition and adding a few more of my own. Prosperity, according to Debrena, is when you are: 1) experiencing physical vitality and aliveness; 2) spiritual wellness and fulfillment, 3) healthy satisfying relationships, 4) rewarding work or avocation, and 5) an experience of peace and plenty with regard to money, and no money worry or anxiety.

The book that got me started on my personal prosperity journey back in 1990, Minister Catherine Ponder's *The Dynamic Laws of Prosperity*, shared these premises about prosperity.

*You can deliberately invoke prosperous thinking*

*Indeed, you are prosperous to the degree that you are experiencing peace, healthy, plenty, love and joy in your world*

*You should be prosperous, well-supplied, and have an abundance of all that is good because it is your divine heritage*

*It is of supreme importance that you be prosperous for your physical, mental and spiritual welfare and development*

*If you have conflict in your thinking about your deservingness to prosper, this conflict will set up a conflicting result in your affairs. This conflicted thinking will neutralize your efforts to prosper, no matter how hard you try or work at it. And I add, and no matter how tired you may be of struggling.*

Now that you're clearer on the definition of prosperity, let's take a look at scarcity. What is scarcity? What does it mean to have a Scarcity Consciousness? What are the tell-tale signs of operating and living from a Scarcity Consciousness?

Scarcity means there's a PERCEIVED deficiency, shortage or absence of something. A Scarcity Consciousness is a mindset or pattern of thinking that supports a life outlook or life perception of deficiency, shortage and "never enough." And this mindset often pervades all areas of your life, not just the areas related to money and your money matters.

Are you operating from a Scarcity Consciousness? Take this Scarcity Quiz to find out.

The Scarcity Quiz is designed to acquaint you with the signs and patterns of operating from the Laws of Scarcity in your life. Answer YES or NO to each of the following statements.

### **THE SCARCITY QUIZ**

1. I have been struggling financially for three years or more.
2. I constantly feel like I'm chasing money.
3. I constantly feel like I never have enough money.
4. I am consistently worried or anxious about money in my daily life
5. I frequently use "can't" in my vocabulary
6. I am inconsistent with my tithing (if you belong to a church or temple)
7. I tend to think, "If I had more money, I'd be happier."
8. My bills are messy and strewn about my home instead of being in one neat and orderly place.
9. I tend to overspend, buy things I can't afford, or don't really need.
10. I don't know what my total monthly household expenses are.
11. I don't know what my total monthly household income is.
12. I tend to borrow money and not pay it back.
13. I owe family and friends money
14. Things in my life often tend to break down, stop working, or need repairing.
15. My parents struggled financially
16. I tend to envy (instead of be happy for) those who are wealthy.
17. I often say "I'm broke" or "I don't have any money."
18. I often make disparaging comments about wealthy people
19. I feel like: I'm missing out on life because I don't have more money
20. I tend to believe that wealthy people are greedy, spoiled, evil, shallow, or lazy
21. I tend to be overly selfish with my time, money and/or ideas
22. I tend to pay myself last or not at all (in terms of saving), instead of first.

Now go back and count up your YESSES. How many do you have? : \_\_\_\_\_. If you answered YES to 4 or less of the statements, then your prevailing mindset and attitude is already strongly leaning towards prosperity. If you answered YES to 5-9 of the statements, then a scarcity consciousness is showing up a lot of the time in your thoughts, words, and behaviors, and probably more than you realize. If you answered YES to 10 or more of these statements, then scarcity is dominating the majority of the time in your life. The point of this Quiz is to take a snapshot of where you are right now with regard to Scarcity so that you have the opportunity to acknowledge where you are right now. It is not to be a condemnation, or a label, but only an indicator of which way you're leaning right now. It is also provided so that you can return to it in 90 days, 6 months, even one year, and see how you did compared to now.

### **Where to Begin?**

Your journey from scarcity to prosperity begins with you *waking up* and bringing your current thoughts and beliefs about prosperity out of the dark and into the light so that they can be examined. You must begin with bringing your current thoughts and beliefs out of the dark and into the light so that they will no longer be transparent and elusive to you, but can become *apparent* to you. What you don't know that you don't know, you can't change. But when you become aware, then you can acknowledge, and when you can acknowledge, you can begin to choose differently. And it is this process which results in change.

The second exercise I'd like you to do is called "Unearthing Your Prosperity Beliefs." I'd like you to scroll back, back, back in your mind to your childhood, and start to reflect on what you heard and what you saw with regard to money and prosperity. You may have *heard* comments or conversation at home, at school, or at church, for example. You may have *heard* comments or conversation from a parent or parents, from a teacher, coach, pastor, relative, friend or authority figure, or witnessed certain behaviors.

For a moment, pause to reflect on the following:

What did I hear?.....

From whom did I hear it?.....

What behaviors or choices did I see around me?.....

When I reflect on my childhood, I now realize that I was receiving two very different and divergent messages about money within my household. I had my dad sending one type of message about money and prosperity and my mom sending another.



I grew up in, what at the time, was the relatively small town of Olympia, Washington, the capital of Washington state. At the age of seven, my dad started to build a successful business. As a high schooler, I can vividly remember my dad being one of the first individuals in our entire county to have a phone in his car, and in his sleek black Lexus 400 Sedan at that. My dad sported the latest Italian suits, the finest leather wing-tipped shoes, a \$100 Mont Blanc fountain pen in his suit breast pocket, and a Rolex watch (he was like a real-life black James Bond 007).

It was not uncommon for us to discuss money, business, wealth, and pending client contracts at the Jackson's dinner table, among other lively topics. And along with these conversations, what got cemented into my belief system from my dad about prosperity was that *there was plenty of money to be made "out there," money was to be pursued, money had to be chased, money was elusive so you had to work hard for it, you had to be crafty and persevere in order to "catch" it, and having money meant having power.* At that time, from my dad's words and actions, the message I "absorbed" from him was that image was everything, be a risk-taker with money, buy the best, money gets you power, and use money to create a powerful image.

On the other hand, my mom rarely mentioned money or talked about money unless it was in the context of items for the household or household expenses. She, too, became self-employed a few years after my dad, but her message, *not* from what she said, but how she *behaved*, said *save your money, be conservative with your money, be disciplined with your money, live beneath your means, be frugal, and don't take big risks with your money.*

So as you can imagine, as I got older and started exploring my money and prosperity beliefs, I came to realize that I had a tug-of-war going on within me with regard to money and prosperity. There were two conflicting forces that arose from two conflicting sets of beliefs.

## **The Power of Underlying Beliefs**

And growing up in Olympia, our family attended a small Baptist church. And sitting in the pews taking in the preacher's message, when it came to matters of money, the message equated being rich with being greedy, and being rich with being evil or un-Christian. How far from the truth! According to the messages from the pulpit, being rich was considered to be negative and supposedly was undesirable, because, after all, it was harder for a rich man to get into heaven than for a camel to get through the eye of a needle, right? And somehow money and the love of money became synonymous and treated as one in the same. So as a little girl taking in these money-related messages at church, I noticed that,

though money was supposedly evil and negative, there seemed to be a secret desire for it and certainly the need for a lot more of it amongst the families in our church. So there seemed to be both a disdain and a desire for money. Again, conflicting messages.

Now pause for a moment and reflect again on the “messages” you received growing up. Did these “inputs” amount to you believing that prosperity was your divine birthright? That you deserve to prosper? That being prosperous is based in a certain mindset and a way of perceiving the world? That prosperity includes more than the dimension of money but also involves creating healthy relationships, and contributing your gifts and talents in meaningful ways? We often weren't told how to break the cycle. We weren't told that manifesting a prosperous life first starts with preparing the soil of your mind for prosperity and for attracting, receiving and experiencing prosperity. We weren't told that you deserve to prosper - regardless of your race, creed, color or background?

*What are the beliefs you currently have about prosperity for yourself?*

The clearest evidence of your current beliefs are revealed in your current reality. What is going on in your life? Do you experience stress and anxiety on a day to day basis as it relates to your life? To your relationships? To your health, and to money? Or do you experience gratitude, appreciation, an experience of plenty, joy and peace? If not, you are operating from the wrong set of laws.

A powerful way to get to the underlying beliefs that may be blocking or hindering your prosperity is to look at the excuses, rationalizations or justifications you have about why prosperity is not more real in your life.

Yes, your excuses, rationalizations and justifications may be very compelling, and even seem insurmountable, but I am here to tell you that the invisible realm is much more powerful than the visible realm. The invisible realm is the source of the visible realm, and has dominion over it.

What is your current reality telling you about your level of belief in prosperity for yourself? What is your current reality revealing – that you're attracting or repelling prosperity? What do your comments, conversations, words, and behaviors reveal about your current relationship to money? Is it one of respect or it is one of dishonor? Is it one of relaxed and positive expectation, or is it one of “uptightness,” anxiety, stress and worry? So once you literally start to “change your mind,” you can begin to change your life.

## **The Secrets of Gardening**

My mom is a master gardener, and since I was a little girl, she's planted a huge garden next to our house that was the envy of gardeners far and wide. My

parents loved hosting events at our house, so there was a steady stream of visitors that were always coming by. Without fail, they would always comment on how colorful and extra-large the vegetables that my mother's garden produced. Her zucchini were twice the size of "regular" zucchini, and the same with her onion, tomatoes, cucumbers, potatoes, pumpkins, peppers, and green beans. Again and again, people would ask my mom what was her secret. I don't think I recall her ever divulging it.

*But I eventually became privy to her secret.* My mom used cow manure to fertilize her garden that she got from a particular farm on the outskirts of town – the most organic fertilizer you can use. A specific number of days before she was to plant her first seeds, she had my dad turn the soil to aerate it and oxygenate it. Then she'd have him mix the special mushroom compost into the soil a few weeks before she was to plant her first seeds. She acquired this nutrient-rich mushroom compost from a mushroom farm on the edge of town.

In the same way that my mom prepared the soil of her garden to receive the seeds that would later become colorful, tasty fruit, we must do the same with the soil of our minds. For too many of us, we've been poisoning our minds with the beliefs of other struggling folks around us, taking in images of struggle, listening to lack and scarcity conversations, taking on the money frustrations that have become all too common for too many Americans, and allowing the "weeds" of scarcity, and the damage of generations of Lack Consciousness to penetrate our thinking.

## **Fertilize Your Mind**

Instead, if we desire prosperity, we have to fertilize our minds instead of poison them. We have to think differently. We have to change our minds – literally. We have to be more conscious of what we allow into our minds. We have to deliberately enrich the soil of our minds, and keep it free of "weeds" in the form of "stinkin' thinkin'." Stinkin' thinkin' literally contaminates the soil of our minds and makes it unfit for supporting the seeds of prosperity that we want to plant in it. Once you begin to fertilize your mind with a new mindset and start to plant new seed thoughts in the soil of your mind, you can't help but to produce new fruit.

As an example of how we can poison our minds with stinkin' thinkin', one client of mine is an artist that desired to prosper and break out of the mold of "starving artist" that seemed to be the theme of her life. As we probed into her underlying beliefs, she recognized that she was holding a conflicting belief that said, "If I'm an artist, then I will have to struggle. This is just par for the course for artists. I have to give my talents away to the community for free. If I charge then I'm being greedy." And other forms of this type of scarcity thinking that

supported continued struggle and not prosperity for her. As a matter of fact, her mindset was actually REPELLING prosperity. She wasn't even aware that she was holding these sabotaging beliefs.

As I mentioned before, you can't change what you don't acknowledge. You can't address what is transparent to you. But her stopping to do the exercise I mentioned earlier started to uncover the scarcity program she'd been running in her mind, like a computer running a certain type of software. She wasn't even aware of the connection between the beliefs what was holding and the lack and scarcity she kept attracting, and subsequently encountering and experiencing in her life.

In turn, she kept attracting experiences and clients that were consistent with the thinking that arose from her beliefs. Interestingly, she kept attracting clients who had no money to pay her and wanted her to offer services for free; she kept attracting opportunities that did not pay at all. Or she found herself attracting other artists into her circle who reinforced the struggle mentality and often were not getting paid either.

Yes, she was putting her imagination to use alright, but she was putting it to use creating what she didn't want. All too often, this is the same pattern that ensnares too many of us.

## Chapter 2:

### Understanding the Fundamental Laws of Prosperity

I don't know about you, but up until the last 15 years of my life, I wasn't even aware that there were Laws of Prosperity. Reading Catherine Ponder's books such as *The Dynamic Laws of Prosperity* and *The Millionaires of Genesis* 15 years ago opened my eyes and my understanding to this "whole new world." I started to get acquainted with a set of Laws that only a small group of people seemed to know about. And even fewer seemed to abide by.

There are easily at least eight Laws of Prosperity. What we're going to address in this book are three of them. They are what I consider to be the Fundamental Three that undergird the rest. We've already established that to prosper in mind, body, spirit, money and relationships are your divine birthright.

It is also important to know that Prosperity, just as everything else in life, operates according to the Master Law, the Law of Attraction. The Law of Attractions states that "like draws unto itself." In other words, you attract to your life whatever you give your F. E. A., Focus, Energy and Attention to, whether it be positive or negative.

In his book, *The Law of Attraction*, author Michael Losier explains, "Every mood or feeling (aka vibe or vibration) causes you to emit, send-out or offer a vibration, whether positive or negative. The Law of Attraction is responding to the vibration (the energy field you're emitting) you are offering. Right now, in this very moment, it is matching your vibration by giving you more of the same, whether positive or negative.

Shifting out of scarcity into prosperity is a function of your ability to be CONSCIOUS about the vibration you are sending out, deciding whether or not you want to keep sending it out or change it, and then knowing how to do so. This includes also becoming CONSCIOUS of the thoughts and beliefs you're holding, which also feed your vibrational state at any given moment.

#### **The First Law of Prosperity: THE LAW OF CLARITY OF DESIRE**

Too often we give our F. E. A (focus, energy and attention) to what we DON'T want and then keep wondering why we're not progressing, moving forward, or attracting prosperity in our lives. Contrary to the "popular belief and practice," you DON'T and CAN'T get what you **do** want/what you desire, from putting your F. E. A. on what you DON'T want. Otherwise, the Law of Attraction will continue to bring to you what you *don't* want. See how the Law works?

So square one in shifting from scarcity to prosperity is getting clear about what you do want. Continuously communicating “don't want, don't want, don't want” to your mind, given it's creative nature, will continue to magnetize exactly that – what you don't want.

Did you know that you can reset and change your vibration or energy field from negative to positive? Did you know that every thought, every mood, every attitude that you “hold” communicates a vibration? So how do you begin to do this? By invoking the Law of Clarity of Desire. You do this by asking yourself: “What do I want.” As Michael Losier underscores in *The Law of Attraction*, “When you go from what you don't want to what you do want, the words you use change. And when the words change, the vibration changes.”

Your thoughts, feelings, and emotional states, and as we'll soon discuss below, your words, SUMMON and actually CALL FORTH our reality! As it says in *A Course in Miracles*, one of my all-time favorite books, “neutral thoughts are impossible because all thoughts have power.” So now you know what the verse in the Bible means that states, “Ask and it is given to you; Seek and you shall find. Knock and the door will open to you.” This is another way to state the Law of Attraction!!

*Ask and It is Given*, by Esther and Jerry Hicks, also one of my all-time favorite books, reminds us that, “the key to bringing something into our experience that we desire is to achieve VIBRATIONAL HARMONY with what you desire.” As you practice, practice, practice and in doing so actually REPROGRAM your brain's neural pathways, *Ask and It is Given* tells us that, “mystery and confusion will be replaced by clarity and understanding. Doubt and fear will be replaced with knowledge and confidence, uncertainty will be replaced with certainty – and joy will return as the basic premise of your existence.”

## **Change Your Words and Thoughts, Change Your Vibration**

So let's practice changing your words, and thus your thoughts. Let's just say that you've been thinking to yourself or saying out loud in conversation that “I “don't want to be broke,” or that “I don't want to be single,” or that “I don't want to be overweight.” It's important to first note how our subconscious mind works. Words that represent the absence of something such as “don't, no, or not” are filtered out by the subconscious mind. So go back and re-read these three statements again, this time omitting “don't” from each sentence. How does the statement read now? This is how it also reads to your subconscious mind, and is interpreted as such. So the subconscious interprets the statements as “I want to be broke, I want to be single, I want to be overweight.” Instead, state what you DO want.

*Instead of I don't want to be broke.....I am financially stable and have multiple streams of cash flow*

*Instead of I don't want to be single.....I desire to be in a mutually satisfying love relationship with an emotionally available man/woman.*

*Instead of I don't want to be overweight.....I desire to have a fit, toned body at my healthy weight of \_\_\_\_\_(insert weight)*

But the above statements are only the beginning. I repeat, these statements of what you do want are only the beginning. You now have to take it a step farther and get more detailed and specific. For example, describe how you feel being financially stable. Describe how you want to be relating to money. Describe how you are interacting in your satisfying love relationship. Describe how you are behaving, speaking, acting, relating, communicating, and how you are sharing yourself? Describe how you feel walking to your car at your desired body weight. Describe how your clothes are fitting, and how it feels to be inside of your fit, toned body. Get my drift?

### ***"Sensorizing"***

You've got to take it deeper and involve all of your senses fully. I call this "sensorizing" what you want. Sensorizing is powerful because it POWERS UP the intensity of your vibrations and thus accelerates you attracting to you what you want. And sensorizing, which should engage all of your senses, also creates an internal experience, what I call an "in-sperience" of HAVING what you want. It creates an in-sperience of it having arrived, and of it being real and present, right now.

The most powerful way I know to sensorize what you want and to create an in-sperience of having it is to incorporate sensorizing into your daily prayer and meditation time. I am a STRONG believer in intentionally setting the tone and vibration of every day of my life with prayer and meditation. I consider each day a gift and I aim to make the most of each 24 hours that I'm given.



## **The Second Law of Prosperity: THE LAW OF CIRCULATION**

Have you noticed that where there is movement, there is more life? Have you noticed that where there is stagnation or little movement, there is less life and less vitality? Prosperity is a state of your affairs where there is movement, where there is the circulation and movement of love, joy, ideas, resources, and energy, to name a few. Circulation denotes that giving and receiving is involved, that these things are moving in circles, away from and then back around to you, continuously.

And the MORE you give out, the more momentum is added into the cycle of circulation, and the shorter the "return" cycle gets. It is like giving out strong and stronger pushes to a merry-go-round. It starts to spin faster and faster and the metal bar you used to initiate the first push circles back around to you in less and less time as the merry-go-round spins faster and faster.

This is also the case with prosperity. So if you have been experiencing scarcity in your life, especially in the area of money, then it's most likely because there is stagnation in your circulation. Just like with the merry-go-round, you need to initiate bigger pushes of GIVING OUT love, joy, compliments, gratitude, appreciation, help, service, smiles, etc. The more you give out, the more "lubrication" is provided to the circulation cycle, and the Law of Circulation brings it back to you.

Want money flowing in? Want love flowing in? Want new opportunities to show up? Then where might your circulation cycle be plugged up or clogged up? Where is it that you can initiate movement with giving or sharing in your life? Where is it you keep waiting for "something to happen" yet you have not contributed to the circulation cycle? Where is it you are frustrated or things are delaying? This is the very area where you want to be sure to get things moving by sending out, by giving, by sharing, by putting energy into the cycle of circulation!!

And most importantly, circulation is magnetic! The world itself spins in a circle and its spinning (along with the counter-balancing of the moon's energy field) is what creates gravity – the magnetism that keeps things from floating off into space. You can change your mind and increase your magnetism. You can change your words and increase your magnetism. You can change your attitude and increase your magnetism...All of these add energy to the cycle. Moving yourself into a higher vibrational state of joy, love, appreciation, praise or gratitude are emotional states that increase the rate of vibration in comparison to slower and lower emotional states like anger, jealousy, grief, shame, apathy or resentment.



Do you realize that you can change your emotional state by changing your thoughts? By the way, did you know that your feelings FOLLOW your thoughts? Not the other way around? When you change your emotional state to increasingly positive states, you are adding more and more energy to your vibrational field, and thus increasing your magnetism! Isn't this amazing!?!?!?

### **The Third Law of Prosperity: THE LAW OF APPRECIATION AND GRATITUDE**

In the previous law, you saw that I mentioned appreciation and gratitude as states that have a high vibration. This is what is behind the Gratitude Journal craze that started a few years ago. Gratitude and Appreciation are powerful emotional states that emit a strong positive vibration. So as you “dwell” in these states more and more, your ability to attract and magnetize continues to increase more and more.

Often times those of us that are in scarcity think that those experiencing prosperity started to dwell in a positive emotional state AFTER their prosperity arrived. Actually, this is an incorrect belief and far from the truth. It happens in the reverse. You choose to intentionally dwell in an emotional state that ATTRACTS prosperity, and *THEN* prosperity shows up.

You've got to be sure you understand what the proper SEQUENCE is.....Consciously and intentionally choose to dwell in the emotional states that are the most magnetic and attractive, and watch what shows up!!!

In one of my multi-week personal growth and spiritual development tele-courses, one of the LifeWork™ assignments is to go on what I call an “Appreciation Rampage” for 14 days. This requires that members intentionally open their mouths and express appreciation and gratitude to family members, roommates, children, spouses, friends, co-workers, and even strangers, if they choose. The point is to SUPER CHARGE their vibratory field by putting them in a constant state of Appreciation and Gratitude.

You can put the Law of Appreciation and Gratitude into practice in so many ways. Shift into appreciation and gratitude and you shift your frequency. Shift into appreciation and gratitude...by speaking appreciation to others; by speaking appreciation to yourself; by sending appreciation cards to others, by journaling about what you appreciate, or by noticing the “little things” and appreciating the Creator for them, for example. Metaphysician Wallace Wattles reminds us, “The daily practice of gratitude is one of the conduits by which your wealth will come to you.”

Every morning, when I enter into my prayer and meditation time, I start with an Appreciation and Gratitude entry in my Devotion Notebook that appreciates God for what has transpired in my life since the previous day. At this moment, I so appreciate my cell phone company (Sprint, by the way) for being so flexible, honoring my request, and allowing me to move my bill payment date out a week.

Dr. John DeMartini says it best; "Whatever we think about and THANK about, we bring about."

## **Allowing**

The other aspect of being in a state of Appreciation and Gratitude, is that they are states that have a LOW RESISTANCE to receiving. They put you in a state of ALLOWING. In order to receive or manifest, the collective vibration of your Being MUST MATCH the vibration of your desire in order for your desire to be fully RECEIVED by you. You want to be sure that you are not holding yourself apart from receiving the very things we desire and are asking for. This is why ALLOWING is so important.

When you ALLOW, you put down the boxing gloves you've had on, thinking that Life is punishing you, or that the Devil has been picking on you. No, it has been the Law of Attraction at work. When you ALLOW, you no longer resist, fear, deny or block the flow of joy, love, well-being, and goodness that is your legacy, your source, and abundantly available to you in this moment, and every moment. But you have to LEARN TO ALLOW yourself to RECEIVE it. You see, joy flows. Love flows. Energy flows. So when you drop your resistances and stop fighting with Life and arguing for your way instead of the Creator's way, you start to ALLOW prosperity, which flows along the "circuits" of joy and love to flow TO you and THROUGH you.

So now it's your turn to uncover and discover a wealth of ways to express appreciation. Let it flow. We each are designed to be Appreciation Machines, so to speak. It should flow easily and effortlessly from our lips. Which it begins to do the more we practice and work our Appreciation and Gratitude "muscles." The more you work them, the stronger they become. When you are in a state of Appreciation and Gratitude, you are in a state that holds a similar vibration to pure joy!

## Chapter 3

### USING THE CREATIVE POWER OF YOUR WORDS TO PRODUCE A NEW REALITY

Since being a little girl, I've been fascinated by the power of words, and by the power that is contained in them, to create or destroy, to add life or take it away. The Bible, for example, is emphatic about us understanding the power that resides in our tongues and the words that issue forth from our mouths.

A wholesome tongue is a tree of life.

Pleasant words are as an honeycomb, sweet to the soul and health to the bones.

Righteous lips are the delight of kings, and they love him that speaks right.

The mouth of the righteous speaks wisdom.

The heart of the wise teaches his mouth, and adds learning to his lips.

So in other words, a wise man or woman is deliberate and very aware of what he or she utters and speaks forth. There is no carelessness with their words. They are mindful to speak forth uplifting, life-giving positive words from their lips, words that are sweet to the soul and give health or vitality to the body's very foundation, its bones. One verse even equates speaking bitter words to the shooting of arrows that wound.

As you go forward, you want to be more aware of the words you speak, the words you HEAR or RECEIVE in the form of music lyrics, conversations, what you read, and what you ALLOW someone to say to you. As you go forward, you want to be more aware of the words that leave your lips. Words are creative seeds that DO produce fruit, and your thoughts are "packets of creative energy" that produce form.

#### **The Power of Affirmations**

Affirmations are declarative word statements that are written or spoken in a way that issues a command to the Universe. They are written in the present tense and in "the now." Affirmations may seem corny at first, but the only people I know that say affirmations don't work are those that don't use them. Affirmations work.

Affirmations are a powerful prosperity tool that you want to put to use to

help you shift into prosperity. One of the affirmations that has been a staple of mine since I lost a major client last year is: "New paying clients and cash flow make their way to me from known and unknown sources."

When I catch myself speaking words that are negative, or the opposite of what I say I want, I attempt to be aware enough to catch myself dead in my tracks. You'd hear me say, out loud, "Cancel! Cancel!" so that I change my language, and literally change my mental channel.

I continue to be amazed at the power of consistently practiced affirmations. Just two weeks ago, I attracted a new client that "found" me through a third party's website. They had not met nor heard of me previously. And then one week later I was on the phone on a 3-way conference call with the organization's president, and 14 days later, we had "sealed the deal" and they were a new training and development client. THIS STUFF REALLY WORKS!!!!

Dr. Ruth Voss, author of *Prospering Woman*, describes affirmations as much more than a wish. "To affirm is to *make firm* – to declare assertively that it is so. A few "starter" affirmations you can use are:

I deserve to prosper now.  
I am a powerful and creative person.  
Wealth starts first in my mind.  
My life is blessed.  
I easily and effortlessly attract new paying clients and customers.  
I am a money magnet.  
My ideas, gifts and talents generate cash flow.

You can go to [www.MillionDollarMentor.net](http://www.MillionDollarMentor.net) to print out a more complete list of Prosperity Affirmations and Money Affirmations. I keep mine taped to my bathroom mirror and recite them every morning as I am getting ready for my day.

Dr. Ruth Voss goes on to explain how "effective affirmation accompanied by acts of conviction impresses upon the subconscious. We need to actively prepare to receive by acting 'as if' what we want is on its way." And better yet, act as if it's ALREADY HERE. Taking actions that are purposeful and are aligned with your affirmations has the affect of speeding up your manifestation cycle, and bringing it to you more quickly.

Some “acts of conviction” that support making the shift from scarcity to prosperity include:

- Treat your money with more respect. No more sloppy stacks of mail and bills all around your home.
- Treat your money with honor. No more crumbled bills stuffed into a pocket, balled up at the bottom of your purse, or folded up in your wallet. Keep bills straight and flat with no bent or folded corners.
- Treat your money with integrity. If you have family, friends, or creditors that you owe, be in communication with them instead of avoiding them. Do your best to keep your word and fulfill promises you make with regard to money. If you can't, communicate it.
- Treat your money with honor. If you see a coin on the sidewalk or laying around your house, then pick it up and put it up.
- Speak about money with honor. Instead of saying “I'm broke,” how about “My money is circulating.”
- Don't jip or shortchange others. Give a decent tip for good service with a happy heart
- Practice giving and generosity. Treat a friend or co-worker to coffee, tea or lunch, just because.
- Tithe to the place where you receive your spiritual food, whether it be your church, temple or synagogue.

I promise you, if you are committed to putting these concepts shared here into practice, you WILL begin to experience a shift in your relationship to money. If you are committed to putting these concepts into practice then you will begin to attract more of what you desire, more of what you want, more of what brings you joy and fulfillment, more of what brings you vitality and energy, and more of what makes your heart sing. The Laws of Prosperity are no respecter of persons. They are impartial and impersonal, just as is the laws of gravity. They are precise and exact. If you step off of the edge of a building, then the Law of Gravity doesn't care whether you're a good person or a bad person. You're going to hit the pavement. But it certainly is your choice whether you want to work with or against the laws.

I invite you to work WITH these laws and start to create a new reality for yourself. I invite you to work WITH these laws and shift yourself out of scarcity into prosperity. Be patient yet diligent, however, especially if you're new to the Laws of Prosperity. Here's to new ways of thinking. Here's to renewing your mind. Here's to a new mindset. Here's to naming and claiming a new reality for yourself. Here's to creating and living the prosperous life you desire and deserve.

Prosperously Yours,

**Debrena**

Debrena Jackson Gandy  
Million Dollar Mentor, Success Coach  
[Debrena@MillionDollarMentor.net](mailto:Debrena@MillionDollarMentor.net)  
Office number: 206-878-8163

P. S. If you are interested in staying connecting and getting plugged to some of my programs, then go to [www.MillionDollarMentor.net](http://www.MillionDollarMentor.net) and sign up to stay updated on upcoming events, tele-seminars, tele-courses, The Love Academy, and coaching and mentoring circle opportunities.