



# PROSPERITY ESSENTIALS



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# Introduction:

Welcome to the Prosperity Essentials Online Course! You've taken that first crucial step toward prosperity: deeply investing in yourself. By putting your money where your mouth is, you've put skin in the game and already increased your odds of mastering the inner work of prosperity. Congratulations!

This course is designed to teach you the simple formula to Massive Prosperity:



The pillars are energetic, mental and physical, and the secrets are spiritual. When you've internalized each of these "cornerstones" to prosperity, you've created a solid foundation on which to successfully build the prosperous life you can see in your mind but haven't materialized physically yet.

Each lesson comes with a handout to help anchor in what you're learning. Print it out and fill it in, take notes, or write down impressions and "a-ha" moments while you're watching or listening to the lesson.

The more you immerse yourself in this program, the faster you'll bring prosperity to you. If you have any questions feel free to reach out in the group or send me an email at [allyson@allysonchavez.com](mailto:allyson@allysonchavez.com).

To Your Prosperity!

*Allyson*

# My Vision For The Future

The Secrets and Energetic pillar of Prosperity: An overview of energy; how to feel it, measure it and work with it in your own body. This exercise is designed to get you intentional about what you want to create in the next 3 months of this course. The clearer you are about what you want as a result of this course, the faster you'll bring it to you.

**Objective:** To become more familiar with how energy moves in your own body so you can use it to your advantage.

What do I want? (Be specific)

Why do I want it?

How will I feel once I get it? (Be very descriptive here)

*“Vague longings  
bring vague results.”*  
- Wallace Wattles

What will my life look like once I have it? (an overall, general view of what life looks like)

# My Vision For The Future

What is a trigger word (or 2) that sums up what my life looks like, that will remind me to picture that life I desire when I say the word?  
*(Ex: if life looks like laughing with the kids, or watching the sunset with a smile on my face, the trigger word can be 'laughing' or 'sunset.')*



Find a picture that you can paste here to anchor in how your new life looks and feels:

# My Vision For The Future

## Celebrating As You Go!

Bigger successes come faster as we recognize, acknowledge and celebrate the smaller successes we achieve along the way. Recording them is a very powerful way to see how YOU are shifting and how your outer world is also shifting. Record those positive changes, big and small, every week. You'll be dazzled by how well the Universe responds to you in supportive and prosperous ways!

<p>Inner Shifts I Noticed</p> <p><i>(felt more hopeful for longer, didn't spin in negativity for as long as I normally do, felt more clarity, more trust in myself and my Higher Power, etc)</i></p>	<p>WEEK 1</p>	<p>Outer Shifts I Noticed</p> <p><i>(people are responding to me differently, I found some extra money, I landed a new client, an opportunity came my way, etc)</i></p>
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<p>Inner Shifts I Noticed</p>	<p>WEEK 2</p>	<p>Outer Shifts I Noticed</p>
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<p>Inner Shifts I Noticed</p>	<p>WEEK 3</p>	<p>Outer Shifts I Noticed</p>
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<p>Inner Shifts I Noticed</p>	<p>WEEK 4</p>	<p>Outer Shifts I Noticed</p>
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# My Vision For The Future

## Celebrating As You Go!

Continue to record those positive changes, big and small, inside and out, every week.

Inner Shifts I Noticed	WEEK 5	Outer Shifts I Noticed
------------------------	-----------	------------------------

Inner Shifts I Noticed	WEEK 6	Outer Shifts I Noticed
------------------------	-----------	------------------------

Inner Shifts I Noticed	WEEK 7	Outer Shifts I Noticed
------------------------	-----------	------------------------

Inner Shifts I Noticed	WEEK 8	Outer Shifts I Noticed
------------------------	-----------	------------------------



# My Vision For The Future

## Celebrating As You Go!

Continue to record those positive changes, big and small, inside and out, every week.

Inner Shifts I Noticed	WEEK 9	Outer Shifts I Noticed
------------------------	-----------	------------------------

Inner Shifts I Noticed	WEEK 10	Outer Shifts I Noticed
------------------------	------------	------------------------

Inner Shifts I Noticed	WEEK 11	Outer Shifts I Noticed
------------------------	------------	------------------------

Inner Shifts I Noticed	WEEK 12	Outer Shifts I Noticed
------------------------	------------	------------------------



Remember...

Come back to this section each week  
and write down at least 3 successes, victories or shifts  
you've noticed or experienced in the last week.

# Connecting and Receiving

Ultimate Prosperity relies on your ability to master the two secrets of prosperity: connecting and receiving.

**Objective:** Identifying your Higher Power and your relationship to it. How to connect to that power and receive Divine/Universal guidance, and ways we disconnect and block ourselves from receiving.

## 1st Secret

to living a truly prosperous life:



*connect:* (v)

to join together so as to provide access and communication.

What do you call your Higher Power?

How Do You Know When You're Connected?

In What Ways Do You Connect To Your Higher Power?

- Different Ways To Connect With Source**
- Prayer/Meditation
  - Commune With Nature
  - Bare Feet On Grass
  - Acknowledgment (thanks angels!)
  - Gratitude
  - Quiet Reflection
  - Understanding you're not here alone, nor are you expected to go at it alone.
  - Awareness of coincidences.

## 2nd Secret

to living a truly prosperous life:



*receiving:* (v)

to experience, to take into one's possession, to be given or presented with (receiving an award); to be paid; to detect, to admit, acquire. Can also mean to suffer (received a blow).

What do you most receive (experience) every day in your experience, on an energetic level?

List them below. (example: stress, fear, love, excitement, etc.)

**List 5 things that OPEN you to receive:**

**List 5 things that BLOCK you from receiving:**

1. ....
2. ....
3. ....
4. ....
5. ....

1. ....
2. ....
3. ....
4. ....
5. ....

Remember...

Go back to Lesson I

and write down at least 3 successes, victories or shifts  
you've noticed or experienced in the last week.

# Energetically and Mentally Aligning to your Vision

A practical, useful tool to tap into your body and belief systems to know exactly what vibration you're on at any time.

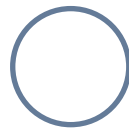
**Objective:** Understanding and practicing the art of muscle testing to tap into intuition, energy and what your body needs to thrive.

On a scale of 1 to 10, please rate how aligned you feel with your VISION from Lesson I.

Not Aligned At All	1	2	3	4	5	6	7	8	9	10	Fully Aligned
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Now, muscle test for the same thing on a scale of 1-10 and record the result here.

Were those numbers the same or different?



**Muscle Testing** (aka applied kinesiology) is a great and simple way to access your subconscious.

When you look at your vision, what comes up for you? (fear, excitement, overwhelm, expansion, guilt, etc.) Write down positive feelings/thoughts in one column, negative feelings/thoughts in another. Notice which list is longer.

Positive

Negative

Focusing on the negative thoughts/feelings that are stirred up will block you from fully receiving what you want (whether you've written it down on your vision sheet or not) every single time.

# III

## Energetically and Mentally Aligning to your Vision

Knowing that we've already cleared the energetic frequency of those negative feelings is not enough to keep your frequency a match to the frequency of the reality you desire. There must be work done consistently on the back end to support this new frequency.

### Wouldn't it be nice if...

To shut down those lower frequencies that show up in emotions and thoughts, and to easily turn your thoughts to what you want instead of what currently is, look at your vision statement and ask yourself,

“Wouldn't it be nice if...this were my reality?”

“Wouldn't it be nice if...I really COULD do this?”

“Wouldn't it be nice if...I knew what I was doing?”

### Finish This Sentence

Refer to your vision statement and finish at least 5 sentences that relate specifically to your vision statement.

#### *Example:*

If part of your vision was being your ideal weight you would say,

Wouldn't it be nice if...

...I was my ideal weight?

...I felt completely comfortable in my skin?

...everything I wore looked stunning on me?

*“Wouldn't it be nice if...”*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Remember... Go back to Lesson I and write down at least 3 successes, victories or shifts you've noticed or experienced in the last week.

# Moving Energy with EFT (Emotional Freedom Technique)

In this lesson you will learn about some of the EFT Tapping Points on the body, as well as how to apply techniques to activate their potential and move energy at will.

**Objective:** Use the Emotional Freedom Technique (EFT or “tapping”) to physically remove negative emotions or pains in the body.

## Tapping Tips

These tips answer the most common questions.

- Some of the Tapping points have twin points on each side of the body. For example, the “eyebrow” point on the right side of the body has a twin point on the left side of the body. You only need to tap one of these twin points. However, if you have both hands free you can certainly tap on both sides for good measure.
- You can also switch sides when you tap these points. For example, during the same round of EFT, you can tap the “karate chop” point on your left hand and the eyebrow point on the right side of your body. This makes the Tapping process more convenient to perform.
- The Tapping is done with two or more fingertips. This is so you can cover a larger area and make sure that your Tapping covers the correct point.
- While you can tap with the fingertips of either hand, most people use their dominant hand. For example, right handed people tap with the fingertips of their right hand while left handed people tap with the fingertips of their left hand.
- You tap approximately 5 times on each point. No need to count the taps because anywhere between 3 and 7 taps on each point is enough. The only exception is during the Setup step (explained later) where the Karate Chop Point is tapped continuously while you repeat some standard wording.
- The process is easily memorized. After you have tapped the Karate Chop Point, the rest of the points go down the body (see the Sequence Points in the diagram on the next page).

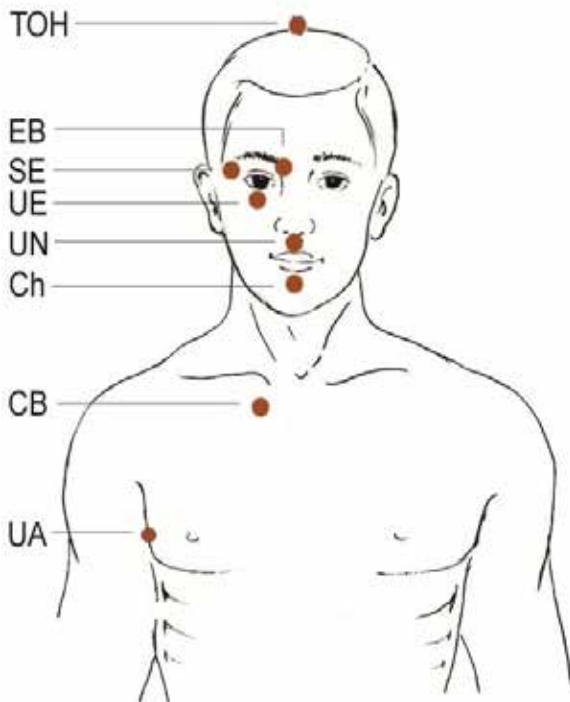
## The EFT Tapping Points

The illustrations on the next pages, together with the written aids are self-explanatory and are explored in detail later. For now, just locate each of these points on your own body and touch each of them with your fingertips.

# Moving Energy with EFT



**KC:** The Karate Chop point (abbreviated KC) is at the center of the fleshy part of the outside of either hand between the top of the wrist and the base of the baby finger. It's the part of your hand you would use to deliver a karate chop.



**TOH:** On the top of the head. If you were to draw a line from one ear, over your head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.

**EB:** At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.

**SE:** On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.

**UE:** On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.

**UN:** On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.

**Ch:** Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, it's called the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.

**CB:** The point where the sternum (breastbone), collarbone and the first rib meet. To find it, put your index finger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your finger down toward the belly button 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se.

**UA:** On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.

# Moving Energy with EFT

## The 5 Steps of The EFT Tapping Basic Recipe

### 1. Identify the Issue:

All you do here is make a mental note of what is bothering you. This becomes the target at which you “aim” EFT. Examples might be: Sore shoulder, being bullied by another child in 4th grade, or hitting that high singing note. Be sure you are only targeting one issue at a time. Trying to combine issues in the process will compromise your results.

### 2. Test the Initial Intensity:

Here you establish a before level of the issue’s intensity by assigning a number to it on a 0-10 scale where 10 is the worst the issue has ever been and 0 is no problem whatsoever. This serves as a benchmark so we can compare our progress after each round of EFT. If, for example, we start at an 8 and eventually reach a 4, then we know we have achieved a 50% improvement. The number of possible issues we can address with EFT is endless... But here are some useful methods to help you access your issue(s) and arrive at your 0-10 numbers. They apply to most issues.

- For emotional issues, you can recreate the memories in your mind and estimate their discomforts.
- For physical ailments you can simply determine the existing pain or discomfort.
- For performance issues you can attempt the desired performance level and measure how close you come to it.

### 3. The Setup:

Start each round of Tapping by designing a simple phrase and saying it while continuously Tapping the **KC** point, you let your system know what you’re trying to address.

When designing this phrase there are two goals to achieve:

- 1) acknowledge the problem
- 2) accept yourself in spite of it

We do this by saying: **“Even though I have this \_\_\_\_\_,  
I deeply and completely accept myself”.**

*(Continued on next page.)*



# Moving Energy with EFT

The blank in the Setup Phrase represents the problem or issue you want to address. You can insert things like:

This sore shoulder:

“Even though I have this sore shoulder,  
I deeply and completely accept myself.”

This fear of spiders:

“Even though I have this fear of spiders,  
I deeply and completely accept myself.”

This humiliation at my eighth grade graduation:

“Even though I have this humiliation at my eighth grade graduation,  
I deeply and completely accept myself.”

Not all of the issues will fit neatly into “Even though I have this \_\_\_\_\_,” so you can use some flexibility when designing your Setup phrase. For example, instead of “this sore shoulder” you could say “Even though my shoulder hurts, I deeply and completely accept myself”.

By using this Setup Phrase you will automatically choose something that represents your experience, your reaction, or a problem that you recognize as something that belongs to you, and that is an important feature.

**We do not want to use EFT on someone else’s problem.** For example, rather than, “Even though my son is addicted to drugs, I deeply and completely accept myself,” it’s better to focus on your own reaction which might be, “Even though I’m frustrated by my son’s drug addiction.” Or instead of “Even though my husband works too much...,” better to try something like, “Even though I feel alone when my husband stays late at the office...” We want to aim EFT at our part of the problem rather than trying to fix someone else’s problem.

By identifying the problem with this phrase, you “set up” the initial energy interruption behind the scenes so the Tapping has something to resolve.

## **Important, Important, Important:**

With EFT, the language that we use always aims at the negative. This is necessary because it is the negative that creates the energy disruptions that EFT clears (and then brings peace to the system). Conventional methods and popular self-help books stress positive thinking and preach avoiding the negative. This sounds good but, for EFT purposes, it does little more than cover over the negative with pleasant sounding words. EFT needs to aim at the negative so it can be neutralized. This allows our natural positives to bubble up to the top.

# Moving Energy with EFT

## 4. The Sequence:

This is the workhorse part of EFT that stimulates/balances the body's energy pathways. To perform it, you tap each of the points shown in the Sequence Points diagram (see above) while saying a Reminder Phrase that keeps your system tuned into the issue. The points are listed below followed by a description of the Reminder Phrase:

- Top of the Head (TOH)
- Beginning of the Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under the Nose (UN)
- Chin Point (CH)
- Beginning of the Collarbone (CB)
- Under the Arm (UA)

The Reminder Phrase is very simple. You only need to identify the issue with some brief wording. Depending on your issue, you might say the following at each tapping point....

- “This sore shoulder”,
- “My father embarrassed me”,
- “This difficulty in singing that high note.”

## 5. Test the Intensity Again:

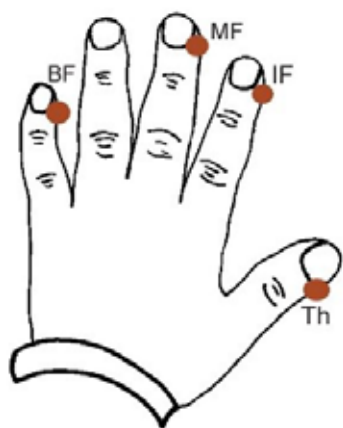
Finally, you establish an “after” level of the issue's intensity by assigning a number to it on a 0-10 scale. You compare this with the before level to see how much progress you have made. If you are not down to zero then repeat the process until you either achieve zero or plateau at some level. You can also include some additional Tapping points.

# Moving Energy with EFT

## Other Tapping Points and Routines

Use these techniques if you're not feeling relief or have reached a plateau of relief--like a 4 or a 2--and it won't move lower.

The standard EFT points you learned above are the ones you will use over 90% of the time. In addition, there are some other points you may find useful under certain circumstances. If your initial rounds of EFT have not brought the intensity to zero, you can include any of these other points into your next Tapping round to see if they help.



**FINGER POINTS:** These are useful when you'd like to extend the EFT Tapping Basic Recipe and try a more thorough round on stubborn aspects. They also come in handy when any of the regular Tapping points are hard to reach or become irritating. They can be very effective on their own and they can be used instead of the standard points.

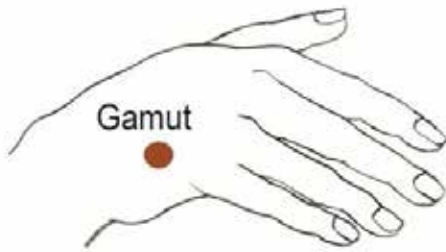
The Tapping point is in the same location for each finger and each thumb. On the index finger (IF), tap on the side of the finger that is closest to the thumb, even with the base of the nail. Once you have located that one, you can find the similar MF (middle finger), BF (baby finger), and Th (thumb) points on each hand.

Just for simplicity, the Ring Finger has not been included in this sequence. (For those who may be curious, the meridian involved runs on the opposite side of that finger. The EFT process and all of its power were built without this point and results have not been affected by either including it or leaving it out.)



**WRIST POINT:** This point is also rarely used but know that it's an option. You'll find it on the underside of the wrist at the mid-point of where a watch band would normally be. In general, it is most effective to tap this point with several fingertips, or you can hold your hand flat and gently slap the area on the inside of the wrist. There is a twin point on each wrist and sometimes these points are "tapped" by gently banging the inside of the wrists together.

# Moving Energy with EFT



**GAMUT POINT:** To find the Gamut Point, which is on the back of either hand, put a finger between the ring and little finger at the base. From here, move your finger about a half inch toward your wrist and this is where you'll tap the Gamut Point.

## Gamut Point 9 Actions:

While facing forward and keeping your head still, tap the Gamut point continuously while performing the following nine actions:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll your eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order.
6. Same as the previous step, but roll your eyes the other direction.
7. Hum 2 seconds of a song (any song will do, you can use Row, Row, Row the Boat or the Happy Birthday song).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

*\*Adapted from <http://emofree.com>  
Find more fascinating articles and uses for EFT  
by Gary Craig on this website!*

Remember...

Go back to Lesson I

and write down at least 3 successes, victories or shifts  
you've noticed or experienced in the last week.

# Universal Laws of Creation

## Laws to Use to Get You Going

The Mental Pillar of Prosperity: Mental and universal laws to use to make manifesting second nature

**Objective:** Knowing and correctly using the mental and universal laws that govern creation is crucial to keeping you focused on your vision and manifesting it.

The Law of Cause & Effect is also called the Law of the \_\_\_\_\_.

For every \_\_\_\_\_ there is a definite \_\_\_\_\_.

And for every \_\_\_\_\_ there is a definite \_\_\_\_\_.

Nothing happens by chance.

Emotions are powerful indicators of where we are \_\_\_\_\_ at any given time.

\_\_\_\_\_ cause \_\_\_\_\_.

\_\_\_\_\_ do not cause \_\_\_\_\_.

## Mental Laws

1. The mind must think.
2. Mind thinks boundlessly.
3. Mind thinks exclusively.
4. Mind drives body.

The ONLY thing that you have ABSOLUTE control over is your \_\_\_\_\_.

*“Man becomes what  
he thinks about  
all day long.”*

–Ralph Waldo Emerson

*“I become  
what I contemplate.”*

–Joseph R. Murphy

# Universal Laws of Creation

## Laws to Use to Get You Going

### 1. Law of Perpetual Transmutation

Everything is either going into \_\_\_\_\_ or out of \_\_\_\_\_.

What determines whether your desire manifests?

What causes your desire to be repelled from you?

### 2. Law of Vibration

*“The outer conditions of a man’s life will always be found to be harmoniously related to his inner state...The soul attracts that which it secretly harbors; that which it loves, and also that which it fears. Men do not attract that which they \_\_\_\_\_, but that which they \_\_\_\_\_.”*

-James Allen

### 3. Law of Obedience

You build in ignorance or you build in wisdom, according to your obedience, understanding and use of divine law in your daily.

Either way, you’re always \_\_\_\_\_.

You will either serve the \_\_\_\_\_ or the \_\_\_\_\_ in all you think and do.

### 4. Law of Sacrifice

Something always has to be sacrificed for something else. Sacrifice is letting go of something of a \_\_\_\_\_ nature so you can receive something of a \_\_\_\_\_ nature.

*“There is a law, irrevocably decreed in heaven...upon which all blessings are predicated. And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.”*

- D&C 130:20-21

# Universal Laws of Creation

## Laws to Use to Get You Going

### 5. Law of Attention (aka Law of Focus)

Energy Flows where attention goes. Whatever you focus on and give your attention to, will manifest.

Write down the main thing you've given your attention to today.

Is that attention leading you one small closer to your dream or one small step further away from it?

### 6. Law of Non-Resistance

What you resist, persists.

List some things that cause friction or resistance for your goal.  
(example: worrying, arguing, judging)

\_\_\_\_\_

\_\_\_\_\_

### 7. Law of Flow

Everything is always moving and changing, flowing in and out of life. To allow new things to come in, you must let go of the old.

Describe one situation (emotional or physical) that is not flowing well?

What is one thing you can do to activate the law of flow? Write it here



# Universal Laws of Creation

## Laws to Use to Get You Going

### 7. Vacuum Law of Prosperity

Nature abhors a vacuum. When empty space is created, nature always moves in to fill it.

Utilizing this law shows \_\_\_\_\_.

Where can you physically create space in your life for something to come in and fill it?

What is your intention for creating this space? (What are you opening up to come in its place?)

**Remember...**

**Go back to Lesson I**

and write down at least 3 successes, victories or shifts  
you've noticed or experienced in the last week.

# Universal Laws of Creation

## Laws to Use When Nothing Is Working

Universal laws to use when it feels like nothing you're doing is working

**Objective:** know which laws to use to smoothly navigate through the times when it feels like life is falling apart.

### 8. Law of Gestation

Every seed has an \_\_\_\_\_ . It takes time for an idea to develop and reach maturity. We don't always know how long it will be, but it is \_\_\_\_\_. It comes to an end. Our ideas never come \_\_\_\_\_ than the period of time it takes for them to mature.

### 9. Law of Sufficiency and Abundance

You have everything within you right now to create the life you desire, and that you are literally surrounded by abundance that is yours for the taking.

List some ways you feel satisfied with your life exactly as it is now.

### 10. Law of Detachment

In order to successfully attract something, you have to be detached from the outcome.

Understand the distinction between needs and \_\_\_\_\_.

Suffering comes from being \_\_\_\_\_.

Attachment is based in \_\_\_\_\_ and \_\_\_\_\_.

#### Examples of attachment:

“pushing the river”      Worry, anxiety      Making it work

“I want this so bad” vs “I’m so excited to see how this comes!”

Give an example of what it feels or looks like to you when you're attached to something.

# Universal Laws of Creation

## Laws to Use When Nothing Is Working

### 11. Law of Attraction

Like attracts like. What you send out vibrationally, you receive back. It will be a vibrational match in circumstances, events experiences, etc.

As \_\_\_\_\_, so \_\_\_\_\_.

*“Men do not attract that which they \_\_\_\_\_,  
but that which they \_\_\_\_\_.”*

-James Allen

*“To do much clear  
thinking a man must  
arrange for regular  
periods of solitude when  
he can concentrate and  
indulge his imagination  
without distraction.”*

- Thomas Edison

### 12. Law of Deliberate Creation

What you think about, you get. Deliberately choose to think high vibrating thoughts around what you want to create. With this law you create your vibration with \_\_\_\_\_, and you know exactly what vibration you're creating.

What are the 2 phases to Deliberate Creation?

1. \_\_\_\_\_
2. \_\_\_\_\_

### 13. Law of Rhythm

Nature's movements are \_\_\_\_\_. Your life is a \_\_\_\_\_.

Things don't always and forever go \_\_\_\_\_. By law, it has to bottom out and go \_\_\_\_\_.

# Universal Laws of Creation

## Laws to Use When Nothing Is Working

### 14. Law of Relativity

Nothing we experience is fundamentally good or bad. They become good or bad \_\_\_\_\_ to something else. To use this law to your advantage, always compare your situation with a \_\_\_\_\_ one.

No matter what your situation is right now, list 3 things you're grateful for because of it.

### 15. Law of Polarity

Everything has an opposite of \_\_\_\_\_ degree. If a situation is somewhat bad, it is also somewhat good. If a situation is catastrophic, it is also has the same degree of miracles within in.

*“Every adversity, every failure, and every heartache carries within it the seed of an equal or greater benefit.”*  
-Napoleon Hill

### 16. Law of Utilization

Everything happens for a reason, and that reason is there to \_\_\_\_\_ me.

#### Ask yourself, “How can I utilize this?”

Utilization leads to \_\_\_\_\_.

Make full use of everything in your life, the good as well as the bad.

Know that whatever you've attracted is precisely what you need for your next steps of evolution.

Think about how you can utilize the situation and find the benefits to yourself and to others.

What can you utilize in your current situation that will benefit you?

# Universal Laws of Creation

## Laws to Use When Nothing Is Working

### 17. Law of Projection

You spot it, you got it! All aspects of yourself are reflected back to you. Everything you see is a reflection or mirror of your inner \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Anything that elicits an \_\_\_\_\_ is the law of projection playing out in your life. This goes for positive emotion as well as negative emotion. It's an indication that there is a part of ourselves we're not healing or embracing, or acknowledging.

List 3 things that drive you crazy in other people.

List 3 things you admire in others that you wish you had in you

ALL of these things are aspects of you. When you learn to heal and embrace the shadow side of you, and develop those aspects of light in you, emotional reactions to other people will stop and you'll begin to just observe their behavior without being affected by it.

### 18. Law of Compensation

You get equal returns for that which is given. Whatever method of procedure you send out will return in the same way. Whatever you've got today is your just reward, whether or not you like it. Your \_\_\_\_\_ create and bring forth outer conditions. Choose your thoughts \_\_\_\_\_.

### 19. Law of Divine CompensationProjection

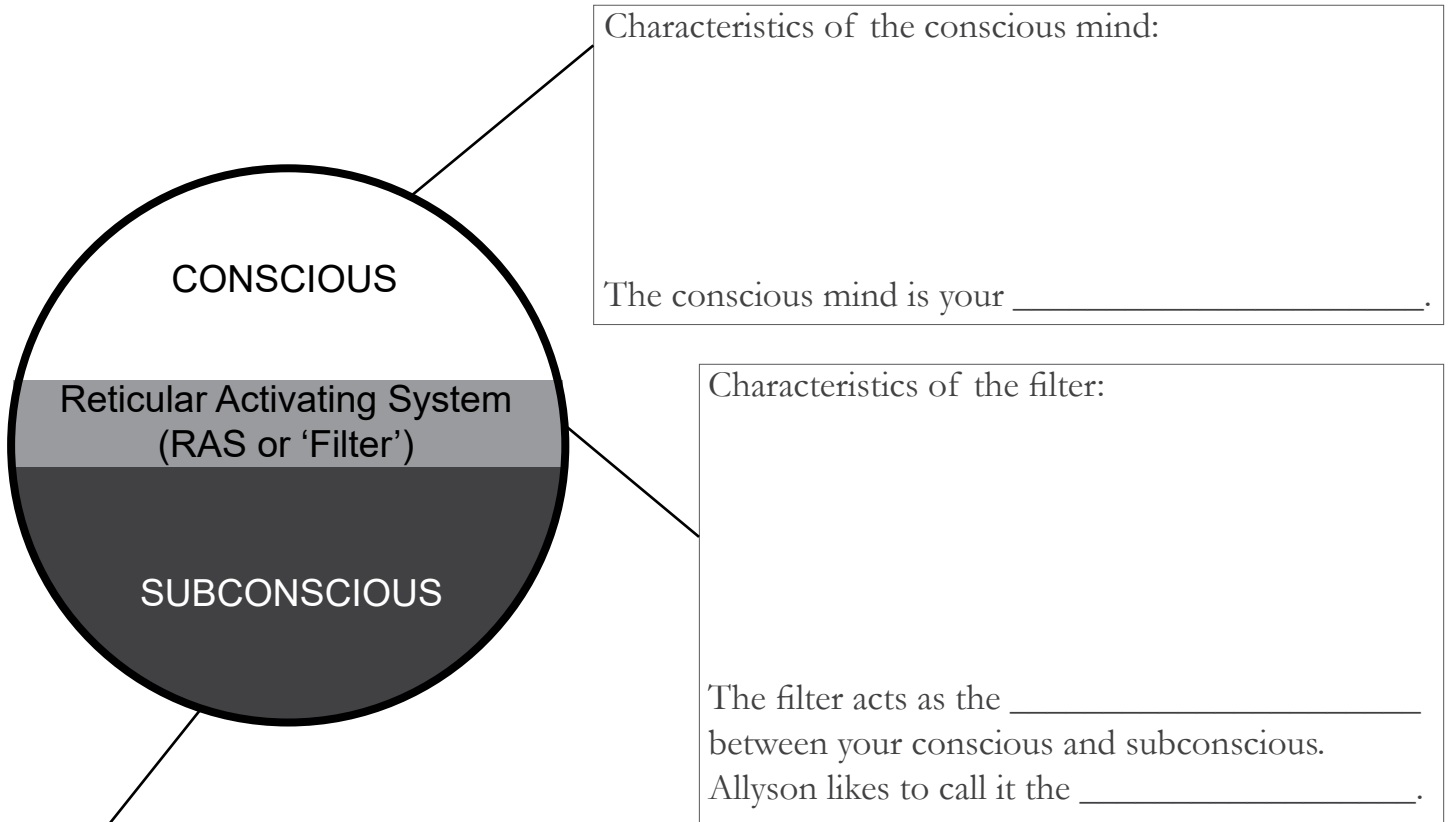
Even when we experience diminishment within the material plane, within the level of spiritual substance, there's more than enough capacity for the universe to compensate for any lack. Regardless of what has happened in your life, the universe is able and prepared to bring you comfort and repair. It does so when we align to \_\_\_\_\_ and let go of \_\_\_\_\_.

Remember to go back to Lesson I and write down at least 3 successes, victories or shifts you've noticed or experienced in the last week.

# Unveiling the Subconscious

Understanding the role the subconscious plays in creating prosperity makes all the difference to your success

**Objective:** Take the mystery out of the subconscious and start using it to create prosperity



*“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to move in the opposite direction.”*  
- Albert Einstein

Characteristics of the subconscious mind:

The subconscious is also known as your \_\_\_\_\_ or \_\_\_\_\_.

It's the center for your \_\_\_\_\_.

When someone tells you to go from your head to your heart, they're essentially saying go from your \_\_\_\_\_ to your \_\_\_\_\_.

The \_\_\_\_\_ happens in the subconscious.

# Unveiling the Subconscious



Is subconscious reprogramming hard?  
What is it like?

2 things must happen for thoughts to pass through the filter. What are they?

List 3 things it takes to be successful in reprogramming your subconscious.

We influence the subconscious mind by using \_\_\_\_\_.

Write an example of an affirmation:

Now write an example of an *affirmation*:

**Heighten awareness of subconscious programs by asking these questions:**

What do you think about \_\_\_\_\_?

How do you \_\_\_\_\_ about \_\_\_\_\_?

Your subconscious does not recognize or understand words of \_\_\_\_\_.

When you're highly emotional about something, it tells your subconscious,

*"Pay attention. This is \_\_\_\_\_."*

*"Simplicity is the \_\_\_\_\_."*

-Leonardo Da Vinci

# Unveiling the Subconscious

When are the two best times to reprogram the subconscious?

Why?

## A fast way to get your vibration higher:

In 60 seconds or less, list 10 things that are working for you right now, in this moment.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Please write at least one paragraph that answers the question:

*Wouldn't it be nice if...*



Remember...

Go back to Lesson I

and write down at least 3 successes, victories or shifts  
you've noticed or experienced in the last week.

# Subconscious Reprogramming

Reprogramming the subconscious isn't hard at all.

**Objective:** Knowing what you're doing and why you're doing it will make subconscious reprogramming a snap!

Reprogramming's the \_\_\_\_\_, friendly persuasion's the \_\_\_\_\_.

Awareness is the \_\_\_\_\_.

The \_\_\_\_\_ is connecting to and receiving (or experiencing) what you want in your mind, so it will manifest in your life.

The vast majority of mankind lives in the world \_\_\_\_\_; the more enlightened men are intensely interested in the world \_\_\_\_\_. That is, your thoughts, feelings and imagery make your world without.

Most men try to change \_\_\_\_\_ and \_\_\_\_\_ by working with conditions and circumstances. Instead, remove the \_\_\_\_\_. Conditions and circumstances are just the effects. The cause is the way you're using your conscious mind.

## So, what do you do first?

Think from standpoint of eternal truths, universal laws and correct principles of life, not from standpoint of fear, ignorance and superstition. Don't let others do your thinking for you. Choose your own thoughts and make your own decisions.

- Know \_\_\_\_\_ you're doing and \_\_\_\_\_ you're doing it.
- Your subconscious is very \_\_\_\_\_ to your thoughts.
- Work with vision statement daily. Read it morning and night \_\_\_\_\_, \_\_\_\_\_ and with \_\_\_\_\_. Understand what it is you're doing: you're reprogramming your subconscious. It's sinking deep into your subconscious, and \_\_\_\_\_ must follow.

## Throughout the day:

The conscious mind works with your \_\_\_\_\_ and gathers information about outer environment solely through them. \_\_\_\_\_ it in your conscious mind, mentally.

List 3 things you want, that you can claim in your conscious mind right now.

- 1.
- 2.
- 3.

What's the difference between releasing something and dismissing it?

# Subconscious Reprogramming

Frustration is \_\_\_\_\_. We feel it when we're connecting with the empirical evidence more than with our desire. (Empirical evidence is evidence gained from testing or experience.)

## When frustrated, affirm boldly several times a day:

"The infinite intelligence which gave me this desire leads, guides and reveals to me the perfect plan for the unfolding of my desire. I know the deeper wisdom of my subconscious is now responding, and what I feel and claim within is expressed in the without. I am balanced, calm and composed."

## When feelin alone or small, affirm boldly several times a day:

"God gave me this desire. The almighty power is within me, enabling me to be, to do, and to have. This wisdom and power of the almighty backs me up and enables me to fulfill all my goals. I think about the wisdom and power of God regularly and systematically. And I quickly bounce out thoughts of obstacles, delays, impediments and failure. I know that thinking constantly along this heavenly line builds up my faith and confidence and increases my strength and poise, for God hath not given me the spirit of fear but of power, and of love, and of a sound mind.

God is guiding me. There is right action in my life. Divine law and order are governing me. Divine peace fills my soul, and God is prospering me beyond my fondest dreams."

## Working With The Subconscious Mind

Subconscious mind is \_\_\_\_\_ and responds to the \_\_\_\_\_ of your thoughts.

Subconscious connected with \_\_\_\_\_ and doesn't receive info based on 5 senses.

It works best when conscious mind is in a \_\_\_\_\_, \_\_\_\_\_ state.

Convey the idea \_\_\_\_\_ and \_\_\_\_\_ and the subconscious will respond.

What is the command you want to give your subconscious?

List the 3 ways you command your subconscious:

# Subconscious Reprogramming

## Changing Beliefs

Beliefs are thoughts that are accepted as \_\_\_\_\_.

### 4 questions to ask yourself when changing a belief.

1. Is this \_\_\_\_\_?
2. Does it make me feel \_\_\_\_\_?
3. Can I choose a \_\_\_\_\_ now?
4. What do I \_\_\_\_\_?

### Exercise:

Make a list and see what comes up in your mind. Based on what those thoughts and emotions are, ask the 4 questions below, mentally claim those things as your own, and release it to the power of your subconscious mind and the universe to make it happen.



Add to my life	Subtract from my life	Multiply in my life	Divide in my life

# Subconscious Reprogramming

## Prosperity Affirmation:

*I am now writing in my subconscious mind the idea of true prosperity. God is the source of my supply, and I know that He is aware of me, and that all that He has is mine. All my needs are met at every moment of time and point in space. God's wealth flows freely, joyously and ceaselessly into my experience, and I am so grateful for God's riches forever circulating in my experience.*

## How to get out of your head and influence your heart

When feeling neurosis: (You know you're in neurosis when you're feeling anxiety, depression or obsession over a thought, or the mind chatter is out of control.)

Speak authoritatively and with great conviction and watch how quickly your mind quiets and calms down. You can say, "Be still, be quiet. I am in control; you must obey me. You are subject to my command. You cannot intrude where you do not belong."

For chronic negative emotions (like anxiety, etc), give it space. Be in awareness, and just sit with it. Don't try to get rid of it; it'll go on its own and very quickly—usually within 90 seconds. Don't go into neurosis about it.

Remember...

Go back to Lesson I

and write down at least 3 successes, victories or shifts you've noticed or experienced in the last week.

# Take It To The B.A.N.K.!

The Physical Pillar of Prosperity: it's all about connection

**Objective:** Learn a simple method called BANK to connect with others so every deal is a win-win for everyone

Prosperity isn't created in \_\_\_\_\_. For high levels of prosperity to occur, \_\_\_\_\_ with other people is \_\_\_\_\_.

Connection is \_\_\_\_\_.

**Cheri Tree** created a real-world methodology called \_\_\_\_\_ to authentically connect with others to increase her financial prosperity, and found that it also added abundance in her relationships.

BANK is a scientifically proven method of communication backed by over 2500 years of personality science that teaches you to crack someone's personality code in \_\_\_\_\_ or \_\_\_\_\_.

What is a cryptex?



\_\_\_\_\_ : science of locking up secret information

\_\_\_\_\_ : written scripture or paper rolled up and locked inside this device.

When speaking with someone, whose point of view do you normally speak from? \_\_\_\_\_

How many main personality types are there? ○

BANK is exactly the \_\_\_\_\_, only completely \_\_\_\_\_ from every other personality assessment in the world.

Define what each of the letters represents in B.A.N.K

**B**

**A**

**N**

**K**

\_\_\_\_\_

# Take It To The B.A.N.K.!

Every person on the planet is a \_\_\_\_\_ of all four codes.

To effectively influence others, talk about what's important to \_\_\_\_\_,  
not to \_\_\_\_\_.

## Learn more about your own BANK code

Guess your own B.A.N.K. code:

Crack your B.A.N.K. code with my free online assessment tool  
***mybankcode.com/prosperity***

Record your actual B.A.N.K. code here:

List 3-5 ways that we advertise our BANK code all the time.

Les Brown said,  
“Bank is a game changer for every entrepreneur and sales professional. This system will strengthen your \_\_\_\_\_, expand your \_\_\_\_\_ and dramatically \_\_\_\_\_ your income.”

Remember...

Go back to Lesson I and write down at least 3 successes, victories or shifts you've noticed or experienced in the last week.

# Blueprints & Actions

## Blueprint and Action

**Objective:** Crack the code of two of the four personality types to see how these people view and value the world

### Blueprint Values

S \_\_\_\_\_ P \_\_\_\_\_ R \_\_\_\_\_

S \_\_\_\_\_ P \_\_\_\_\_ C \_\_\_\_\_

S \_\_\_\_\_ R \_\_\_\_\_ T \_\_\_\_\_

P \_\_\_\_\_ D \_\_\_\_\_ T \_\_\_\_\_

Does anyone come to mind immediately after reading this list?

Write their names below

\_\_\_\_\_

# B

Blueprints live \_\_\_\_\_ the box!

Being \_\_\_\_\_ is very important to them.

Blueprints are: conservative    unconservative (circle one)

The name of the game is what? \_\_\_\_\_

How do you think they dress?

They can also come across as...

Blueprint professions (name at least 3):

Blueprint greeting:



# X

## Blueprints & Actions

### Action Values

F \_\_\_\_\_

O \_\_\_\_\_

C \_\_\_\_\_

F \_\_\_\_\_

E \_\_\_\_\_

W \_\_\_\_\_

S \_\_\_\_\_

A \_\_\_\_\_

F \_\_\_\_\_

A \_\_\_\_\_

S \_\_\_\_\_

I \_\_\_\_\_



Does anyone come to mind immediately after reading this list?  
Write their names below

\_\_\_\_\_

Actions live \_\_\_\_\_ the box!

\_\_\_\_\_ is very important to Actions.

How do you think they dress?

They can also be described as...

Action professions (name at least 3):

Action greeting:

### Assignment:

Start paying attention to people around you. Observe and notice, and see if you can pick out the B's and A's in everyday life, in movies and in books you read.

Remember... Go back to Lesson I  
and write down at least 3 successes, victories or shifts you've noticed or  
experienced in the last week.

# Nurturing & Knowledge

Nurturing and Knowledge

**Objective:** Crack the code of the other two of the four personality types to see the different ways these people view and value the world

## Nurturing Values

R_____	C_____
A_____	C_____
P_____	E_____
S_____	H_____
T_____	M_____
I_____	C_____



Does anyone come to mind immediately after reading this list?  
Write their names below

\_\_\_\_\_

Nurturing personality types \_\_\_\_\_ the box!

How do you think they dress?

Nurturing 'gang sign'

Nurturing professions (name at least 3):

Nurturing greeting:

# XI

## Nurturing & Knowledge

### Knowledge Values

L\_\_\_\_\_

S\_\_\_\_\_

I\_\_\_\_\_

U\_\_\_\_\_

L\_\_\_\_\_

E\_\_\_\_\_

S\_\_\_\_\_

C\_\_\_\_\_

T\_\_\_\_\_

A\_\_\_\_\_

R\_\_\_\_\_

T\_\_\_\_\_

# K

Does anyone come to mind immediately after reading this list?  
Write their names below

\_\_\_\_\_

Knowledge personality types \_\_\_\_\_ the box!

How do you think they dress?

They can also be described as...

Action professions (name at least 3):

Action greeting:

### Assignment:

Start paying attention to people around you. Observe and notice, and see if you can pick out the B's and A's in everyday life, in movies and in books you read.

Remember... Go back to Lesson I and write down at least 3 successes, victories or shifts you've noticed or experienced in the last week.

# Next Steps

Getting the formula down....next steps to success

**Objective:** A review of the Prosperity Formula and a breakdown of what to do to create tangible prosperity in a step-by-step fashion

Congratulations! I hope that you enjoyed learning about the Foundations of Prosperity in this course. I've included a few ideas below to help you continue to apply the lessons within this program to your daily life.

- Determine what you want to create in the next 6 months. --Be very clear!
- Fill out another Vision of the Future worksheet (bedazzle it and create a vision board from it that you see daily)
- Create affirmations around your vision and say them daily
- Notice what thoughts come up when you think about your vision—write them down, tear them up, burn it then flush it
- Connect with your Higher Power daily
- Notice how well you receive, and consciously open yourself to receive more
- Think on your vision DAILY, as if it's already here, to gently influence your subconscious mind.
- Ask yourself “Wouldn't it be great if...” regularly!
- Be aware of thoughts and emotions, and use muscle testing and tapping daily to clear them and keep you aligned
- Keep the laws handy and see how they're playing out in your life
- Know WHAT you're doing and WHY you're doing it!
- Don't overstep your bounds (you're in charge of what and why, God is in charge of when and how)
- Move quickly on inspired ideas and opportunities that move you closer to your vision (you know they're inspired because you feel something—like excitement mixed with fear)
- Have fun playing with BANK and cracking people's codes to create deeper connections, more compassion and patience, and more financial currency!
- Do the 72 hour experiment at least twice a month. (You can modify it to a week-long experiment, but stay consistent with the guidelines and what you're doing every day.)
- Note what came up to block you, what you did to clear it, and how close you came to your goal.
- Most of all, HAVE FUN and keep it LIGHT! Creating True Prosperity is an amazing process, one that connects you with your awesome powers of manifestation and connects you to your True Self. When the work feels heavy, tweak it so it feels light again.

Remember...

Go back to Lesson I

and write down at least 3 successes, victories or shifts  
you've noticed or experienced in the last week.

## Join the Prosperity Revolution!

If you've loved this course and want to connect with other like-minded prosperity makers, I invite you to join my monthly membership program **The Prosperity Revolution!**

When you subscribe, you'll get the support of the online community, additional weekly video/audio trainings on each part of The Prosperity Formula, as well as a 60 minute *Ask Allyson Anything* group call each month.

There is no contract and you can cancel anytime.

Go online to [prosperityapproach.com/revolution](http://prosperityapproach.com/revolution) for more information and to sign up.

You can do this!  
**You ARE doing this!**

To YOUR Prosperity!

A handwritten signature in purple ink that reads "Allyson". The signature is written in a cursive, flowing style.



# PROSPERITY ESSENTIALS

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