

Unleashing Your Prosperity Consciousness



A Guided Energy Activation

With Elyse Hope Killoran and Max Wellspring of

<http://www.soulalignedbusiness.com>

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Your Session Facilitators

Elyse Hope Killoran - President, Prosperity from the Inside-Out



As a Transformational Coach specializing in the experience of “Prosperity,” Elyse has spent the last ten years supporting people in applying the principles of the “Prosperity from the Inside Out” system to create significant and lasting change in the areas of: money, love, health, career, business and family.

Elyse is a living model of how engaging your Soul as your "co-creative business partner" enables you to fully leverage the true potential of your business. She enjoys abundance in all areas of her life — specifically an abundance of time, money, freedom, fun, friendship, peace and love! Although her "reality" (as a newlywed and mom of 14 and 16 year old boys) might be one in which you would expect stress, time-constraints and monetary-challenges, Elyse has drawn into her life a vast array of people, opportunities and financial resources which enable her to provide very well for her family while doing what she loves: coaching

clients through her Platinum and Soul-Aligned Business coaching practice, live workshops and regular teleclasses.

Max Wellspring – Master Energy Practitioner

Max Wellspring: Facilitator of The Prosperity Partnership Advanced & Mastery Programs.

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Max Wellspring is best known as a transformational catalyst. She is an expert in assisting people to relax & enjoy their lives while easily knowing and trusting that anything is possible. When individuals or businesses are looking for the roadmap for fulfillment and success, they have partnered with Max for her coaching skills in working through obstacles to create the most viable, sustainable solution, whether it is a life issue, career move, or business decision.

Max received her bachelor's degree from the University of Colorado and is Coach University trained. She is a long time student of Abraham-Hicks and Byron Katie. She is a faculty instructor for the Prosperity Partnership Program. She has received certifications from Coaching From Spirit and Emotional, Freedom and Healing Energy facilitation. In over 10 years of her coaching practice through one-on-one sessions, courses, teleclasses, support groups, seminars & energetic activations, Max has supported hundreds of clients to transform, uplift and love their lives. Max is currently supporting clients with her new program entitled The Trust Your Life Experience.

Max's coaching has been described as honest, caring and profoundly practical. Her interest in "transformation" is distinguished from just making "changes" in your life. If you make a change, you can change back. But, with the kind of transformation Max stands for, you are not the same person that you were before and there is a permanent metamorphosis. You feel you are living in alignment with your unique purpose and you realize that you have the power to make a difference in your own life and in the world around you. You are guided to envision your life just the way you want it, make the most of opportunities, resolve challenges, and experience deep satisfaction. Simply, Max is dedicated to inspire people to live the life they want consciously, effortlessly, and joyously.

Shifting Paradigms

Do any of the following statements feel familiar to you?

- * There are things that I feel are true in my heart that directly contradict the world view I've held since I was a child.
- * I sense that there is more to reality than what I can see/feel/touch/smell and taste -- but I have a difficult time trusting this sense without some real proof.
- * I am drawn to works by... (Wayne Dyer, Abraham-Hicks, Caroline Myss, Neale Donald Walsch, Lynn Grabhorn, [fill in your favorite author here...]) and when I read them I feel as if my perspective has expanded. Yet when I put the books down I find it challenging to hold onto the new beliefs in my daily life.
- * I have read that our thoughts have the power to create reality and I find this all very appealing - but I have not been able to demonstrate this in my everyday life
- * Sometimes I feel as if I am **walking between two worlds** - the world that everyone else agrees is real and the stuff that resonates with me on an inner level -- and I end up feeling off balance and uncomfortable in both worlds.
- *What I want more than anything is to be able to pull together the seemingly contradictory information that I hold so that I can feel integrated and empowered to set the tone for my future.

If one or more of the statements above feels familiar to you, you are currently moving through a personal **paradigm shift**.

The concept of **paradigm shift** was first introduced by Thomas Kuhn, a Harvard-affiliated scientist and philosopher. In Structure of Scientific Revolutions (1962), Kuhn refutes the notion that scientific advancement is evolutionary by arguing that a new world view is actually brought forth by a "series of peaceful interludes punctuated by intellectually violent revolutions," and in those revolutions "one conceptual world view is replaced by another."

For those of us on a spiritual path, the deconstruction of our rational/logical three-dimensional world view, to be replaced by a more expanded perspective, while necessary, is typically very disquieting. The move through a paradigm shift is characteristically accompanied by mental confusion and emotional angst (fits and starts; one step forward and two steps back, etc.) as we find ourselves holding radically different views simultaneously without knowing which one to trust.

This unbalanced experience can reveal itself as:

- Feeling heart-drawn to certain opportunities (for example: leaving a solid career to pursue your life purpose) that you find intellectually untenable & anxiety producing.
- Being able to intellectually articulate what your favorite spiritual writers decree, but not feeling safe to align your lifestyle that way.
- Making a commitment to meditate everyday, but finding yourself glancing at your watch and feeling compelled to cut it short so that you can get some *real* work done
- Speeding on the highway to get to yoga class ;-)

In order to be able to tap into the power of the *Prosperity from the Inside-Out* system we need to be able to hold -- or at least return consistently to -- an expanded perspective of the way that the world operates. Concepts such as ***holographic universe***, ***vibrations*** and thoughts with ***creative potential*** make no sense from a strictly third-dimensional perspective. And yet we are still beings in physical form who need to interact on the material plane. Which perspective -- material or spiritual -- truly serves us best?

The answer is, neither -- and both! The key to relieving the scattered energy that causes such discomfort is the realization that we always have a choice about which aspect of ourselves we are identified with at any particular time. We are, simultaneously, human beings having spiritual experiences and spiritual beings having a human experience. Freedom is ours the moment that we accept that it is possible to hold seemingly paradoxical views with grace.

At some moments (for example, in the face of imminent physical danger) it is more appropriate to view ourselves as personalities first, while at other points, it behooves us to find the goal or focus that both our personality (limited self, defended heart, ego) and our Soul (Higher Self, undefended heart, Spirit) feel passionate about.

The key to moving through the paradigm shift with ease is becoming grounded in the knowledge that, once you take that first step on the path of spiritual development, you will always be ***walking between two worlds***. As long as you are in a physical body: you will be physically vulnerable, time will be a reality, and action will be essential. However, your understanding of the expanded perspective is also essential, for even as a physical being you have the power to tap into the energy field and enhance your doing-ness by taking ***inspired action*** and bringing your energy into alignment with your goals.

Finally, a major contributor to your ease of evolution along this path will be the level of community support that you receive. Caroline Myss explains that we evolve at a rate consistent with the group that we are "plugged into". For those seeking to accelerate their evolution, a conscious decision to partner with others who are walking this same path can mean the difference between struggle and joy. ***We're delighted that you've joined us for this group energy activation.***

Shifting To A New “Prosperity” Paradigm

Traditional “Scarcity” Mindset (Stress, struggle and strive...)

- ◆ Belief in scarcity/operating from a sense of lack (not enough business, time, money now!)
- ◆ Forcing yourself/creating “have-to’s” and “shoulds”
- ◆ Seeing what you want as “out there” and separate
- ◆ Competing/feeling threatened by other’s success
- ◆ Focusing only on the goal
- ◆ Worrying over finances/feeling needy/ fears of loss/doubts about future
- ◆ Operating on automatic/ignoring Inner Guidance
- ◆ Measuring abundance/success only by how much money you have
- ◆ Putting off higher purpose activities until you have more time
- ◆ Talking about problems, lack, how far you have to go
- ◆ Viewing other’s as the source of your abundance
- ◆ Creating by default

= Qualities that repel money

Prosperity From The Inside-Out (Elegance, authenticity, attraction)

- ◆ Believing in abundance and trusting in your ability to create abundance
- ◆ Taking only inspired action
- ◆ Understanding the true interconnectedness of the Universe
- ◆ Cooperating/applauding/wanting everyone to succeed
- ◆ Finding joy in the process
- ◆ Coming from a place of fullness
- ◆ Tapping into a source of higher wisdom and becoming your own authority
- ◆ Measuring abundance/success as fulfilling your purpose and happiness
- ◆ Doing the highest order things first
- ◆ Focusing on positive aspects/an attitude of gratitude
- ◆ Recognizing the true source of your abundance
- ◆ Becoming a Deliberate Creator

= Qualities that attract money

Note: The list of qualities that attract/repel money has been inspired by *Creating Money: Keys to Abundance* by Sanaya Roman and Duane Packer.

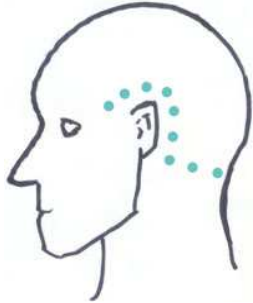
Key Points of Creating Prosperity from the Inside-Out

1. Your outer manifestations always mirror what is going on inside you.
2. When you change your inner programming, the external results will change accordingly.
3. If you don't have something that you want, it is because you are not energetically (mind-body-soul) aligned with it.
4. If you have something in your life that you don't want, it is because right now you are in energetic alignment with it.
5. Whether you want something you do not have, or you have something that you do not want, when you learn to consciously shift your energy you will attract totally different results.
6. The laws of the universe are totally clear and absolutely consistent!
7. To change your attraction: 1st) Get clarity about what you want, 2nd) Align your energy with it, and 3rd) Commit to receiving it and it will be yours.
8. Simply knowing something on an intellectual level gives you very little power. When you take a truth and internalize it so that it becomes who-you-really-are on a cellular level, you will radiate that truth outward and your entire experience of life will be changed.
9. The fastest way to block your efforts to create the life you love is to get caught up in a negative energy spiral. Any action taken from a place of lack (fear, anxiety, poor self-esteem, separation/scarcity consciousness) will be motivated action (pushing fear/discomfort away) and will be counterproductive.
10. The fastest way to propel yourself towards the manifestation of your dreams is to: 1) learn the intricacies of the universal laws, 2) consciously line up your energy with what you want and 3) take action (positive, flowing, enthusiastic action) from a place of inspiration (pulling your good towards you) rather than motivation.

Temporal Tapping Meridian Therapy Technique

The Temporal Tapping Technique is as follows:

With this technique, we were doing constructive affirmations to help establish new habits of thinking and feeling. It is a very easy, soothing and energizing tool to consciously choose your experience from the inside out.



Here are the points on the right side of the head with which you are working:

- ~ start tapping at the temple bone near your right eye
- ~ then, continuing to tap, move next along a path on behind the ear
- ~ at the bottom of the ear, keep tapping along the occipital bone that runs from ear to ear where the skull meets the top of the neck
- ~ end up at the boney protrusion in the middle of the occipital bone on the back of your head

*** From temple bone to the middle of the back of your head...this is the continual path that you stimulate by tapping with enough pressure to feel firm contact and a bit of a bounce.

Tapping along this path, you repeat the statements 3 times as you continuously move from one point to the next in a line starting at the temple proceeding behind the ear and ending on the occipital bone. You are using three tenses or three voices.

For example:

I, Max...

You, Max...

Max is...

Sample statements might be:

I, (state your name), now open my heart and my life to abundant prosperity and success. (3 Xs)

You, (state your name), now open your heart and your life to abundant prosperity and success. (3 Xs)

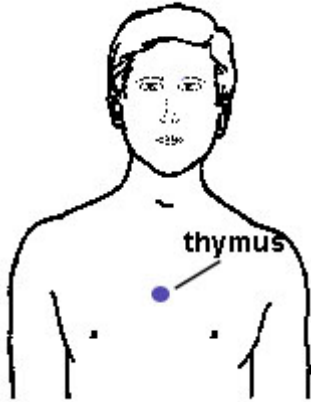
(State your name) now opens her/his heart and her/his life to abundant prosperity and success. (3 Xs)

Please note: Of course you can design any statement you want for this exercise using your name and any issue that is up for you to heal.

*** Adapted from Donna Eden's book, Energy Medicine

Thymus Thump

The Thymus Point is located about an inch and half above your sternum. To locate it, put your fingertips on your chest between your breasts and go up about an inch.



Collectively, we experienced tapping on the Thymus Point to release limiting beliefs, blocks and negative programming. By going to page five of this workbook entitled "*Shifting to a 'New Prosperity' Paradigm*" you will find the wording to help shift from "the scarcity mindset" to a mindset that promotes "prosperity from the inside out".

As you thump on the Thymus Point, the idea is to release everything that resonates for you in the left-hand scarcity column and embrace or welcome in everything that corresponds directly opposite in the right-hand prosperity column.

For example, while tapping on the thymus say:

"I clear any beliefs in scarcity and operating from a sense of lack and **I now embody** the belief in abundance and trust in my ability to create prosperity."

"I release seeing that what I want is "out there" and **now embrace** the understanding of the true interconnectedness of the Universe. That which I seek is seeking me."

"I let go of creating by default and **I now choose** to become a Deliberate Creator."

Also some side benefits of the Thymus Thump are:

- Stimulates all of your energies
- Boosts your immune system
- Increases your strength and vitality

*** Adapted from Donna Eden's book, Energy Medicine

Progressive Affirmation Exercise

Progressive affirmations help you to make incremental energetic shifts in an ever more positive vibrational direction toward the belief that you truly wish to embody.

This process is a simple wake up call for the subconscious...letting it know you are serious.

For example:

I release my need to scare myself about money. (YES !)

I am willing to release my need to scare myself about money. (YES !)

I give myself permission to release my need to scare myself about money. (YES !)

I am releasing my need to scare myself about money. (YES !)

I am a money magnet (YES !)

“Affirmations definitely work. They help you keep your attention, allowing that kind of energy to flow. They’re not going to make something happen, but they make something welcome.”

~ Rev. Michael Beckwith

On "Choosing Prosperity"

On Choosing:

"If, now, there is something you choose to experience in your life, do not want it -- choose it. Do you choose success in worldly terms? Do you choose more money? Good. Then choose it. Really. Fully. Not half-heartedly." -- The Voice in Conversations with God, Book 1

"What one great idea resonates deeper in the soul than any other...that we are free to choose. Next to life itself, the power to choose is your greatest gift." -- Stephen Covey in The 8th Habit of Highly Effective People

"I found every single successful person I've ever spoken to had a turning point and the turning point was where they made a clear specific unequivocal decision that they were not going to live like this anymore. That they were going to achieve success. And some people make that decision at 15 and some people make it at 50, and most people never make it at all." -- Brian Tracy

"The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone." -- Orison Swett Marden Editor, Success Magazine

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." -- Thomas Jefferson

"Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself." -- Robert F. Bennett

On Prosperity:

"God intends for us to live in prosperity: to enjoy rewarding relationships and fulfilling careers. God never intended that we drudge through the day and come home to collapse on the sofa, too tired to appreciate those around us. As co-creators, however, we have to make a decision for prosperity. If we don't decide to prosper, we unconsciously choose limitation and scarcity. All the abundance in the world is available to us, once we open ourselves to God." -- Mary Manin Morrissey

"How rich can you be? As rich as you think you can be, or as wealthy as your contentment level. However most people are content in just 'getting by' -- and if that is as far as your consciousness can expand, then so be it. You have made that choice. But know that you can achieve the total freedom of financial independence if you choose and will work to uplift your consciousness to accommodate that level of completeness." -- John Randolph Price in The Abundance Book

"Our definition of prosperity follows from the root word to 'prosper' suggesting that prosperity really means to prosper and thrive in every area of one's life. The experience of thriving always begins with a decision made from within... " -- Elyse Hope Killoran

"Many people are waiting for prosperity. It cannot come in the future. When you honor, acknowledge, and fully accept your present reality - where you are, who you are, what you are doing right now - when you fully accept what you have got, you are grateful for what you have got, grateful for what is, grateful for Being. Gratitude for the present moment and the fullness of life now is true prosperity. It cannot come in the future. Then, in time, that prosperity manifests for you in various ways." -- Eckart Tolle in The Power of Now

"The ability to manifest - to take one's visions, dreams, hopes and fantasies and make them real - is one of the most important skills people can learn to empower themselves and become greater lights to the world around them. There are many people who aren't doing their life's work because they don't know how to manifest money or the tools they need. The ability to create abundance will greatly add to people's ability to lead rewarding and fulfilling lives." -- Sanaya Roman in Creating Money

"The world is awash in money! Do you hear what that means? It is awash in money. It is flowing for everyone. It is like Niagara Falls. And most of you are showing up with your teaspoons." -- Abraham-Hicks

"A world of abundance surrounds you, if only you will step up and claim it. Make life happen through you rather than letting it happen to you. It will make all the difference in the world." -- Ralph Marston

On Choosing Prosperity:

"Every day, I ask myself: what do I choose? Do I choose prosperity, or do I choose lack? Do I choose love, or do I choose fear? Do I do it the old way, or do I allow a delicious new way to emerge? Do I do it all by myself, or do I ask for help, inner and outer! Do I follow the path of struggle, or the path of joy? Do I continue to look at money as bad and icky, or do I find new ways, so that it becomes my joyful friend? More and more, I say, "One for me! One for everybody who wants one!" I'm pro choice. I hope everyone on the planet chooses prosperity." - Julie Ling, Prosperity Partnership Member

"It is so liberating to realize I have the power to choose "consciously" to let go of the fear of not having enough money, and therefore let go of the argument! I'm finding that the choice to let go of fears and to accept prosperity, is so powerful, it creates an energy all its own." -- Steve Pollack, Prosperity Partnership Member

"There is no such thing as scarcity - just look around you - go on take a good, deep, meaningful look! Hunt for a place in nature that shows scarcity, show me an animal that lives in scarcity and I'll bet a wager with you that animal has been conditioned by a human mind. Scarcity resides only in your mind. Only in your perception of lack do you fail to see and appreciate the joy that abounds - the excitement of being alive. Become alive and be that prosperous beacon of light that shows the way home for others. It's time to flick the switch and allow, be grateful and honour your life." -- Sue Bottomley, Prosperity Partnership Member and Certified Prosperity Guide

"Everything in life, including Prosperity, is a choice. We must choose at a conscious level before we can convince our subconscious that it is possible. Compare it to exercising a muscle. When you first begin to exercise it, you can only lift a small amount, but as time goes on and the exercise continues, you increase the muscle's strength and ability. In choosing Prosperity, we must begin by acknowledging the choice we are making, (even if we don't truly believe it at the time.) Daily, as we remind ourselves of the choice we have made, our internal belief will slowly build, and we will begin to see the results of our choice." -- Sue Palmer, Prosperity Partnership Member

"Money has been one of my most consistent and most demanding teachers. I have examined my beliefs, done affirmations, taken programs - all slowly and surely helping me to create a more harmonious relationship with money...I choose now to hold this truer belief, this belief that supports me in living a more fun and more full life. It is my choice what I believe and what I experience, but only when I'm willing to look at what's not true in my life and let it go." -- Joanne Lee, Prosperity Partnership Member

"It is up to each of us to re-train ourselves to believe in our deservability of a joyously, prosperous life, to choose thoughts that feel great to us individually. For these good feelings are the nudgings coming from our truth, our spirit, guiding us forward into our dreams and passions. Our own personal prosperity! We've all got the ability to choose and create extraordinarily well!" -- Janice Carlson, Prosperity Partnership Member

"I am discovering that choosing prosperity truly is a joyful experience. Every day I choose to be clear about what I want, align my energy with it, joyfully experience it as mine, and then feel the gratitude of knowing that the universe is bringing it to me. These are the ABCs of manifesting that I wished I learned in primary school. So simple, yet so powerful, and it transforms my day." -- Chrystal Chantel Prosperity Partnership Member

*The key to 'Creating Prosperity from the Inside-Out' is in believing that it is possible -
- that your inner shift in consciousness will be reflected in your outer reality.*

Try, just for today, to experiment with the belief that 'Prosperity is a Choice'.

Choose Prosperity today...and see what shows up tomorrow.

Continuing On The Prosperity Path

If you have found resonance with the material in this e-book and you have a desire to continue to move forward on the prosperity path, we suggest that you:

- ❑ Thoroughly explore our site at <http://www.choosingprosperity.com> especially our free resources page at: <http://www.choosingprosperity.com/free.htm>
- ❑ If you are an entrepreneur or business owner, register for a free six month video coaching program to activate the transformational principles of Soul-Aligned Business at <http://www.soulalignedbusiness.com>
- ❑ Register to play the free, automated [Prosperity Game](#)

The Prosperity Game, first introduced by [Abraham-Hicks](#) (teachers of Deliberate Creation), is a simple, fun, and empowering way to activate one's ability to create prosperity - from the inside-out.

- ❑ Subscribe to our free ezine, "[Prosperity from the Inside-Out](#)."

This powerful, multi-dimensional program is designed to activate your Prosperity Consciousness! Each month you'll receive step-by-step guidance in the use of a new spiritual tool, so that you can begin creating prosperity -- from the inside-out! Subscribe at our web site [Prosperity from the Inside-Out](#) Click here to read [past issues](#)

- ❑ Register for the next, two-week trial of "[The Prosperity Partnership Program](#)" (Available internationally via teleconference technology - see description below.)
- ❑ Enlist the authors of this guide (who are also the Founder and Principal Energy Facilitator of the Prosperity Partnership) to partner with you, one-on-one, to anchor your highest future.



Max Wellspring is a Certified Spiritual Coach and Emotional Freedom Facilitator who also works with clients individually via telephone to co-create all that's necessary to live in alignment with their true-life purpose. To learn more about Max and her coaching practice, please check out <http://www.thewellspringsolution.com/meetmax.html>

If you feel heart-called to share your unique gifts with the world - but challenged when it comes to business operations (like marketing & sales) – Elyse Hope Killoran is looking to partner with you to unleash the full potential of your work - personally, financially, emotionally and spiritually. Contact Elyse at Elyse@choosingprosperity.com





The Prosperity Partnership

A Powerful Intentional Community Experience
of Aligning Body, Mind, Emotions and Spirit
to Awaken Prosperity Consciousness
in Every Area of Your Life!

READ what PPP participants are saying:

"Way more than I expected!! I really love the program! ...I really feel that I've changed at a cellular level, which I didn't 'get' when I started the program..."

"Clearly a powerful community, lead by those who 'walk their talk.' A gift to all who participate."

"I'm really impressed with the program! My life has gone into 'fast forward' and it is really making a difference."

"It has been the single best use of time and resources I've made in the last year!"

[Read these testimonials and others by clicking here](#)

HEAR what PPP participants are saying:

Rachel N. Los Angeles, CA describes how she "started the PPP with a bang" by putting her house on the market and selling it "within 5 hours, in a bidding war and walking away with an extra \$100,000." [Click This Link](#) To Play The Audio Message from Rachel

Erik A. Austin, TX "I have more abundance in my life in every single form every day. I'm making more money. I have more loving relationships. I'm a more loving person. I'm healthier, I feel more at peace." [Click This Link](#) To Play The Audio Message from Erik

Duanne R. outside Austin, TX "The experiential learning, the support from the group, the consistent every week practice with my inspirational actions has literally produced results beyond my expectations and I'm ready for more." [Click This Link](#) To Play The Audio Message from Duanne

James G. - Somerset, England "What was so uppermost in my mind - financial lack, scarcity - does not exist now. I am debt free...I have had unexpected windfalls that appeared exactly when they would make the most difference...And this has come about not because of struggle, effort and intellectual endeavor... but due to the tools and practical approach of the partnership group." [Click This Link](#) To Play The Audio

[For additional audio testimonials click here...](#)

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