

# Practice of Thriving

Opening to Divine Abundance Everywhere 2008

Based on the book  
by Edwene Gaines

## The Four *Spiritual* Laws of Prosperity

Class workbook

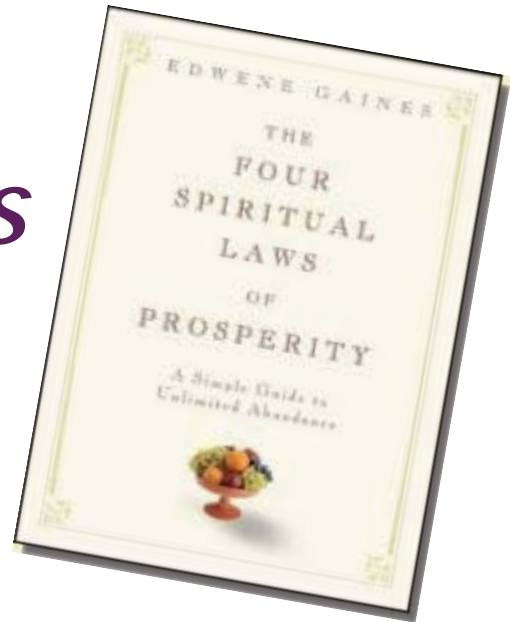




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# *The Four Spiritual Laws of Prosperity*

*Much of the material in this workbook comes from Edwene Gaines' book. It has been used with permission.*



## Prosperity

Edwene Gaines wrote this prayer for the beginning of her book:

### Opening Prayer

Father/Mother God, I invite the Holy Spirit to take charge of my journey to prosperity. I let go of all that has gone before and I now begin anew. I am free and forgiven for all the mistakes I have made in the past. I open myself now to expressing a brand-new magnificence. I open myself to the infinite possibilities that are mine to choose. I open myself to receiving all the goodness I can have and to all of the greatness I can achieve. I invite the Holy Spirit to heal my body, to harmonize my emotions, to renew my mind, to fill me now with a mighty faith that empowers me and allows me to commit to be all that I can be.

**And so it is.**

## The Four Spiritual Laws of Prosperity

1) What does prosperity mean to you?

2) Is it just money?

3) How does it feel to be prosperous? Describe the feeling.

4) Do you have any fear about being prosperous?

5) What are you willing to do to expand understanding of your own prosperity?

*You are prosperous to the degree that you are experiencing peace, health, and plenty in your world.”*  
—Catherine Ponder

# Dare to Claim Your Good!

## Prayer statements for Unexpected Prosperity

### By Edwene Gaines

#### **Instructions to set into consciousness:**

- Write these statements every day for 21 days.
- Speak them aloud 3 times a day for 21 days.
- Keep a record of your divine surprises, tithes, offerings and gifts. Pay attention.

Your good desires you and the universe is conspiring to make you happy. Keep your commitment to be all you came to be. There is good in your world for you. Claim it now!

- 1) The entire universe loves me, serves me, nurtures me and wants me to win.
- 2) There is enough for everyone.
- 3) I choose in this moment to release all sense of burden, struggle and fear.
- 4) I choose to live in TRUST.
- 5) I have wonderful gifts to give and I choose to give generously.
- 6) I have wonderful gifts to receive and I receive joyously.
- 7) Money comes to me from all directions and I am rich.
- 8) Money is energy and is here to serve me.
- 9) I can be trusted to handle money spiritually.
- 10) I tithe where I am fed spiritually.
- 11) Money comes easily and effortlessly to me for my personal use. I am a good receiver.
- 12) There is no greed in me. I love to share.
- 13) There is no fear in me. God provides lavishly for me and all humanity.
- 14) Large, rich, opulent, lavish financial surprises now come to me and I am grateful.
- 15) I have wonderful projects for good in the world and all the money I desire shows up to support my work.



# Forgiveness

# Forgiveness

*Holding on to resentment is like taking poison and hoping the other person will die. —Carolyn Myss*

*On our spiritual journey toward prosperity, we are aspiring to a forgiveness that is so deep, so full, and so complete that no traces of any bad feeling at all will remain within us. —Edwene Gaines*

## **Why should we forgive ourselves or the people who have done us wrong?**

Because harboring a grudge completely blocks our ability to have peace of mind. All sorts of studies indicate that negative thoughts, feelings, words, and behaviors affect our mental and physical health, our success, and our self-worth. Forgiveness is not something we do for the sake of another person. Forgiveness is something we do for ourselves.

## **Forgiveness and Financial Debt**

Forgiveness is a wonderful gift that will help you achieve greater serenity and peace of mind. But the rewards you get from it are not just emotional; they are financial, too. If you are carrying debt around, the quickest way to get out of that debt is to forgive. And where did that debt come from, unforgiveness with yourself.

## **Prayer and Forgiveness**

Forgiveness can be like an onion with many layers. Some can be very hard to deal with, so this is where prayer and prayer triads or partners can be very important. Connect with two of your classmates and form triads for support in difficult times. If you are doing this on your own find two friends that are just willing to be of prayer support. These people will be able to hold the highlight for you when you can't hold it for yourself.

**The practice of forgiveness is our most important contribution to the healing of the world.**

*—Marianne Williamson*

# Forgiveness Techniques

## Forgiveness Technique Number 1

Writing, speaking and listening to forgiveness affirmations are all effective ways to begin the process of forgiveness. You can use the ones below or create your own. Always remember to say what you want to be true as if it is already true.

- I forgive myself completely for every mistake I have ever made.
- I forgive others, knowing that we all did the best we could at that time.
- I let go of guilt, blame, shame, judgment, and hurt.
- I am free from condemnation.
- I forgive my parents completely.
- I forgive everyone who did not give me the love and attention I desired.
- I forgive myself for my unconscious behaviors of the past.
- I forgive others theirs as well.
- I allow myself to feel forgiven and to move forward in life.

## Forgiveness Technique Number 2

Every night ask yourself prayerfully “Have I put anyone outside my heart today?” If you have, take time to forgive yourself for this judgment made in an unconscious moment, and to release your need to control others’ behavior. Come again to the realization that how others act, drive, dress, speak, spend, vote, and generally behave is none of your business. Then invite them back into your heart, looking to see what caused you to toss them out, forgiving them and yourself, making a new commitment to be more awake and aware.

## Forgiveness Technique Number 3

At least once a year, but usually more often, do a complete forgiveness inventory of your entire life. Set aside a day and find a quiet place to face yourself and your past. Alone and uninterrupted, mentally go through your whole life as far back as you can remember. Gently and easily, release and let go. Forgive all those in the past that need forgiveness.

## Forgiveness Technique Number 4

It is time to work on forgiving yourself. We do this by writing down every single dumb or wrong thing we have ever done. (For some of us, this will take awhile.) Then you must share your list with someone else, someone you care about as much as they care about you, someone you completely and totally trust. All you want them to do is listen. Just the simple act of telling about something can release it. Surround yourself with love and know the healing has taken place.

## Forgiveness Technique Number 5

If there is something or someone you are still having a hard time letting go of, ask God for help. Maybe it is time to ask God, Jesus, Mary, Buddha or whomever you chose to sit with you, while you consciously forgive yourself or another. Feel that Presence holding your hand, reminding you that you are whole, perfect and complete. “I love you just the way you are and all is forgiven.” Next, call to mind anyone that you need to forgive but who you have not been able to. What you cannot do, God can. Imagine that person right there with you and tell that person whatever you need to tell them in order to forgive them.

Now, bring up anything bad that you have done that you may feel guilty about. Ask for forgiveness and in asking, feel the love that surrounds you. God gently reminds you, “You are my beloved. It is gone. You are free. You are not guilty. You do not need those bad feelings any more. Release them and let them go.” Take a deep breath and say “I’m free! I am forgiven. I am at peace.”

**And it is done.**

Edwene also offers a wonderful CD on forgiveness entitled “Deep Profound Forgiveness” that can be ordered at [www.prosperityproducts.com](http://www.prosperityproducts.com)

## Forgiveness: A Journaling Exercise

When we have carried a grudge it can be hard to know how to let go. Every night journal on: “Have I put anyone outside my heart today?” Do this prayerfully and be honest with yourself. If you find you have, write out exactly what it is you want to forgive. Seeing a statement of forgiveness clearly written in black and white can be a powerful way to help you forgive. Fill in the following blanks and see if that simple act does not help you start to release long-held grudges.

Today I put \_\_\_\_\_ out of my heart and now I am ready to forgive:

---

I am over being the victim of my own unforgiveness: \_\_\_\_\_

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I am no longer going to hold unforgiveness towards \_\_\_\_\_ for:

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I forgive my parents for: \_\_\_\_\_

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Above all, I forgive myself once and for all for: \_\_\_\_\_

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**It is done!**

## Forgiveness Exercise

The Bible says we must forgive “seventy times seven.” This is another simple exercise you can do in order to release and let go of something you no longer have peace with. Write what you wish to release 70 times during the day for one week or until you have fully let it go.

1. _____	23. _____
2. _____	24. _____
3. _____	25. _____
4. _____	26. _____
5. _____	27. _____
6. _____	28. _____
7. _____	29. _____
8. _____	30. _____
9. _____	31. _____
10. _____	32. _____
11. _____	33. _____
12. _____	34. _____
13. _____	35. _____
14. _____	36. _____
15. _____	37. _____
16. _____	38. _____
17. _____	39. _____
18. _____	40. _____
19. _____	41. _____
20. _____	42. _____
21. _____	43. _____
22. _____	44. _____

- |           |           |
|-----------|-----------|
| 45. _____ | 58. _____ |
| 46. _____ | 59. _____ |
| 47. _____ | 60. _____ |
| 48. _____ | 61. _____ |
| 49. _____ | 62. _____ |
| 50. _____ | 63. _____ |
| 51. _____ | 64. _____ |
| 52. _____ | 65. _____ |
| 53. _____ | 66. _____ |
| 54. _____ | 67. _____ |
| 55. _____ | 68. _____ |
| 56. _____ | 69. _____ |
| 57. _____ | 70. _____ |

**And it is done!**

Now check out how you feel both physically and mentally. Write your thoughts here.

Blank--Do Not Print

# Divine Purpose

# My Hero List

Name	Three qualities that cause them to be my hero		
	1	2	3
	1	2	3
	1	2	3
	1	2	3
	1	2	3
	1	2	3
	1	2	3
	1	2	3

Repeating Qualities-write the qualities from above that are repeated

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

Now transfer these to the top of a 5x8 card leaving the top line blank.

Now print on the top line:

**"This is who I came here to be."**

# Divine Purpose

Charles Fillmore said: “I fairly sizzle with zeal and enthusiasm and I spring forth with a mighty faith to do the things that ought to be done by me.” Your purpose is that which is yours to do. It might be changing the world or changing the world of one. What is your divine purpose?

*We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.*

*—Marianne Williamson - A Return to Love*

# Divine Purpose

What is your divine purpose? It is simply the way in which you live. Your divine purpose is something that you will be working with and growing with the rest of your life. And in finding your divine purpose, one of the most important steps is in making a commitment. A commitment to yourself, God, and the universe. The truth about you is that you are a spiritual being living in a spiritual universe, governed by spiritual law. You came to this planet to play at the highest level that has ever been played. Eric Butterworth says, **“God can do no more for you than God can do through you.”**

*When you choose your divine purpose, you are framing your life with meaning. You are also taking an important step in your spiritual development to demonstrate to yourself that you are a divine being and to prove to yourself that you have the power to affect change—and you are bigger, stronger, more powerful, and more creative than you thought. —Edwene Gaines*

We are here on this planet to discover and demonstrate our own divinity. Let's start working on our divine purpose by answering these questions honestly:

1. What one issue seems most important to me?
  
  
  
  
  
  
  
  
  
  
2. What would be the perfect solution to this challenge?
  
  
  
  
  
  
  
  
  
  
3. Can I visualize it and see it clearly in my mind's eye?

4. Can I write a description of what it would look like if the transformative work were complete and perfect?
  
5. What do I need to know/have/be in order to begin?
  
6. Is it time to go back to school, read the books, study with the experts, or learn the realities of the problems from those who have gone before?
  
7. Is it time to do the research, the investigation, and the questioning?
  
8. What is my first step, and how soon am I going to take it?
  
9. Am I willing to do what it takes?
  
10. Will I commit to staying the course, working in integrity, and standing alone in my mission if necessary?

# Divine Purpose

God has given us an inner guidance system to help us find our divine purpose. Whatever you choose to do, it has to be fun-fun-fun!

Maybe you are in the middle of working on your divine purpose and you get in a rut. When you do not know what to do—do nothing. When you do—go. Then there are times when you might just have to make it up. You can make it up to be anything you want it to be. It is your life.

## Living with integrity

Part of your new plan to live in alignment with your divine purpose is to start living with integrity. Integrity simply means wholeness, oneness, completeness. When living in integrity the outside of your life matches that which you profess to believe.

These affirmations for integrity come from Tolly Burkan, founder of the Firewalking Institute of Research and Education where Edwene studied. He says, “This is how you walk on fire, and this is how you walk through life.”

1. Always pay attention
2. Always tell the truth and tell it quickly
3. Always ask for what you want and when you want it
4. Always take total responsibility for your own experiences
5. Always keep agreements

## Vision Statement

A vision statement is something you can do while working on your divine purpose. It is very important that you can already see yourself doing your divine purpose. Ask yourself, “How do I envision my work and my life?” Think about your soul’s deepest desire and then sit down and write about it. Just writing out a vision statement is a powerful step forward in our spiritual development. Ask God to help. Anything we really want to know, all we have to do is ask and write about it. All the answers lie within us.

This is my vision statement on this day \_\_\_\_\_ of the month \_\_\_\_\_ 20\_\_.

(Write your Vision Statement below.)

# Goal Setting

# Goal Setting

The message has been sent and your words have been spoken. Do you know what we are really doing as we write our goals? We are simply directing our faith. We are getting on with our divine purpose.

Edwene states: “Having directed faith means having a heart-felt specific desire, coupled with a deep and abiding trust in the goodness and generosity of God, and therein lies the magic and power of setting our goals.”

**Your heart’s desire is just God knocking at your heart.** Always follow your heart’s desires. You do not have to know how. God already knows how. Just simply go the way your heart leads you.

“Ask, and it shall be given to you; seek and you shall find; knock and it will be opened to you. For whoever asks, receives; and he who seeks, finds; and to him who knocks, the door is opened.” Matt. 7:7-8.

*The real search (desire) of all people is for God. They may think they are looking for other things, but must eventually admit that it is God they seek.*

*—Charles Fillmore*

# Goal Setting

Goal Setting is a wonderful, fun and creative part of the prosperity process. This is where we get to ask God for exactly what we want. How fun! Some of us know what we want and others have not a clue. That is why it is so important that while working on your goals you take as much time as you need for yourself. Spend time alone with just you and God.

Ernest Holmes shares with us “We can do anything we want as long as it doesn't harm anyone.” I can do anything I want!

Before we get started, let us explore some of the:

## Essential Elements of Setting Goals

1. Casting aside your limitations.
2. Opening yourself up to possibility.
3. Being specific is crucial.
4. Letting go of self-judgment.
5. The 21-Day Challenge.

## Why is it good to have goals?

Because it is necessary to have desires. Charles Fillmore states “Desire is the onward impulse of the ever-evolving soul.” Aren’t we all evolving souls (growing)? If we’re not growing, we’re dying. I choose to grow, so let’s start by writing and manifesting our goals.

Catherine Ponder, in her book *Dynamic Laws of Prosperity*, calls goal setting the “Creative Law of Prosperity.” Her three basic steps are below:

### Step 1

Having a plan, writing your desires concerning that plan and constantly expanding on that plan.

My plan is:

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### Step 2

Mentally imaging that plan as fulfilled.

I see it looking like

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### Step 3

Constantly affirming its perfect fulfillment.

I affirm

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---

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*You will also declare a thing, and it will be established for you; so light will shine on your way. —Job 22:28*

*And all things, whatever you ask in prayer, believing, you will receive. —Matt 21:22*

# Tithing

# Tithing Questions and Answers

By Edwene Gaines

## 1. What is a tithe?

The word tithe means a tenth. To tithe is to return 10 percent of all we receive to the person, place or institution where we have received spiritual food.

## 2. What is the purpose of the tithe?

The purpose of the tithe is to acknowledge that God is the source of our good. The purpose of the tithe is not to build churches or to pay ministers' salaries although tithes do help to do these and other good things.

## 3. Why 10 percent?

The first recorded tithe in the Bible discussed in Gen. 14 when Abraham took his tithe to his spiritual teacher, Melchisedek. We are not told why 10 percent, only that it is 10 percent.

## 4. What is "spiritual food"?

Spiritual food is that which inspires us, teaches us, reminds us of the Truth, causes us to remember who we are.

## 5. What if I receive spiritual food from several places?

It's perfectly acceptable to split your tithe and send a portion of it to all those persons, places and institutions which have fed us spiritual food.

## 6. What if those I tithe to don't need it or don't use it the way I want them to?

Our tithes must go to those who have fed us spiritual food. We must not earmark it, suggest how it is to be used and most certainly not consider whether they are rich or poor. That is not our concern. Our concern is to acknowledge God as our source by giving 10 percent to those who feed us spiritual food.

## 7. Do we tithe gross or net?

The answer is found in the question, "Do you want to prosper a little or a lot?" Emerson says that we cannot out-give God. Tithe on gross.

## 8. What if my partner (spouse/family) doesn't believe in tithing?

We are responsible for obeying spiritual laws as we understand them. It is appropriate for you to share with your partner your commitment to tithe and ask your partner what portion of the income is yours to tithe on.

## 9. When do I tithe?

The sooner we tithe on income received, the sooner we receive more. You may choose to write your tithe checks and send them out immediately after receiving income. If you have a regular place of worship, you may take your tithe to the ministry for class or worship service.

## 10. What do I tithe on?

Everything you receive. Salary, bonuses, interest, monetary gifts, borrowed money, sale of house, money found, inheritance—everything!

## 11. How do I tithe on gifts (not money)?

Hold in mind that there is no such thing as personal property. Gifts then are yours to use and enjoy and pass on when you are through with them. You are the temporary steward of property. Enjoy and share.

## 12. God doesn't need my money. Why should I tithe?

Of course, God doesn't need your money. You need to give! Tithing is a beginning discipline in giving and receiving. Before we're through, we will enjoy giving much more than 10 percent.

## 13. What is the promise? Malachi 3:10

If we tithe, we prove God in our lives and the windows of heaven open for us.

## 14. What about people who tithe and don't prosper?

The windows of heaven open for us in the ways that we are willing to have them open. We must ask for what we desire and expect to receive.

## 15. Did Jesus teach tithing?

Jesus did not need to teach tithing because it was so much a part of his religious heritage that it was taken for granted.

## 16. How do I overcome my fear of tithing?

By tithing.

## 17. What about people who don't tithe and prosper any way?

Prosperity includes perfect health, satisfying relationships, right joyous work and financial abundance. While there are those who may have mastered money (in childhood or, possibly, previous lifetimes), money alone is not true prosperity.

### 18. Is it OK to tithe one percent or five percent? Do I have to tithe ten percent?

The word tithe means “tenth.” Anything less than 10 percent is not a tithe and does not fulfill the law. All giving is good, however, and opens the way for greater receiving. Many find it difficult to allow themselves to have it all because, not tithing, they feel out of integrity with spiritual law.

### 19. What if I can't pay my bills now? How can I tithe?

Unless you tithe, you probably will never be able to pay your bills. Tithe first and trust God to assist you in paying the bills. Be responsible about money and refuse to create debts that you feel guilty about. Ask for wisdom.

### 20. Can I be excused from tithing?

“I’m retired (on welfare, not working, etc.) and I’m on a fixed income. If you are on a fixed income, it is because you “fixed” it. No one is excused from obeying spiritual law. Lack of faith will cause you to justify not tithing, but that thinking will keep you from your unlimited good.

### 21. Are gifts to charity considered tithes?

No. A tithe goes where you are fed spiritually. A tithe says, “I want more of this!” Consciously choose the “this.” Jesus told us, “Put God first and all else will follow.” What is your God? Your debt? Charity?

### 22. Do churches tithe?

Successful ones do.

# Questions to Ask Yourself About Tithing

1. Are you willing to come into integrity about money by acknowledging God as the source of your good?
2. If you are a tither, why and how does it fulfill you?
3. If you're not a tither, what fears surround this?
4. Are you willing to have the windows of heaven open for you? Are you truly ready to receive all the good God has prepared for you?

When you tithe it is done according to your faith. One of my favorite verses is Heb:11:1  
“Now faith is the substance of things hoped for and it is the evidence of things not seen.”

Isn't that beautiful? Faith expands when you give. The more you give, the more faith you're going to have. You're going to find out that Emerson spoke true when he said, "**You can't out-give God.**" There is a law of compensation. The more you give, the more you receive. God will provide it.

**And so it is!**

# Master Prosperity Affirmations

I know who I am. I am the beloved of the Creator. It is the Father-Mother-God's good pleasure to give me the kingdom of all good-perfect health, loving relationships, creative work, divine purpose and mission. I am deeply, unconditionally and everlastingly loved.

I now give myself permission to prosper in all ways, to accept the world of lavish abundance that is here for me. I will share this abundance by teaching all who will listen.

I am filled to overflowing with love, wisdom and integrity. I can be trusted to keep my commitments.

I listen within. I ask and receive. I release any thought or feeling that my good can be withheld from me.

I forgive and I am forgiven completely. I now let go of all pre-conceived notions of who I thought I was before now and I invite the Holy Spirit to redefine me.

The power that is within me is greater than any power in the world. I can do all things through Christ, the perfect pattern of my divinity.

I am a delightful and loveable expression of the miracle-working power of love and wisdom. It is safe for me to be my own unique self. This is a friendly and welcoming universe.

Everything I would possibly need or desire is always at my fingertips and I am grateful. Thank you, Infinite Spirit of Truth.

Love and wisdom dissolve all blocks to my God-ordained success. I serve God. Money serves me.

God is my Source. God is my supply. God is my substance. I am rich in all things and all is well, now and forever!

# Prosperity Promises from the Bible

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2

“...no good thing will He withhold from them that walk uprightly.” Psa 84:11

“Surely goodness and mercy shall follow me all the days of my life” Psa 23:6

“The Lord shall increase you more and more, you and your children.” Psa 115:14

“And thou shalt rejoice in every good thing which the Lord thy God hath given unto thee, and unto thine house” Deut 26:11

“And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.” John 14:13

“But as it is written, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.” I Cor 2:9

“Fear thou not; for I am with thee: be not dismayed: for I am thy God: I will strengthen thee: yea, I will help thee: yea, I will uphold thee with the right hand of my righteousness.” Isa 41:10

“Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” Luke 7:38

For more on prosperity go to [www.unity.org/prosperity](http://www.unity.org/prosperity) and sign up for the Power of Prosperity email newsletter.