

THE BEST OF the acclaimed global radio show, CONSCIOUSSHIFT with Julie Ann Turner – transcribed, outlined & highlighted with care, to enable you to quickly grasp and apply the essential wisdom shared by Julie Ann and each of her Visionary quests.

## JULIA CAMERON

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### JULIA CAMERON - *THE PROSPEROUS HEART*

**Julia Cameron** – author of *The Prosperous Heart* - has had an extraordinary career as an artist in her own right, as the author of more than 30 books, as a novelist, a playwright, a songwriter, a teacher and a poet. Her globally acclaimed bestseller – *The Artist's Way* – is now celebrating its 20<sup>th</sup> Anniversary.

#### Julie Ann Turner:

I want to invite you to experience something with me. Sometimes, it seems that it's not too long ago - but it's actually been nearly 18 years - when I was **sitting in a corporate office, a great view out the window and on the rise as an executive in a global 50 tech company ... but the view from my heart and my soul was not nearly as bright.**

In fact, **the more I rose in that corporation, the less my values aligned** with those around me. I realized that my values are really centered around collaboration and co-creation and expanding possibilities - while those around me really valued competition and undermining each other and really protecting their own territory. To tell the truth, **my creative soul was just being crushed.**

I knew that it was time for me to go.

**Being prosperous is very closely related to honoring your creativity.**

I want to ask you **have you ever experienced such a moment of choice** - or maybe you're even experiencing one now where you're surrounded by **an environment totally out of alignment with your values and crushing your creative spirit?**

**If you're in that place** or if you have been, then you know, as I do, that it can be **terrifying to take the creative leap** to move on especially when you don't know exactly how you're going to pay the bills ... because, as we're going to see today, **being prosperous is very closely related to honoring your creativity.**

Perhaps for you as for me, you just know that you've got to move higher, to choose higher, to honor your creative soul and to share your creative gifts in a greater way.

No matter how much you may think it will cost you, you know deep down that it's going to cost you much, much more not to honor your highest self.

It was at exactly this time in my life that I discovered our guest today, **Julia Cameron**, and her life-giving, creativity-nurturing book, *The Artist's Way*. Julia's work was certainly one of the many pivotal guides on my way to honoring my creative gifts and sharing my voice.

It led me to where I am today sharing with all of you. So it is with great love and deep honor that I welcome **Julia Cameron** to ConsciousSHIFT.

**Julia**, what does it mean for you to know your work has touched literally millions - from small circles in the US, to tiny clusters in the jungles of Panama?

**Julia Cameron:**

"It feels pretty good. The other day, I was sitting there having lunch and someone said to me, 'Are you Julia Cameron?' I thought, 'Oh my, she's recognizing me from my book picture.' She was. She just wanted to tell me that my book had changed her life.

**That's the sentence that I hear most often. "Your book changed my life."**

I always say, "Oh no. YOU changed your life."

**But people like to give me a lot of credit."**

No matter how much you may think it will cost you, you know deep down it's going to cost you much, much more not to honor your highest self.

## Trusting the Prosperity Toolkit

**Julie Ann Turner:**

What kinds of shifts, Julia, would you say that you've witnessed in people across the globe awakening to their own creativity?

**Julia Cameron:**

**I've learned to trust my toolkit.** I basically wrote down what I did and asked people to try doing the same thing. I find that I many times meet people who did **Morning Pages** - and worked their way through the book [*The Artist's Way*] and then went on to forge a new creative path of their own. Somebody [would mail] me a book - and I would find myself in the acknowledgments.

**Julie Ann Turner:**

The Morning Pages are really the central, the foremost tool that Julia shared in *The Artist's Way*. They also are a primary tool in Julia's new book, *A Prosperous Heart*.

Julia, could you share just briefly about the Morning Pages and why they're so important?

**Julia Cameron:**

**Morning Pages are three pages of longhand morning writing.**

They provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. You write three pages about whatever crosses your mind.

You may find yourself being petty. "*I hated what Jack said to me at the office yesterday. He takes credit for my ideas.*" Then when you're in the office the next day and you have a meeting with Jack, who's about to launch into how he did everything, you find yourself saying, "*Well, if Jack starts talking about (and taking credit for) my work ...*" – then you just sort of find yourself putting yourself forward a little bit more than you did before.

Morning Pages may be things like, "*I forgot to write the letter. I didn't call my sister back. The tire has a funny knock in it.*"

**They range from the sublime to the ridiculous - and they're done by hand,** three pages of handwriting, because if you go on computer, you go clicking along so quickly that you don't recognize what you're saying to yourself.

It's a little bit like - if you are writing on a computer - you're in a car going 80 miles an hour going past my exit. If you're writing by hand, you're maybe going just five miles an hour and you say, "*Oh, here comes my exit.*" **Morning Pages essentially make you intimate with yourself.**

**Julie Ann Turner:**

You're sharing that **it's okay to vent or rant. It's okay to be just observational about things that come up.** You don't have to be profound in Morning Pages - but the overall effect of that daily creative expression can be truly profound. Can't it?

**Julia Cameron:**

**What it does is it miniaturizes your sensor.** If you have Morning Pages - and there's no wrong way to do them - and you're writing along on your Morning Pages, and your sensor pokes up its nasty little head and says, "*Oh, you're being petty.*" You say to your sensor, "*Thank you for sharing.*" You keep right on writing.

Morning Pages range from the sublime to the ridiculous ... they make you intimate with yourself.

**This becomes a portable skill** - so that previously, if you wanted to perform at an open mic, your sensor would tell you, you had no business doing it - and you would listen to your sensor, and you would not perform at the open mic - but after you've done Morning Pages for a while, **when your sensor rears its head about the open mic, you say, "Thank you for sharing, but I think I'm going to try this anyway."**

### Julie Ann Turner:

So really, **the power of the Morning Pages is that we learn to hear that voice of judgment, that sensor - but just send it on its way, to call it out, say, "Thank you very much, you go along your way,"** and go on to try what we really feel that we want to try.

### Julia Cameron:

**Sometimes I think people come to me as a "creativity expert," hoping to be taught how to be unafraid.** What I find is that I'm really teaching people how to have their fear and **go ahead anyway, to work through their fear, to acknowledge their fear.**

A lot of times when people have done a lot of New Age work, they say, *"I don't want to write Morning Pages, because I don't want to invite negativity into my life."* What I say to them is what you're doing is what the Indians would call **"romancing your shadow."** You invite your shadow into your life and ask it for a cup of coffee.

Putting negativity on the page siphons it out of our consciousness.

**What I find is that putting negativity onto the page siphons it out of our consciousness.**

Otherwise, we have a daily voice-over - a fear-ridden voice-over - that we're almost trying to wear off, that is in charge of telling us that we're lousy. When you start doing Morning Pages, you begin to be able to hear that negative voice as a sort of cartoon character.

### Julie Ann Turner:

In fact, that can be **one of the most powerful shifts in our creativity when we can hear that voice of the sensor, the voice of judgment from ourselves or others** but, yes, as you say Julia, to have a way to acknowledge it - which Morning Pages gives us - **to acknowledge its presence, to romance the shadow, to feel the emotions, but then to go ahead and try what it is we want to try to break some new ground.**

### Julia Cameron:

Right. **I believe that large shifts are made by tiny little steps.** A lot of times when people come to me, they will come saying, *"I want to write a screenplay, but I don't want to move to Los Angeles."* They think they have to move to Los Angeles if they're going to write a screenplay. I will say no. Actually, a screenplay is written on paper - and you can do it one page at a time, in Milwaukee, Wisconsin, just fine.

**Julie Ann Turner:**

I wonder if you would share your own artist's journey has evolved so much over the last 20 years, too. Your adventures have been across the globe, collaborating even on film creation with your former husband, Martin Scorsese. **What has your journey over the last 20 years taught you?**

**Julia Cameron:**

**I think the biggest thing that I've been taught is to persevere, to keep going and to have faith in a benevolent something.** When I moved to Santa Fe, I moved here from New York. I had lived in New York for 10 years. I wrote a book a year when I was living in New York. I moved to Santa Fe and I said, "*Oh, dear. I'm too ambitious for Santa Fe. It's so laid back.*"

What I found myself doing was re-reading the materials that I've been writing for the last 20 years. I've discovered a screenplay from 1995 that I thought was awfully good.

I gave it to a producer to look at. He said, "*I want to make this movie.*" Then I had a phone call from a man who runs the Houston Grand Opera who said, "*I want to make an opera out of your novel.*" Then I had another man step forward who won a Tony last year and say, "*I want to produce one of your plays in New York.*" **I really believe that if you keep on the path, opportunities come toward you.**

**If you keep on the creative path, opportunities come toward you.**

**Julie Ann Turner:**

Beautiful. Julia, that's one of the things we want everyone to hear. Just to keep on the path and your faith and belief in yourself plays in that, because one of the pivotal beliefs in your work - which is also core to all of my works and deeply resonate here on ConsciousSHIFT - is that creativity, **creative expression is a spiritual practice, an authentic fundamental spiritual path.**

This actually was a breakthrough thought when you first shared it through *The Artist's Way*. Perhaps that's why your work's so awakened and resonated, Julia, with so many people.

**Why is creativity as a spiritual practice such a central truth?**

**Julia Cameron:**

**I don't make a distinction between creativity and spirituality.** We refer to God as the great creator without recognizing that creator is another term for artist. We're really praying to the great artist.

**Julie Ann Turner:**

Isn't that beautiful? **We all are artists, just different kinds of artists.**

**Julia Cameron:**

Yes. I have never run across someone who was completely lacking in creativity. I have people come to me and say, “*Julia, aren’t you afraid you’re unblocking a lot of bad art?*” I say to them you really need to look and see what’s been unblocked, because more often than not, the work that’s being unblocked is wonderful. You find yourself saying, “*How could this person not have been living as an artist for 20 years?*” It would be as though you had stayed in your corporate job.

**Julie Ann Turner:**

Exactly!

I don’t make a distinction between creativity and spirituality.

**Julia Cameron:**

Lots of times I find people come to me when they’re in a transition.

I sometimes call *The Artist’s Way* book ‘*the bridge*.’

**It’s a book that you encounter when you’re ready to change sizes.**

**Julie Ann Turner:**

Yes. I love that, ‘*ready to change sizes*.’ Have you found, Julia, that it’s the creative expression itself - not the judgment of it, but the fact that we are actually **learning to express ourselves creatively - that is also healing to us?**

**Julia Cameron:**

It’s very interesting. When *The Artist’s Way* book became popular, it attracted a lot of attention from therapists. I once tried to workshop it with wall to wall therapists. They were there hoping to figure out why it worked. They thought *The Artist’s Way* was therapy. I said, actually, **making it a piece of art is more primal than therapy.** In therapy, we have other people and we review our life and we say, ‘*this is where I am because of X.*’ We try and understand it. In creativity, you make something out of where you are, and say this is how I see it. It’s much more primal than talk therapy.

**Julie Ann Turner:**

Yes, much more primal and much more coming from your core.

For so many, they may have hidden, or thought that they weren’t creative, because we so narrowly define what creativity is for us.

I just love that you really don’t distinguish between creativity and spirituality.

As Thomas Moore and many of the sages say, ‘*creativity always touches the divine.*’

It evokes our connection with the great creator, right?

**Julia Cameron:**

Yes. I think it does.

## Prosperity Tools Interlock

### Julia Cameron:

I want to talk just a little bit about **the ways the tools interlock.**

We do **Morning Pages**, which is like we're building a radio kit, and we're sending and we're saying this is what I like, this is what I don't like, this is what I want more of, this is what I want less of.

Then when you go on an **Artist's Date, which is a once-a-week solo expedition** to do something that interests you, then you start to have **a sense of a benevolent universe tapping you on the shoulder.** You have intuitions and hunches.

When you **walk** – which is just a greatly overlooked tool – when you get out for a walk, you begin to have a sense of a benevolent universe. I think those tools interlock.

**When I sat down to do *The Prosperous Heart*, I used the Morning Pages as a trusted tool.**

At this point, we think about four million people have used them, which seems like a pretty good test market. We have you doing Morning Pages.

Then another tool that we use in *The Prosperous Heart* is a tool called **'counting.'** This is a tool that's familiar to people from Debtors Anonymous. It's recording. It's money in, money out. You do that daily, starting maybe with the 79 cents for the little notebook that you bought to record in.

When you do counting, it makes you clear around your money. Prior to counting, many of us have what I call terminal vagueness.

**When you count, you often find that you have more money than you thought, but you were spending it along lines that aren't your true values.**

**The tools give you a sense of a benevolent universe tapping you on the shoulder.**

**Julie Ann Turner:**

Yes. That's very powerful. The counting, as you say, Julia, is really a central piece, a central tool to *The Prosperous Heart*, your recent book. You also weave in **Morning Pages** as a central tool, as you said, and **walking** - something as powerful but simple as walking to really nurture your creative spirit and to make you aware, and to **allow your creative unconscious to make sense of things and to have some fresh air for itself.**

Julia, would you share with us now what was it that just gave you **the inner knowing that this issue of being creative and also being prosperous was a sticking point for many of us?**

**Julia Cameron:**

I teach *The Artist's Way* and I teach a segment in *The Artist's Way* on money. Whenever I get to the money chapter and say now we're going to try counting for a week, just one week money in, money out, people get very threatened.

I learned to think of **money as a primary creative block** - mainly the worry about money. People tend to say, "*Well, if I had X amount of money, then I would be happy, and if I don't have X amount of money then I'm not going to be happy.*"

I want to address that stubborn '*I'm not going to be happy.*' We have what I call **a magic number.**

A magic number is a number that we say to ourselves, "*If I just had X amount of money - the magic number - then I would be happy.*"

**What happens is as you approach getting your magic number, you find it isn't making you happy, because money is not the bottom line of prosperity.**

People think of prosperity as a fiscal bottom line.

'When I have X amount of money, I'll feel better.'

**The truth is that prosperity is this spiritual bottom line.**

The formula should actually be, '*When I have X amount of faith, then I will feel better.*' I'm trying to build a radio kit that puts people in touch with the benevolent universe.

There's another tool from *The Prosperous Heart* which is very simple, but very profound. That is a tool called **timeouts.**

**Your Magic Number:  
'If I had X money, then I'd be happy.'**

**Timeouts** are once maybe in the morning, once maybe in the late afternoon, you take five minutes to just sit quietly.

You might use this time as chances to count your blessings.  
 You might use it to simply rest. You might use it to ask yourself,  
 “*Is my day going in the direction I want it to be going?  
 What can I do differently?*”

One thing that we find is when we frequently feel we don't have enough time. As you work with the tools, you become more and more drawn to grabbing little bits of time.

### **Julie Ann Turner:**

Julia, don't you find that really **this process uncovers for us some of those really insidious lies that we tell ourselves that don't seem like lies.** Like you said, that magic number, ‘if I had X amount of money then I'd be happy’ - but what we don't know and what we don't acknowledge is that it's really a moving target, the same thing as **the lie that we don't have enough time.** We really do have time. It's what are we choosing to do with our time.

### **Julia Cameron:**

Right. One of the things we do is we deny ourselves of friendships. We don't keep up with our friendships.

**One little exercise that I have people do is go out and buy five postcards and send one-sentence notes to five people whom you love.**

### **Julie Ann Turner:**

That's profound in many ways because **it's something tangible,** something that you actually, I'm sure, encourage people to actually write on in longhand, as you say, and actually create a mark on the paper, on the postcard - and actually physically send it to someone through the post versus just sending an e-mail. That's so tremendously different of practice than just sending an e-mail. Isn't it?

### **Julia Cameron:**

I think so. One of the things that I love is that we're able to send a visual. You have a choice of postcards and one of them will represent something to your heart and you sent that postcard to your friend whom you know will resonate with it.

**Prosperity  
is a  
spiritual  
bottom  
line.**

**Julie Ann Turner:**

**What else is prosperity, what beyond just money?**

As you say, prosperity isn't even about money.

**Prosperity is really a spiritual matter, about faith, not about cash.**

In what way would you say that prosperity is a spiritual matter about faith? How can we know that and experience that for ourselves?

**Julia Cameron:**

This is where those tools come in that are the baby step tools. You are doing your counting and you notice that you don't mind paying for a pretty extravagant meal out for a friend, but you won't let yourself buy a good shampoo. The realizations come in in little small increments. I was telling myself I didn't have movie money. Then I realized I spent \$3.19 every day at Starbucks.

**Julie Ann Turner:**

Many of us are guilty.

**Julia Cameron:**

I realized that if I just drank my caffeine at home, in three days, I have movie money.

**Julie Ann Turner:**

Exactly. These are the powerful practical steps that you guide everyone through in *The Prosperous Heart*, the **tools** that we've talked about - the **Morning Pages**, the **walking**, the **counting**, the **timeouts**.

There's another piece that may be the biggest shift of all, Julia, and sacred ground to tread on which is **abstinence**.

**Julia Cameron:**

Yes. Abstinence is another tool that might be familiar to people from Debtors Anonymous.

**Abstinence is when we stop charging things.**

It's very threatening at first for people because they think, "Oh, I can't do it." What they don't realize is that as long as they are debting - and we live in a society where we're encouraged to do that. Credit card relapse is the American way. You fill up one card and then you move to another card when you go to your mailbox and you have an opportunity to get another card.

**Abstinence is a threatening concept.**

**Prosperity  
Toolkit:  
Morning  
Pages,  
Artist's  
Dates,  
walking,  
counting,  
timeouts,  
abstinence.**

I'd like to mention another person's book. A man named Jerrold Mundis and he wrote a book called *How to Get Out of Debt, Stay Out of Debt and Live Prosperously*. That has been extra help when you're working with abstinence.

### Julie Ann Turner:

What a novel idea in this day and ages that we would actually not take for granted that we would just charge everything and anything that we want. It's challenging to us, isn't it Julia, because that really is a trigger point.

**Money really is a trigger point.** When we start to touch that, it's a trigger point for all of us. It brings up lots of resistance. Doesn't it?

## Uncovering Hidden Money Beliefs

### Julia Cameron:

Yes. This is where it's hard to talk about the book. We can talk about the tools. We can talk about the spending types of people but the essays of the book and the text of the book, there are about a hundred different small texts in the book. When you're doing on the chapter on abstinence, you have a little exercise called **'The Reason I Can't Stop Debting Is?'**

You answer that five times. One of the things that I discovered to my horror was that I had bought into the belief system that if we were smart, we had money and if we were broke, we were dumb.

When you start to uncover these attitudes that you begin to say **money means a lot of different things to us.** Money means power. Money means prestige. Money means adventure.

I have many exercises coupled with this phase.

I want to say that I did this book collaboratively with Emma Lively. Emma is someone I had worked with for 14 years. She and I had written many years ago together. We started talking about money. We discovered we were catalytic for each other.

Money means power.  
Money means prestige.  
Money means adventure.

**Julie Ann Turner:**

Beautiful. Definitely want to honor Emma Lively as your collaborator and co-creator of the book.

Just so everyone understands, if you love [The Artist's Way](#), you're going to love [The Prosperous Heart](#).

It is the same kind of interactive guidance where Julia lays out a **12-week, step-by-step program**, an experiential sequence so that we can practice and learn to be truly prosperous in every way.

**Julia Cameron:**

Now, if you're looking to find out more about my work and more about this book, you would want to visit [www.juliacameronlive.com](http://www.juliacameronlive.com).

**Julie Ann Turner:**

Just so that everybody knows, the book, the latest book Julia has written is called *The Prosperous Heart* by Julia Cameron then her own website where you can find out more about her and all of her works and also about the 20<sup>th</sup> anniversary edition of *The Artist's Way* is at this website, [www.juliacameronlive.com](http://www.juliacameronlive.com).

**Julie Ann Turner:**

Julia, if there were just **one thing that you would share with our listeners from your heart to enable to see the potential of having a truly prosperous life**, what would be your highest hope for all of us, having written this book?

**Julia Cameron:**

**That they begin to have a sense that they're cherished.**

As you work with Morning Pages and with counting, you begin to have a sense as you go through and you work with the essays in the book and written exercises, **you begin to find yourself supported.**

There are many questions that are tender-hearted –  
 'But regarding my money,  
 I regret ...' - and then you write your regrets.

Prosperity is  
 really a  
 spiritual truth.

Begin to have  
 a sense you  
 are cherished.

Then there's another chapter where it says,  
"I need to forgive myself from my financial errors."  
Many of us have squandered money without recognizing it. Then when we do the exercises, we say, "Oh, I really need to forgive myself for that."

**Julie Ann Turner:**

Again, we see the truth that **prosperity is really a spiritual truth.**

**It's about faith and it's about forgiveness of ourselves and about moving and shifting to a higher level, as Julia says, about changing sizes.**

Julia, I just can't tell you how joyful it's been to have you on ConsciousSHIFT today.

I hope that you have just a little bit of the sense that you are cherished.

**Julia Cameron:**

Thank you.

I had something wonderful happen to me recently which made me feel beyond cherished.

A woman came up to me and handed me a Christmas card. She said, "This is for you for Christmas." I opened the card and there was a \$100 bill. I thought, "Oh, she really has a sense of prosperity."

**Julie Ann Turner:**

You are such a beautiful light, Julia - and thank you for being with us today on ConsciousSHIFT.

**Julia Cameron:**

You're very welcome. It was a pleasure.

## CONSCIOUSSHIFT™ NOTES ACTION SHEET

*A Prosperous Heart* – Julia Cameron

The path to prosperity means honoring your creative soul.

1-4

- **Have you ever experienced such a moment of choice where you're surrounded by an environment totally out of alignment with your values and crushing your creative spirit?**  
If you're in that place or if you have been, then you know that it can be terrifying to take the creative leap to move on especially when you don't know exactly how you're going to pay the bills.
- **Being prosperous is very closely related to honoring your creativity.**  
You've got to move higher, to choose higher, to honor your creative soul and to share your creative gifts in a greater way.
- **No matter how much you may think it will cost you, you know deep down it's going to cost you much, much more not to honor your highest self.**

## CONSCIOUSSHIFT™ ACTIONS

- **Learn to Trust Your Toolkit**  
“I've learned to *trust my toolkit*. I basically wrote down what I did, and asked people to try doing the same thing. I find that I many times meet people who did *Morning Pages* - and worked their way through the book [*The Artist's Way*] and then went on to forge a new creative path of their own. Somebody [would mail] me a book - and I would find myself in the acknowledgments.”
- **The Morning Pages are really the central, the foremost tool** shared in *The Artist's Way* and in Julia's new book, *A Prosperous Heart*.
- **Morning Pages are three pages of longhand morning writing.**  
They provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. You write three pages about whatever crosses your mind. Morning Pages range from the sublime to the ridiculous ... they make you intimate with yourself.
- **What Morning Pages do is “miniaturize your sensor.”**  
If you have Morning Pages - and there's no wrong way to do them – and you're writing along on your Morning Pages, and your sensor pokes up its nasty little head and says, “Oh, you're being petty.” You say to your sensor, “Thank you for sharing.” You keep right on writing.
- **This becomes a portable skill** - so that previously, if you wanted to perform at an open mic, your sensor would tell you, you had no business doing it - and you would listen to your sensor, and you would not perform at the open mic - but after you've done Morning Pages for a while, when your sensor rears its head about the open mic, you say, “*Thank you for sharing, but I think I'm going to try this anyway.*”
- **Putting negativity on the page siphons it out of our consciousness.**
- It is not about teaching you to be unafraid – it's about **how to have your fear and go ahead anyway**, to work through your fear, to acknowledge your fear. What you're doing is what the Indians would call “*romancing your shadow.*” You invite your shadow into your life and ask it for a cup of coffee.

- **Large shifts are made by tiny little steps.**  
A lot of times when people come to me, they will come saying, “I want to write a screenplay, but I don’t want to move to Los Angeles.” They think they have to move to Los Angeles if they’re going to write a screenplay. I will say no. Actually, a screenplay is written on paper - and you can do it one page at a time, in Milwaukee, Wisconsin, just fine.
- **The biggest thing is to persevere, to keep going and to have faith in a benevolent something.**
- **I really believe that if you keep on the path, opportunities come toward you.**

## Creativity as a Spiritual Practice

5-7

- **I don’t make a distinction between creativity and spirituality.**  
We refer to God as the Great Creator without recognizing that creator is another term for artist. We’re really praying to the Great Artist.
- **We all are artists, just different kinds of artists.**
- ***The Artist’s Way* – which I sometimes call ‘the bridge’ – is a book that you encounter when you’re ready to “change sizes.”**

## CONSCIOUSSHIFT™ ACTIONS

- Another tool is the *Artist’s Date*, which is a **once-a-week solo expedition** to do something that interests you – so *you start to have a sense of a benevolent universe tapping you on the shoulder. You have intuitions and hunches.*
- **A greatly overlooked tool is to Walk ...** when you get out for a walk, you begin to have a sense of a benevolent universe.
- **These tools interlock.**
- **Another tool in *The Prosperous Heart* is called ‘Counting.’**  
It’s recording your money - money in, money out. You do that daily. When you do counting, it makes you clear around your money. When you count, you often find that you have more money than you thought, but you were spending it along lines that aren’t your true values.

## The Myth of the Magic Number

8-13

- **Money is a primary creative block - mainly the worry about money.**
- **We have what I call a “magic number.”** A magic number is a number that we say to ourselves, *“If I just had X amount of money - the magic number - then I would be happy.”*
- **What happens is as you approach getting your magic number, you find it isn’t making you happy, because *money is not the bottom line of prosperity.***
- **People think of prosperity as a fiscal bottom line. ‘When I have X amount of money, I’ll feel better.’** The truth is that prosperity is this spiritual bottom line. The formula should actually be, *‘When I have X amount of faith, then I will feel better.’*
- **I’m trying to build a radio kit that puts people in touch with the benevolent universe.**

## CONSCIOUSSHIFT™ ACTIONS

- **Timeouts** are another tool from *The Prosperous Heart* which are very simple, but very profound. Timeouts are once in the morning, once maybe in the afternoon, you take 5 minutes to just sit quietly. You might use this time as chances to count your blessings. You might use it to simply rest. You might use it to ask yourself, “*Is my day going in the direction I want it to be going? What can I do differently?*”
- Another of the many powerful exercises in *The Prosperous Heart* is for people to go out and buy five postcards and send one-sentence notes to five people whom you love.
- *Prosperity is really a spiritual matter, about faith, not about cash.*
- This is where those tools come in that are *the baby step tools*. You are doing your counting and you notice that you don’t mind paying for a pretty extravagant meal out for a friend, but you won’t let yourself buy a good shampoo. The realizations come in in little small increments. I was telling myself I didn’t have movie money. Then I realized I spent \$3.19 every day at Starbucks. I realized that if I just drank my caffeine at home, in three days, I have movie money.
- **Abstinence** is another tool - **Abstinence is when we stop charging things.** It’s very threatening at first for people because they think, “*Oh, I can’t do it.*” What they don’t realize is that as long as they are debting - and we live in a society where we’re encouraged to do that - credit card relapse is the American way. You fill up one card and then you move to another card, when you go to your mailbox and you have an opportunity to get another card.  
**Abstinence is a threatening concept – but a very powerful one for prosperity.**
- **Money really is a trigger point.** When we start to touch that, it’s a trigger point for all of us. It brings up lots of resistance.
- There is an **Abstinence** exercise called ‘*The Reason I Can’t Stop Debting Is?*’ You answer that five times.
- I discovered to my horror was that I had bought into the *belief system* that if we were smart, we had money and if we were broke, we were dumb.
- When you start to uncover these attitudes you begin to realize money means a lot of different things to us. Money means power. Money means prestige. Money means adventure.
- As you work with Morning Pages and with counting, you begin to have a sense - as you go through and you work with the essays in the book and written exercises - you begin to find yourself supported.
- There are many questions that are tender-hearted – ‘*But regarding my money, I regret ...*’ - and then you write your regrets. There’s another that says, “*I need to forgive myself from my financial errors.*” Many of us have squandered money without recognizing it. The exercises help us see, “*Oh, I really need to forgive myself for that.*”
- Again, we see the truth that prosperity is really a spiritual truth.
- It’s about faith and it’s about forgiveness of ourselves and about moving and shifting to a higher level, and about - as Julia says - about “*changing sizes.*”