

Practical Prosperity

**Spiritual Principles to Create
Wealth, Health, and Happiness**

WORKBOOK

Kevin B. Burk

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Welcome to Practical Prosperity

Welcome to **Practical Prosperity: Spiritual Principles to Create Wealth, Health, and Happiness**. This workbook will be your guide on this journey. It contains important resources, instructions on your daily spiritual practices, worksheets, processes, and questions relating to the textbooks and weekly reading that you will explore in your Practical Prosperity journal.

Getting Started

The first task is to print this workbook and assemble it in a 3 ring binder. You will need a physical, printed version of the workbook both for ease of reference and because you will complete many of the worksheets in the actual workbook. The PDFs are designed to be printed duplex (double sided). You can purchase a ream of 3 hole punched paper and print directly on that for easy assembly in your binder.

You will also need a separate notebook that you will use as your Practical Prosperity journal. You will use your journal to explore the discussion questions each week around the assigned reading and the class material. You will also use your journal to complete many of the story question exercises. Your journal is private and you will never be asked to share it with anyone.

You will also need to purchase a small notebook (about 4 to 5 inches) that you will use for **The List** exercise (a part of your daily spiritual practice).

Practical Prosperity Book Study

You will be reading three different books during this program to support you on your journey to prosperity. You can download electronic copies of *The Science of Getting Rich* by Wallace Wattles and *Anger Mastery: Get Angry, Get Happy* by Kevin B. Burk (me) on the Practical Prosperity Lesson 1 video page.

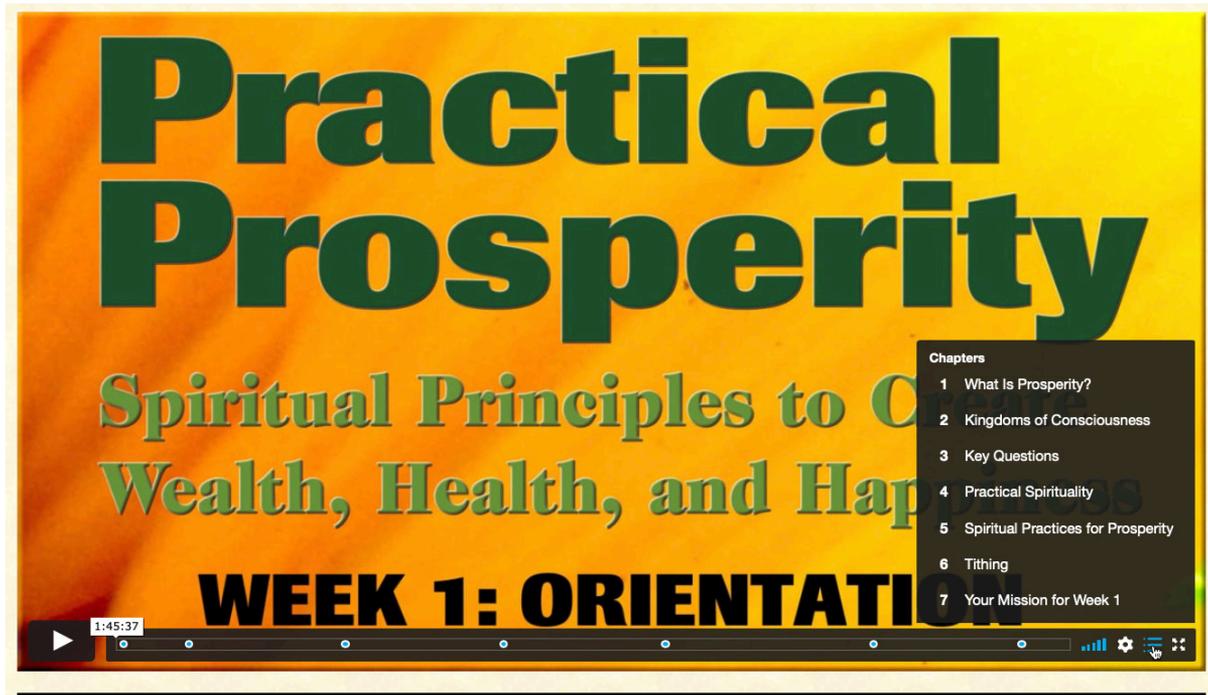
You will need to purchase a copy of *Busting Loose from the Money Game* by Robert Scheinfeld because this book is still under copyright (and I didn't write it). New and used copies, as well as electronic versions of this book are easily available.

The Practical Prosperity Journey

The Practical Prosperity journey consists of nine weeks. Each week begins with the video lesson. You will receive access to a new lesson each week, and you should receive an eMail notification when a new lesson is available to you. Once you are logged in to your account, you can access your available classes under the **MY CLASSES** menu.

Most of the video classes are about 90 minutes long, but the final three classes are closer to 2 hours long. You will need to watch the entire class video before you begin your assignments for the week, but you don't need to watch the entire class video in a single session.

Each video includes chapter markers (illustrated below) that let you jump to a specific section of the video so you can either pick up where you left off, or go back and review a particular section of the class material.



Questions, Guidance, and Support

If you have **questions about the class material**, you can post them in the comments below each class video. I will do my best to respond within 48 hours. If you don't get a response within 48 hours, you can eMail me directly at Kevin@TheRealAstrology.com.

If you need support during this journey with your own experiences, I am available for private, one-on-one consultations via Skype. As a member of Practical Prosperity, you can schedule a consultation with me at a discounted rate. You can request a Practical Prosperity Consultation from the main website under the **CONSULTS** menu.

Spiritual Practices

Happiness isn't the result of circumstances in the outside world. Happiness is the consequence of your level of consciousness. The higher you raise your vibration, the happier you feel. The improvements in the conditions in your "little r" reality are the effect of your happiness, not the cause of it. And the happier you are, the more prosperity you experience in your life.

Albert Einstein said, "You cannot solve a problem from the level of consciousness that created it. You must learn to see the world anew." This means that no action you can take from within your current "little r" reality will improve the situation or make you happier. The only way to solve the problem is to raise your vibration, expand your consciousness, and tune to a different "little r" reality where the situation is no longer a problem.

The simple, yet immensely powerful spiritual practices will help you to step out of Victim Consciousness and into integrity. All of these spiritual practices operate from the nonlinear Spiritual Realities of Third Kingdom, which means they are *true*, but not necessarily *real*.

This section gives you an overview of all of the spiritual practices that will be introduced in the Practical Prosperity program. Some of these spiritual practices can be incorporated in your daily spiritual practice routine. Others are tools that you can use when needed or to address specific challenges or stories in your life.

The effect of these spiritual practices is subtle and cumulative. You will need to follow a spiritual practice consistently for at least a month before you can evaluate the changes in your "little r" reality.

Choose the Best-Feeling Thought Currently Available to You

The first spiritual practice is simple: **choose the best-feeling thought currently available to you.** This is how you raise your vibration and tune to the higher levels of consciousness. *Simple* isn't the same thing as *easy*, however. You can choose the best-feeling thought currently available to you only if you're in the present moment, and conscious of what you're feeling. The other spiritual practices support you by developing your core spiritual muscles. As you master the other spiritual practices, it becomes easier for you to choose the best-feeling thought currently available to you.



Present Moment Awareness Safety Meditation

Meeting your Safety Needs is simple because the truth is that you're usually safe. Unless you're in a life-threatening situation (such as being stalked by a serial killer or robbed at gunpoint), you are safe. All you need to experience this is to become aware of it. When you step into Victim Consciousness, you step out of "My Business," and either dwell on the past, or worry about the future. The past and the future are none of your business. My Business is the present moment.



**Present
Moment
Awareness
Safety
Meditation**

The way to meet your Safety Needs is to become aware of the present moment. You do this with the **Present Moment Awareness Safety Meditation**.

The Present Moment Awareness Safety Meditation

- ◆ Stop whatever you are doing, and take a few deep, cleansing breaths.
- ◆ If possible, find somewhere to sit or lie down, and then let yourself feel supported by the chair, floor, bed, or sofa.
- ◆ As you become aware of your body and aware of your breathing, feel your mind begin to quiet.
- ◆ Gently release your attachments to any thoughts, and simply observe any activity of your mind.
- ◆ As you observe your thoughts, notice how they naturally, easily, and effortlessly circle around, gently spiraling inward until they settle in the present moment.
- ◆ When you are fully present, consider the truth that **right here, right now, in this moment, you are completely safe**. If any thoughts come up, observe them without attachment. They will settle back into the present moment.
- ◆ Consider the truth that **right here, right now, in this moment, every one of your needs is met**. In this moment, **you are enough, and you have enough**. You are completely, easily and effortlessly supported.
- ◆ Let your awareness rest on your breath. Let your mind quiet. For a few moments, simply be. Allow yourself to notice how it feels to be completely safe and completely supported.

You can download six MP3 versions of this guided meditation on the Lesson 2 class page.

Whose Business Is It?

Byron Katie is an author and speaker who created a powerful process called “The Work.” In her first book, *Loving What Is*, Katie suggests that there are three types of business in the world: “My Business,” “Your Business” (“Other People’s Business”), and “God’s Business.” She points out that anytime you find yourself in Other People’s Business or God’s Business, you feel stressed.



Why? Because you don’t have any business in Other People’s Business or God’s Business. When you’re in Other People’s Business, or God’s Business, you have no control and no influence. In fact, when you’re in Other People’s Business or God’s Business, you are powerless.¹

Put another way, when you’re in Other People’s Business or God’s Business, you’re in Victim Consciousness, so any action you take will only make things worse.

Just because you’re involved in something doesn’t make it your business. You spend far less time in My Business, than you think. In fact, you probably spend most of your time in Other People’s Business. This isn’t necessarily a bad thing, as long as you can recognize when you’re in Other People’s Business, and know how to step back into My Business.

My Business consists exclusively of things that **directly affect you**, which are **your responsibility**, and that you have the **ability to influence or change**. If it doesn’t directly affect you, isn’t your responsibility, and/or you can’t do anything about it, it’s not your business.

Does It Affect You, Personally?

This is the most important question, and it has to be applied with absolute precision. For something to be My Business it must affect you, personally, *right now*. Just because something could, hypothetically, affect you at some point in the future doesn’t make it your business. If and when it actually begins to affect you, it *might be* your business, as long as it’s also your responsibility and you can do something about it. Until then, it’s none of your business.

Even if something does affect you, personally right now, it doesn’t have to be My Business. Consider applying the “ignore it and see if it goes away” test. If you ignore a situation and it goes away without causing you any harm, it’s none of your business.

Is It Really Your Responsibility?

I struggle with this one the most. My ego believes that it is my responsibility to make sure everyone I encounter follows the rules. If anyone breaks the rules, he or she must face the wrath of my ego. I’ve come to terms with the fact that my ego is a cross between Superman and Serpico. Smoke in a nonsmoking area, park in a random, illegal manner, or just walk into the sauna at the gym while wearing shoes (ignoring the sign that clearly states that shoes are not allowed in the sauna), and my ego jumps to attention. Rules are being broken and justice must be done!

There’s only one catch: it’s not my responsibility to dole out justice in these situations. I didn’t make the rules. I don’t even understand some of the rules. (Why can’t you wear shoes in the sauna? Are they going to melt?) And when I see other people ignoring the rules, it truly

¹ Katie, Byron, and Stephen Mitchell. *Loving What Is: Four Questions That Can Change Your Life*. New York: Harmony Books, 2002. 3.

pisses me off. What it doesn't do, however, is make it my responsibility. I'm not an officer of the law. I'm not even a mall cop. I don't work at the gym. What other people do, even when it's rude, inconsiderate, and in direct violation of the rules, is not my business, because enforcing the rules is not my responsibility.

You know what else isn't my responsibility? Other people's lives. It's not my responsibility to stop my friends or family from making what I know will be stupid, unfortunate, painful choices. It's not my responsibility to take care of anyone but myself. And it's not my responsibility to make anyone else happy.

And just in case I'm being too subtle here, it's not *your* responsibility, either.

There are a few exceptions to this. Parents *are* responsible for their children, at least until those children are old enough to be responsible for themselves. For your grown children to be your business, they need to be your responsibility *and* you have to be able to influence their behavior. Good luck with that.

Do I Have Any Power or Influence to Change It?

If you encounter a situation that affects you personally right now, and is actually your responsibility, the last thing you need to ask is if you have any power or influence over the situation. Are you able to change, adjust, modify, or alter the circumstances in any way? If changing, adjusting, modifying, or altering the circumstances requires that you get other people to change *their* behavior, then the answer is no. There's nothing you can do to get anyone else to behave the way you would like them to behave.²

If you can accept that you have no power to change anyone else's behavior, you'll save yourself a tremendous amount of suffering and significantly reduce the amount of time you spend in Victim Consciousness. Once you move out of Victim Consciousness, you'll discover that there are other options. Instead of using force to try to control others (which creates a lose/lose scenario), you can use power to create a win/win scenario, in which everyone is happy. But you can do that only from within My Business.

How to Play *Whose Business Is It?*

I filmed a pilot episode of the game show *Whose Business Is It?* that demonstrates how to play the game. I've included this video in the Spiritual Practices section of the Week 1 class page.

The List Exercise

The List Exercise is a spiritual practice that develops your accountability muscles. It helps you to stay out of Victim Consciousness and within the boundaries of My Business. You will need a small notebook or day planner for this exercise. At night, before you go to bed, turn to a new page in the notebook, put tomorrow's date at the top of the page, and then



The List Exercise

² If you don't believe me, ask my father.

number the lines from 1 to 10. You will be making a list of 10 things you intend to do the next day.

Number 10 on the list is “Make list for the following day.” Numbers 1 through 9 are *things you would do anyway*. Nothing on the list should be any kind of a stretch except for number 10, the commitment to do The List for the next day. The other items might include things like “make the bed,” “eat breakfast,” “walk the dog,” or “go to work.” **This is not a “to do” list.**

At the end of the day, sit down and review each item on your list. If you did what you said you were going to do, check the item off the list and say to yourself, “I said I was going to do [item on the list] and I did it.”

If you did not fulfill your intention, take a moment and acknowledge this to yourself. Say to yourself, “I said I was going to do [item on the list], and I didn’t do it.” Resist the urge to blame yourself, or to rationalize why you didn’t do what you said you were going to do.

It doesn’t matter if you do the things on your list or not. **What matters is that you hold yourself accountable.** This means there are absolutely no excuses.

For example, say that one of the items on your list is “brush my teeth.” You wake up in the morning, and on your way to the bathroom, you are abducted by aliens and taken on a whirlwind tour of the solar system. Your hosts are charming sentient beings; however, they’re telepathic and they don’t have mouths, so there’s no toothpaste anywhere on the ship. When they drop you back home a week later, you sit down with your list and say, “I said I was going to brush my teeth, and I didn’t.”

Keep the list simple enough that it’s easy for you to do the things you say you are going to do. **Originality does not count.** It is perfectly acceptable for you to have the same list every day. If you notice that you are not completing items on your list, choose different, easier items.

When you begin this process, you will be (metaphorically) working out with 2-pound weights. The challenge is to make sure you are using correct form so that you target the correct group of muscles. Few people are used to exercising their accountability muscles, so using even 2-pound weights can create resistance. **Keep the list simple and do not add any additional weight for at least the first three weeks of this spiritual practice.** After three weeks of successfully completing every item on your list and holding yourself accountable, you may add *one* item to the list that is a little more of a stretch. If at any time you find that you are not accomplishing all of the items on your list, simplify the items on the list again.

Troubleshooting The List

For such a simple spiritual practice, The List can bring up a remarkable amount of resistance. The List often exemplifies that *simple* is not the same thing as *easy*. Some of the most common difficulties with The List are addressed below.

I’m forgetting to do The List

This is perhaps the most common obstacle during the first 30 days of The List. The entire purpose of The List exercise is to develop your accountability muscles, and if you forget to do The List, it’s an indication that these muscles need attention. It can be very difficult to hold yourself accountable, especially if you’re not used to it. You may find it easier if you engage the

help of a partner to hold you accountable for doing The List exercise. If you're exploring this process on your own, you can ask a friend to hold you accountable for doing The List each day for 30 days. This can be as simple as a daily email check-in to confirm that you're on track.

This is too easy... I can't be doing it right

As powerful as this spiritual practice is, The List does not have to be a struggle. As long as you go through The List each night and hold yourself accountable for each item by either saying "I said I was going to do this, and I did it," or "I said I was going to do this, and I didn't do it," you are doing the exercise perfectly. You can have the same list every day. It's not about reaching goals or accomplishing the items on the list—it's about setting intentions and holding yourself accountable for the commitments you make to yourself.

I'm not getting everything done on my list

Remember, this exercise is about *accountability*. It doesn't matter if you accomplish the items on your list or not. What matters is that you hold yourself accountable for either doing or not doing the things you said you would do. Because the items on your list don't matter, it's a more supportive experience when you make your list items easy and effortless and you can check off all of them at the end of the day. This gives you an extra boost of positive reinforcement. Although saying "I said I was going to do this and I didn't do it," fulfils the objective of developing your accountability muscles, it can also bring up issues of judgment, guilt, and shame, which can create resistance to continuing with The List.

1. Eat breakfast
2. Feed cat
3. Go to work
4. Pick up dry cleaning
5. Eat lunch
6. Make dinner
7. Brush teeth
8. Answer emails
9. Take out trash
10. List for August 15th

A Good List

1. Eat breakfast
2. Feed cat
3. Quit smoking
4. Cure cancer
5. Universal health care
6. Peace in Middle East
7. Brush teeth
8. Go to gym and work out
9. Make my father proud
10. List for August 15th

A Not-So-Good List

If you're not getting everything done on your list, simplify your list. It's very common to begin the exercise and find it too easy and then sabotage your success because you add too much weight and make your list too difficult. It's not possible for your List to contain intentions that are too simple, because The List is not a list of goals, chores, or resolutions. Three items on your list every single day can be "Eat breakfast," "Eat lunch," and "Eat dinner." The work of The List isn't doing the things on The List; it's being willing to be present with whatever stories and judgments come up for you, while you hold yourself accountable for your intentions.

Gratitude and Core Values

These spiritual practices will help you to move into Right Relationship with Venus. For the best results, begin by listening to the **Present Moment Awareness Safety Meditation**. This will ensure that you're starting from a place where you're safe enough to let yourself feel anything, which in turn makes it easier for you to experience the good feelings.

Gratitude ("I Love and Appreciate _____")

This exercise (obviously) targets your gratitude muscles. In this exercise, you will find a minimum of 100 things for which you are grateful. You may find it helpful to use a strand of prayer beads or a stack of pennies to help you keep count. As with The List Exercise, originality doesn't matter. You may find that you include many of the same things each day. Say "I love and appreciate _____" and then fill in the blank. Just let yourself ramble and speak whatever comes to mind. "I love and appreciate chocolate. I love and appreciate my cats. I love and appreciate sunshine." The objective is to keep talking continuously.

To get the full benefit of this spiritual practice, **you must speak these affirmations out loud**. Saying them to yourself or writing them down will not have the same impact. If you find it too challenging to come up with 100 statements, work up to it over the course of a few days.

You do not need to feel an emotional investment in these statements. You can literally look around the room and say, "I love and appreciate this pillow. I love and appreciate this book. I love and appreciate this photo." As you practice this exercise, your heart will open. It's not possible to get up from this exercise feeling worse than you did when you started it.

Core Value Affirmation Meditation

The Core Value Affirmation Meditation is a self-guided meditation experience. You begin by selecting one of the Core Values that you wish to experience (Abundance, Balance, Beauty, Freedom, Harmony, Joy, Love, Order, Peace, Power, Unity or Wisdom). Sit comfortably, and allow your eyes to close, as you become aware of your breath. As you inhale, think "I am..." As you exhale, think the name of the Core Value. For example, "I am ... Free," "I am ... Powerful," or "I



am ... Love.” Begin by practicing this for a minimum of 5 minutes, and then gradually work up to 10 to 20 minutes (or longer).

Be advised—this is an extremely powerful spiritual practice. It will bring up everything in your life that appears to embody the lack of the Core Value so it can be healed.

Tithing

Tithing is an expression of appreciation and gratitude in the form of 10% of your income each month, given to the people and places that nourish and feed you spiritually. A tithe does not need to go to the same place each month, and it can be distributed among more than one recipient, so long as the total is 10%. When these two criteria are met—the 10% amount and the heart connection to the recipient—Tithing is a spiritual practice.



Give 10% to people and places where you experience a heart connection.

Tithing is not charity. Charity is a very noble and worthwhile act. However, charity is giving from Second Kingdom. Charity is given to people and organizations that you perceive as lacking. You give charity when you feel that you have enough (sufficiency) that you can help those who do not have enough (lack). Charity on its own will not transform your experiences of prosperity. When you give charity, you affirm your own sufficiency, but you also affirm the illusion of lack.

Tithing, on the other hand, is giving from Third Kingdom. Tithing does not come from a place of “I have enough.” Tithing comes from the Truth that “I am infinite!” When you tithe, you open the floodgates and claim your infinite abundance and prosperity.

Tithing is a spiritual practice and it requires a leap of faith. Because Tithing comes from Third Kingdom, it is not possible to understand it logically or rationally. Logic and reason are tools of the Second Kingdom (calibrating in the 400s). Tithing calibrates at 540 and above. The only way to understand the greater truths of the Third Kingdom (and beyond) is personal experience.

It is not possible to “work up” to a tithe by giving less than 10%. It’s more difficult (and not just for the math impaired) to give 5% than it is to give 10%. Consider the consciousness around the belief that you need to work up to a tithe: it’s deeply rooted in First Kingdom and Victim/Lack Consciousness. If you give only 5%, you affirm that you do not have enough, and this is the “little r” reality that the Law of Attraction will create for you. You are certain to feel financially strapped at the end of the month.

When you tithe, however, you affirm the truth of your abundance, and this is what you experience. When you give 10%, you will discover that you have more than you expect left over at the end of the month. This makes no logical or rational sense, but logic and reason are not powerful enough tools to understand Tithing.

If you are new to Tithing, you will need to prepare for it. Spend at least a month practicing the **Present Moment Awareness Safety Meditation** and the **Gratitude (“I Love and Appreciate _____”)** exercises. These spiritual practices will develop the necessary spiritual muscles to prepare you to take the leap of faith and begin to tithe.

When you begin to tithe, commit to a minimum of three consecutive months. This is long

enough for you to have a subjective, personal experience of how Tithing shows up for you. The worst that can happen is that you get a bigger tax refund at the end of the year. The best that can happen is that you open yourself to receiving an endless and infinite flow of prosperity in your life.

When you sit down to write your tithe checks, don't worry if you feel less than grateful. It's common for feelings of fear and lack to come up to be healed when writing a tithe check. Let the feelings come up and be present with them. As long as you're giving 10%, and it's going to people and places that feed you spiritually, you are engaged in the spiritual practice of Tithing, and the consciousness of Tithing is significantly more powerful than the vibrations of your fears. If you surrender and allow these feelings to move through you, they will be instantly healed. Bear in mind, though, that you may have a substantial reserve of these lack-based thoughts, so it will probably take more than two or three tithe checks to clear all of them out of your consciousness. However, the longer you stay aligned with the consciousness of Tithing, the less these thoughts will be able to interfere with your ability to be happy.

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Week 1 Story Questions: Prosperity Snapshot

Answer the following questions as honestly as possible. There are no wrong answers. The objective is to capture a snapshot of your feelings and attitudes towards prosperity—your wealth, health, and happiness—at this specific moment. Write your answers on this worksheet (and keep it in your workbook).

Part 1: Wealth Snapshot

What are your current feelings about money?

What is your current relationship with money? Do you have enough money, or do you not have enough money?

Is it real to you that you need money to be happy?

How much time do you currently spend worrying about money?

How much money would you need to have right now so that you would no longer feel the need to worry about money?

Why do you need that money? What would it create or change in your life?

Part 2: Health Snapshot

What are your current feelings about your health?

What is your current relationship with your physical body?

Do you expect that your health will improve, stay the same, or decline in the near future?

Part 3: Happiness Snapshot

On a scale of 1 (low) to 10 (high), how happy are you with your life right now?

What are some things that you would like to create or experience that you believe would make you happier with your life?

Consider each experience listed above. On a scale of 1 (low) to 10 (high), how much confidence do you have that you will create that experience?

NAME _____ DATE _____

Week 1 Book Study & Contemplation Questions

Spend a few minutes each day reading the assigned chapters for the week. When you've finished reading the chapters, take some time to contemplate these study questions. Answer the questions in your Practical Prosperity Journal. Give yourself time to journal about anything that may come up for you around the questions, the assigned chapters, or the class material.

The Rich

***The Science of Getting Rich* Chapter 1 and Chapter 3, *Anger Mastery* Chapter 1**

1. What are your thoughts and feelings about “The Rich” (as presented in *Anger Mastery*)?
2. How do those thoughts and feeling about “The Rich” relate to the assertion in *The Science of Getting Rich* that the desire to be rich is praiseworthy and that the only way you can fulfill your potential in this lifetime is to become rich yourself?
3. Do you believe that it's possible to be rich and also to be a good person?
4. Do you believe that it's possible for you to become rich? Or do you believe that you lack something critical—some opportunity, skill, or connection—that prevents you from becoming truly rich?
5. Is it possible for you to become rich without taking money or resources away from other people in some way?

The Game

***Busting Loose from the Money Game* Chapters 1 and 2, *Anger Mastery* Chapter 1**

1. What are your thoughts and feelings about the games we're playing? *Busting Loose* talks about “The Money Game” and “The Human Game,” and *Anger Mastery* talks about the “Money and Power Game.”
2. Which games are you playing in your life?
3. How much are you enjoying playing those games?

4. Do you think it's possible that playing these games is, in fact optional? Do you accept that you have the ability to stop playing these games?
5. If you could stop playing any of these games, would you?

DAILY SPIRITUAL PRACTICES WEEK 1

Spiritual Reading/Journaling

The List

Grounding Meditation

Present Moment Awareness Safety Meditation