



A Class In Productive Prosperity

With Thought Leader and
Business Mentor,
Heather Dominick

Audio Transcript

Heather: Hey there! This is Heather Dominick, creator of A Course in Business Miracles® and BusinessMiracles.com. Welcome to your latest class and teaching from A Course In Business Miracles!

According to the spiritual and psychological curriculum of A Course In Miracles, the definition of a Miracle is “A shift in perception.” So we can then say that a Business Miracle is a shift in perception in relation to your business.

My intention is that you will receive a Business Miracle by participating in this class. This shift may take place immediately, later in the day, next week, next month, or even next year. But my intention is that a Business Miracle will be created for you.

My high business mentor recommendation is that you listen to the class all the way through, with the support of the transcript and then honestly journal your answers to the questions I've created for you as part of the reflection and action sheet. Truly answer what is in your heart, not just in your head, and not what you think you should or ought to answer.

If at any time you need support with any of this material, please email us at clientcare@businessmiracles.com. Or call us toll free at (888) 417-0283. We are here to serve and support you.

Please do note that this class was recorded live in front of either an in person or virtual audience, and though all measures have been taken to ensure impeccable quality, this may sometimes be reflected in the consistency of the audio. Enjoy!

Beautiful! We are all set so I just want to give everyone a huge, warm official welcome. This is Heather Dominick and we are here to focus on how to be more prosperous by being more productive.

I'd like to start off by activating the energy so can tap into the power of those of us who our energy is extending out to on the mp3. From there, we will dive into today's call.

Okay, beautiful. Wherever you are, I invite you to give yourself permission to be present fully and completely for this call. Do whatever you need to do to allow that to happen. Give yourself the gift of stepping away from your computer, maybe put yourself in a special receiving spot in your home or if you're on the road, make a conscious decision within your mind and heart to receive the information. We can fool ourselves so easily with the 21st century tendency to multi-task and we pretend we're

doing this thing when really it's so difficult to receive what's meant to be received because our energy is fractured and stretched in many directions.

With that conscious choice, you can support that by closing your eyes. And if you're not able to physically close your eyes, pull down the shade on your inner eye, allowing your gaze to drop to the palm of your hands, into your lap or down to the floor. Or again, just make that conscious decision to take a moment of tuning inward.

From there, let's take a deep breath and let it out. Really feel the power of energetic force available for you just by taking a deep breath. Again, let's take a deep breath in, really feeling your heart and lungs expand. Deep breath in and let it out. This time as you breathe deep, support that expansion by allowing your shoulders to draw up to your ears and then allow them to roll down your back and give a deep breath out. Beautiful! That gives a signal to your mind that you are a person of expansion.

As we continue to breathe deep, I invite you to see in the center of your mind's eye your to-do list. Go with whatever comes to mind for you, whatever you see first; there's no right, no wrong, or no judgment. What do you see? Is it a blank piece of paper? Is it miles long like the Santa Clause list from the cartoon? What color is it? What do you see? Just take note. Is it on a computer? Is it written on paper? Deep breath in and let it out.

More importantly, how do you feel when you focus in on the movie screen of your mind and see that to-do list? Again, no right or wrong or judgment; just take note. Do you feel supported? Do you feel frustrated? Anxious? Focused? What is the energy that becomes activated as you focus in on your to-do list?

Now with what you've noticed and how you feel, make a decision in this moment about what you would like to change. What would you like to be different about your to-do list? If what comes to mind for you is 'I would like to turn and run away' or 'I'd like to rip it up', take note of that. Or if you find yourself beating yourself up, see if you can let that go. Take this moment to create a conscious, energetic change about your relationship with your to-do list. Your to-do list doesn't control you; it's just a tool. Deep breath in and let it out.

How would you like to feel when you look at your to-do list? And choose to feel that now. Full of trust that all will be done in

divine right timing? Full of vibrancy that yes, you are alive and you're here to create? Excitement of all that is to come? How do you choose to feel about your to-do list? Again, feel that now. Create a conscious change in this moment right here, right now. Deep breath in and let it out.

Just allow yourself to rest with that new feeling, that new energy, that new relationship with what is before you. Allow your eyes to come back on open or pull up that shade on your inner eye and feel yourself present and ready to receive exactly what you are meant to receive from this call.

Before we dive into the heart of today's content, I'd like to tap into what I am enjoying calling a pre-step. This pre-step is the number 1 success ingredient, and that ingredient is personal and energetic responsibility. What is this really about? It's about one of the most powerful energetic universal laws, which is the law of cause and effect.

I invite you to take a moment and look around you; look at everything about your business, look at everything about your environment, look at everything about your life. What you see and what you are experiencing you are the direct cause of. Here's the thing about that – and it's really good news, and while it might not seem like it, in Truth it is good news. You have the power of change in the palm of your hand.

What you put in is what you get out of everything, including this program. How you receive what this program has to offer, the effect of this program, is in direct response to the cause of your participation – how you use the program, how you choose to utilize the fact that you have access to the info and action sheets, recordings and transcripts.

The key is, how do you choose to utilize these tools? My advice to you is to study them. Download those recordings, print out those sheets; highlight, write in your journal and implement what you receive. And most importantly, ask. If there's something that comes up for you that you don't understand or need support around, bring your question to the team.

So let's dive into the heart of today's teaching call; again, how to be more prosperous by being more productive. Now, being that we're all here as entrepreneurs, when we're looking at how to be more prosperous by being more productive, this is an inner and outer solution. This is an inner and outer approach; you truly need both. For today's teaching call, we will have 3 parts. Part 1

is your energetic state of being. Part 2, tools to connect your energy with your actions. Part 3, staying consistent. Small steps produce Considerably Huge™ results.

Part 1, your energetic state of being. The first step of creation of anything is your energy, your vibration. And I want you to write that down. The first step of creation of anything is your energy, your vibration, because everything vibrates. The phone that you're using to tune into this call or the mp3 player you're using to tune into this recording, the chair you're sitting in, the floor you're standing on, toothbrush you brush your teeth with, water you take a shower with, car you drive in, lawn that you mow – everything vibrates. It is by that vibration that you attract and harmonize experiences to yourself. Your feelings are the indicator; your feelings are like your GPS. They show you how you're vibrating. Your feelings show you your state of energy.

And here's a creation formula that's extremely important. Anything you create starts at being, moves on to thinking, then to speaking, then to acting. And sometimes this formula happens at lightning speed. Often, when that lightning speed creation occurs, it can be associated with moments of red-hot anger. You can go from being to acting in a split, split, split of a second so the key of when it comes to creating what you want in your life, in your business, is that you become conscious of this creation formula.

This creation formula is dictated by law. The mistake that so many people make is the belief that it starts with thinking. Being, thinking, speaking, acting. The other mistake that so many people make is they put full emphasis on the acting, believing that's the only part of the formula that matters. But the Truth of it is, with a capital T, that action only puts in place the system necessary to receive and experience what you create in being, thinking, and speaking.

What I mean by that is that which you are, that which you choose to be, then instantly, automatically already is. The process of manifestation is that it moves from being to thinking into speaking, into acting. Again, the mistake is that if I act, if I do, that will change the way that I feel, that will change my being. That puts you on a perpetual merry-go-round, a hamster wheel of dissatisfaction and being controlled by your outer experience. It can feel like a roller coaster ride. Nothing is dependable, extremely frustrating and also exhausting.

So you create your business in your Self, your being. That is how

your business first came to you. Whatever it is that brought you to be in business for yourself is most likely an inkling or a little seed that was planted a long time ago, and depending on your belief system, most likely in another lifetime. It's an innate calling, an energetic drive of how it is that you're meant to be contributing to this world.

You create your business and your Self, your being, in your thoughts. You might not even be conscious of it. And then it's in your thoughts and words, and then you act to set up systems like marketing in order to be able to receive your business in a manifested, physical way – clients, payments – so that you can experience it.

Again, what we really want to become aware of and become conscious of when we're talking about how to BE more prosperous by being more productive is to become conscious of how to channel this creation formula. One of the key pieces to that – this is a golden, golden nugget I'm giving you right here; as you practice what I'm about to say it's going to change everything for you – a golden key to activating this creation formula in a way that really works for you is the energy of certainty. I want you to write that down.

The energy of certainty is one of the most powerful states of being and it is the antidote to failure. Certainty gives the universe a go-ahead to work on your behalf. Easier said than done, yeah? So here's how you can become aware of plugging in to certainty, of activating that state of being. First you catch fear when it happens. The moment you feel fear, stop and just watch. As best as possible, practice being the observer, detaching from the fear and watching it, becoming aware of what it's about for you.

The stories that you're telling yourself that are creating or activating the fear. Once you can observe the fear, then you can change it. Again, a mistake that so many people make is that they feel the fear and look to the outside world immediately to tell them not to be afraid. But fear creates more of what is being feared. Fear attracts that which is feared. If you feel fear and then look to the outside world to give you evidence to the contrary, the world is going to respond to your state of being so it's going to give you more fear. But when you stop and watch and detach, then just like in our activation at the beginning of this teaching call, you can create a conscious choice to change the state of being – to shift from fear into certainty, or what some might refer to as faith.

Here's the second golden key: be persistent. Be persistent in creating this shift. Be persistent to consistently shift into certainty. And here's the thing about persistence. Persistence literally pays. Write that down. Persistence literally pays. You will receive a return on your persistence. What are you being persistent about? Are you being persistent in your certainty of success or your certainty of failure?

One of the fabulous things about being a human who's stepping into conscious creation and manifestation is that you will be challenged because that is where growth comes from. So you commit to being persistent, to being certain even in the face of contrast, even when what you see around you looks contrary to what you desire because, again, as I was talking about in the pre-step of this teaching call, you are the cause. Good news! You can change it in an instant. You can turn on a dime.

Here's the thing; fear of going broke is a terrible disease. I want you to write that down. It takes away opportunities for growth, it prevents you from trying new things and it keeps you worried. But most importantly, it prevents you from trying new things because fear attracts that which is feared. Regardless of what you currently see around you, have faith, believe, know with certainty because you get to choose.

The next question might be: How do I be certain? The good news about that is that you can acquire certainty through practice, just like when you go to the gym and start with lifting a 5 pound weight and do it over and over and over and over and the muscle strengthens and pretty soon you're up to the 10 pound weight, and the muscle strengthens. The same with your certainty muscle; the same with your muscle, your energetic muscle that creates your state of being.

That leads us to part 2, tools to connect your energy with your actions. Why is this important? This is important because the mind is tricky. You must mind the mind. And what you want is to put tools in place that will support you in doing this – support you in minding the mind, keeping a rein on that trickster so that you can be in conscious creation with your state of being. You use and implement tools to support you in doing this, like the Order Form to the Universe, and tools like the Belief Transformation Tool.

Everything I'm talking about today is why I created those tools – to support myself in being focused and shifting my state of

being. As I'm sure you've heard me say many, many times, I felt like I was in a consistent state of terror and I recognized that in order for me to experience anything different, I would have to stop looking outward and start getting a handle on my state of being.

The Order Form of the Universe, the primary intention of that tool, is to create clarity from confusion, because fear and doubt often spring from not knowing what's coming down the pike. I'm not saying it's to predict your future, but it's about being able to invest in coming out of the clouds and into the clear. Then you can tap into the next inspired action, or what I like to refer to as your next baby step inspired action. All you need is a next action, no matter how big or how small, that comes from faith, that comes from certainty, rather than action that comes from fear. When you're acting out of fear, you'll get more confusion and then that creates the spiral, the merry-go-round, and the unpleasant roller-coaster ride.

Then we have a tool like the Belief Transformation Tool, which was created to support what came through from the Order Form to the Universe. Honestly, those 5 questions came right out of my teaching drama to high schools because those were the questions I would ask my students to go through when evaluating their work so they could improve from a place where they felt connected to what needed to happen next for an improvement to take place. When I used that, I started identifying limiting or non-serving beliefs.

Then I recognized that I needed something to support myself in being able to stay consistent with shifting the belief; what I tried first was things like other energetic tools I'd been taught like traditional meditation. That helped in the moment but I found when I got back into action, I would boomerang back. I wanted something where I could track it because I had learned in a universal teaching that what you track, attracts. And that's a writer-downer.

That's the purpose and intention of the Belief Transformation Tool. If you've used it in the past or have just looked at it or have stopped using it, I would recommend going back and giving it a whirl. If you have any belief about your ability to create income, about your ability to ask for business, any belief you have about your ability to be productive. On a recent coaching call, we were identifying these beliefs about what it meant to work at the dining room table. Some had the stories that it meant you weren't a good entrepreneur or weren't productive.

And of course, that's not true; it's just a preference of where you want to work.

You want to identify and then you want to commit to transforming. The BTT is not a one-shot deal; it's something I recommend you using every day for at least 30 days. Then your experience changes and your belief changes. And here's the thing I've really discovered about using an Order Form to the Universe, when you actually commit to transforming a belief, that's when the ego mind can rear its ugly head and begin to fight like hell for you to stay where you are. And then it will become feelings of gripping or holding on resistance.

What I've come to understand is that when you most feel like holding on to something, that's the best time to let go. And when you're in doubt, you want to act your way into belief. When you identify a limiting or non-serving belief and any limiting belief is going to be in correlation with doubt and fear – it's going to be working against what you say you want for yourself in your business and your life – you want to support yourself with tools so you can keep getting into action.

Now, not knowing what you want or what you wish to have is a major cause for doubt and disbelief and then lack of productivity, which is why we use the Order Form to the Universe. That right here is basically the formula for sabotage. You feel confusion, then doubt and disbelief, so you don't do anything. But the best way to heal worry and to heal fear is to break it down and discover what it is – to discover what it is truly or to discover what is truly true. A tool like the Belief Transformation Tool supports you in that – dismantling the story, breaking down the fear, debunking the myth or whatever meaning you're giving.

I was recently having a conversation with a private mentor client and she was resisting taking action on something that was very important to take action on for her success. When we took a look at it what came out was that no one who was really professional takes action in this way. And what I told her is actually I know for true, for certain that high-level companies and television shows take action in this certain way all the time. It was a dismantling of the belief, it was a shifting of the story and again, that's the power of the BTT.

When you're able to break it down, that begins to raise your confidence. The minute I gave her a different story, a different view, she was like 'Okay, I can do it.' It raises your confidence, it wipes out your fear and that's why we use the Order Form to the

Universe and the Belief Transformation Tool. You will always get what you believe. Again, what you fear is what you will experience. State of being first. Use tools to shift the state of being, to shift the energy so then you can move into aligned action. When you affirm clarity of intent, when you affirm certainty, then you will experience more of what you affirm to be certain.

In the midst of chaos all around you, 'I am certain I am going to succeed. I am certain I will bring on these clients. I am certain that this email I'm going to send out is going to create the results that I want.' And then I'm certain if plan A doesn't go the way I want it to, I'll be shown what plan B is. And that's another mistake people make; if they take action and it doesn't go the way they expect, they think it's a bunch of bull. The path has many bumps in it. The certainty is that you will get from New York to Los Angeles; you may have to go over a mountain, take a detour or something else, but you will get there.

That brings us to part 3, staying consistent. Small steps produce Considerably Huge™ results. Even the smallest step can move you on to great wealth and considerably huge results. The smallest action – because everything counts. Every act counts. Every act defines your next world. The universe is one huge, humungous change reaction. Every action counts. So if you take that truth into consideration, then to support yourself in really receiving the best results from that truth, don't try to do something.

When you try to do something, the universe will try to give you results. Remember the formula of creation: Be, think, speak, do. It's not be, think, speak, and TRY; it's be, think, speak, do. Set out to do it or not to do it but don't TRY to do it. When you do something with the resolve that it will be done – not like it 'may' work out – the universe will honor that resolve and it will give back to you with its own resolve. Again, you might need to go to plan B or C or D or cross that mountain or go over that river, but when you do it, that is what you will get.

When it comes to your business, the universe will honor the resolve; it will give back to you with its own resolve what you set up to support you in being in action. That's why we have tools like the marketing wheel and the 30-day plan. Every piece of the system is meant to fit together with the other pieces like pieces to a puzzle.

For example, you use a tool like the Order Form to the Universe to create clarity, you use the BTT to then transform the beliefs that are identified through the OFTU. You transform the beliefs through the BTT and then script that new belief, and then bring that energy into the 30-day plan. The 30-day plan is designed to give you doable steps. One of the things that I discovered, especially when I was starting off in business was that I could get overwhelmed so quickly by trying to do it all, all at once. I would put this pressure on myself, and I would see my to-do list and start to hyperventilate.

I recognized I needed to have support in focusing on just what was right in front of me and allowing that to be enough. And I don't mean staying small; what I mean is a tool like the 30-day plan allowed me to acknowledge and celebrate those small steps. And from being able to focus, being able to take those immediate steps with a high level of energy, celebrating the success of those steps led me into next steps and next steps and next steps more quickly. And that is the power of the 30-day plan.

Whether this is something, again, maybe a tool that you've used before or lost track of or you downloaded it and then it slipped off behind your desk somewhere, I want to go through the pieces of this tool because it's an absolute imperative tool that keeps you focused and productive just 30 days at a time. It's the power of chunking down time. When you are moving through a tool like the 30-day plan with high energy as we've been talking about, then you're actually able to create more that much more quickly. And that helps quiet that part of the ego mind that wants to say 'What? Are you kidding? That's not enough. Where am I going to be in December? Where am I going to be next year?'

The way you're going to get to December or next year is to take it one step at a time – one highly aligned step at a time. Let's go through the power of this tool. We're looking at first and foremost that you're identifying your business' dire need, so ideas that aren't in support of your business' dire need you can put aside for now. What is your business' dire need and what is your intended due date? And I prefer that phrasing versus 'deadline'.

Then what is your monthly goal? What is the main goal in 30 days that's going to serve your dire need? Then you assign actions and find a descriptive word to assign to each action. Then you take those actions and break them down into your

weekly list – so you're identifying actions to happen week by week. And then here's a key piece of the 30-day plan, which is the role of the universe. What do you want to hand over to the universe because it feels so big or so daunting to you that you need the universe to hold it? Then also part of the 30-day plan is the list – and it's something I use all of the time. This is where all those creative, fabulous, massive, awesome entrepreneurial ideas that will in no way support the dire need live. I know I'm going to get to them at some point, or when it comes time to look at moving an item from that list to the 30-day plan, I might decide it doesn't make sense anymore.

And then also in the 30-day plan, you address lower level energies; you're taking a look at what beliefs are coming up around your 30-day goal. That's where you go and put the BTT to work. You can ask for solutions, for help from your higher Self, God, Spirit or Source. Then you activate your inner coach, you call on your inner energy to support you in being able to be in a state of certainty. Then you'll identify inspired actions – everything you have 'to do' will suddenly become 'Cool. I'm looking forward to doing this.'

Next step, next step, next step. And of course, the final part of the 30-day plan is to just celebrate. I am a big supporter of what I like to refer to as the 5 daily yays. It's so important that you are consistently in celebration because then you're able to keep taking the next step and the next step and the next step towards your goal. The next steps will always keep revealing themselves, especially when you utilize tools to support you in being able to see that next step, rather than getting mired in indecision from a state of fear or worry or doubt.

The main purpose or message of this teaching call is to stop creating and start creating. Your business is not in control of you; you design your business. You create your life. That is the law of cause and effect. When you work one baby inspired step at a time and you take action on the closest opportunity coming from a state of certainty, what will be revealed to you are unseen opportunities, things you can't even see or conceive of right now. And that's how the next step goes to the next step and the next step and pretty soon you're up that escalator into expanded results.

As we get ready to wrap, let's do a recap. We focused on 3 parts to really being able to understand just how to be more prosperous by being more productive. Step 1, energetic state of being. Step 2, tools to connect your energy with your actions.

Step 3, staying consistent. Those steps produce considerably huge results. We recapped foundational tools to be able to support you in being able to be in consistent creation – order form to the universe, belief transformation tool, marketing wheel, your 30-day plan.

Remember that what you are able to receive is a direct result from how you participate in what you receive. The ultimate number one success ingredient is personal and energetic responsibility. Receive, study, implement and ask. Repetition is key; listen to this recording over and over and over again. Listen to other recordings over and over and over again. You are the designer of your business; you are the creator of your life.

This completes your class and teachings from A Course in Business Miracles. I am seeing you experiencing new ideas, insights and inspirations from what you have received during this class. To share what you have received or, again, if at any time you need support with any of this material, please email us at clientcare@businessmiracles.com or call us toll free at (888) 417-0283. We are here to serve and support you.

Other than that, I am leaving you with many, many blessings for the rest of the day, the week, into the weekend, and until our next Business Miracles connection!

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