



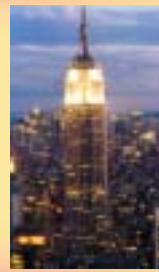
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## Connect with Consciousness and Grab

# ABUNDANCE

Richard Dupuis on the simple truth behind the law of attraction

By Judith Campanaro

Have you ever wondered why people have financial blocks? Do you know people who watch the movie *The Secret* endlessly, have worked with the law of attraction, get some results but they aren't able to experience abundance all of the time?

According to Seattle-area teacher and author Richard Dupuis, the reason is really pretty simple. He says, "The law of attraction and surrounding material is only part of the creation process. Just watching *The Secret* isn't enough."

Dupuis is the founder of The Prosperity Boot Camp and author of several books including *From the Mouth of God*, *Ancient Wisdom*, and *Creating Your Light Body*. He says he started teaching about the financial aspects of life because he realized that many people are not accomplishing what they want, even though they have studied the law of attraction for a long time.

**Judith: Why do people have financial blocks?**

Richard: There is an implication in these various teachings that cre-

ation is the result of thought, but that is not true. There is no question that thought is part of the process of creation. But real creation begins with the connection with consciousness. Consciousness creates everything. If you want a new red Ferrari, you visualize it, you put up a vision board etc. But if you are going to get a new Ferrari, it is going to come as a result of consciousness creating it for you. That's the beginning. That's where it all starts. The actual sequence goes from consciousness, mind, belief and thought. Thought gives direction to belief.

**Judith: Just thinking about what you want to accomplish isn't going to be enough?**

Richard: The interesting thing about thought is that if you never had another thought in your life, if you were to stop thinking totally, you would keep on creating. In fact, you would create in a way that was incredibly fulfilling because consciousness would keep on doing the creating. So even though thought is part of the process, in a sense, it is also part of the impediment. Your thoughts indicate your beliefs. They

are the results of patterns in your energy field.

**Judith: What is the difference between thought and consciousness?**

Richard: Essentially, consciousness is all there is. If you stop for a moment and look between your thoughts during a meditation, there is pure consciousness. That is what the universe truly is. This thing we all live in is illusion. We want to make it real. And in making it real we begin to slow down the creative process.

**Judith: How do you connect to consciousness?**

Richard: Just before you wake up in the morning you are in that state of pure consciousness. It's the awakened or the enlightened state. That's just one place. But very often through the day, you'll have these moments of awareness or insights of consciousness. The key is to recognize them. In my Prosperity Boot Camp, I do drills with people to help them connect with consciousness. That's the first half of the workshop.

Getting a sense of consciousness is like strengthening a muscle. The

more you do it, the stronger it gets. It takes your focus off of the end result you are trying to create and gives your power back to what you really are.

Most of us experience many layers of limitation. We've all been taught that we are limited beings and we can't have what we want or at least we can't have a lot of what we want. That is a result of our conditioning. It's absolutely not true. As you begin to let go of the illusion of that conditioning you begin to travel towards consciousness. As you become more conscious, you become more creative.

**Judith: What about all the chatter that always seems to get in the way?**

Richard: You don't have to do anything with the chatter. You just leave it be. As you become more conscious, you begin to become aware that you are not your thoughts. The reason for the thoughts going so strongly is that you think you are those thoughts. The things that happen all day long — your thoughts, your ideas, your opinions, the concepts you carry — the ego sees these as who you are and the ego doesn't want to let go of that identity. As you become more conscious, those thoughts diminish.

Your thoughts are essentially a reflection of your belief systems. In other words, you beat yourself up because there is a belief that you think you are not worthy; you don't deserve to get what you want; money is hard to come by; you need more knowledge and experience. But that is not what you need.

What you really need is a stronger connection with consciousness. The only thing really fulfilling is that connection with consciousness. There is nothing that is as fulfilling as knowing who you really are.

You need to let that connection exist for you. Then figure out what it is that is stopping you from getting

what you really want. Figure out what is the energetic pattern in your own individual sphere and then let the energy out of it.

If you sit down for half an hour and outline what you experience in your life, you will write down your belief systems. What you think is true always appears as true. Unless you get at those patterns and clear them, you are always going to create limiting patterns or programs that create limitation. In the second half of the "boot camp" we learn how to find and recognize those blocks.

The ego avoids pain which is why we avoid looking at blocks. But once you start looking at them it's no big deal. You'll never be taken by consciousness into something that is detrimental. It's what we call being in the flow.

*Richard Dupuis teaches and lectures in the United States and internationally. To find out about workshops in the Seattle area, for personal coaching sessions, or to sponsor a workshop in your area call (206) 933-5899 or email richarddupuis@juno.com.*

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## Help celebrate National Kindness Week

by Alex Tinsman

Help celebrate National Kindness Week (November 12-18) by doing acts of kindness that will strengthen your community. Here are several ways you can be kind.

**1. Support local small businesses.** Small businesses flourish through word of mouth. Support a local small business by recommending that business to your friends and associates.

**2. Donate books to the library.** Find a book you love and write a message in the front of it, explaining

why this book means so much to you. Then donate that book to a library.

**3. Pick up litter.** Communities thrive on clean and safe neighborhoods as well as shared spaces such as parks and sidewalks. Spend a few minutes picking up litter and garbage that you find and throw it away.

**4. Take pride in where you live.** Adopt a street corner for one week. Make a point to pull a few weeds or even plant a few wildflower seeds.

**5. Make someone feel welcome in your community.** Introduce your-

self to the closest neighbor you've never talked to. Bring some food and knock on their door. Knowing your neighbors is a good step toward building a strong community.

**6. Donate used clothing and supplies to a local shelter.** The most needed items for women's shelters are diapers, car seats and clothing. Your donation will help a family who may be going through the worst time of their life.

**7. Help someone who may be hungry.** The next time you go

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