



**WAKE UP!**

**Prosperity Is Calling**

*The Seven Principles  
To Living a Life of Prosperity*  
**Helena Kalivoda**

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**The Seven Principles  
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Prosperity**

**By**  
**Helena Kalivoda**

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*In order to succeed,  
your desire for success  
should be greater  
than your fear of failure.*

*- Bill Cosby*

## Introduction

What does prosperity mean to you? Do you equate prosperity with being wealthy and financially successful? Or do you have other criteria by which you measure your prosperity? Do you feel prosperous in your current circumstances? Or do you feel as if it will never come true for you?

Almost everybody has a dream of being prosperous, even though his or her definition might vary. For some, being prosperous seems to happen naturally. Others may believe that there are not enough “riches” left for them because they have been “taken” by others. Then there are others who believe that true prosperity is about how small their needs truly are.

The truth about prosperity is in the beliefs and ways of the beholder. As with everything in life, what we believe is what we experience.

If you are one of those who do not think you can be prosperous, wake up to

the fact that prosperity is “available” to everyone! It is your birthright to be abundant. There is enough for *everybody* to have. We live in an abundant universe. Allow prosperity of every kind to enter your life. There is no limit to what you can achieve and have in your life.

There are some seven principles to *being* and *feeling* prosperous. Following these principles consistently and steadily will help you to wake up to the prosperity that is all around you and allow you to receive what is already yours. You can start to follow them today. Others did and you can, too.

## **Principle #1 Redefining “Prosperity”**

*“Success in highest and noblest form calls for peace of mind and enjoyment and happiness which comes only to the man who has found the work he likes best.”*

*– Napoleon Hill*

There is more to prosperity than money and finances. Material abundance by itself is not necessarily a mark of a prosperous person. Prosperity includes relationships and health, as well.

Focusing solely on becoming financially prosperous manifests a partial abundance that can sometimes lead to your alienation from the rest of the world. Without enjoyable relationships, your wealth can eventually become meaningless. Without health,

you cannot enjoy the benefits of your abundance.

Wealth, relationships, and health are not defined only physically, but on mental and spiritual levels as well. Seek prosperity *on all levels* to bring happiness, joy, and love into your life, as those are the signs of a truly prosperous person.

When you reach this level of understanding, you will gravitate toward not only having, but also giving and receiving. There is a law that whatever you give, you get back. The more you give, the more you receive.

See your own prosperity as an opportunity to assist others. When you help others, you become a benefactor as well—you will be on the road to a life that is rewarding, a life that is full of enriching circumstances.

*“When a man feels throbbing within him the power to do what he undertakes as well as it can possibly*

*be done, this is happiness, this is success.”*

*– Orison Swett Marden*

### **Review and exercises:**

1. What were your realizations when reading this section?
2. In what areas of your life would you like to experience more prosperity?
3. How would it affect other areas of your life?

## **Principle #2 Discovering What You Really Want**

*You can't ask for what you want unless you know what it is. A lot of people don't know what they want or they want much less than they deserve. First, you have figure out what you want. Second, you have to decide that you deserve it. Third, you have to believe you can get it. And, fourth, you have to have the guts to ask for it.*

*– Barbara De Angelis*

Are you a person who does not know how to get going and achieve a life of prosperity?

Recognize areas of your life where you are already prosperous, such as your relationships or health. This will

help you to begin to attract prosperity in other areas such as your finances.

Ask yourself what it is you want. If you are not sure of what you want, start with clarifying for yourself what it is you do *not* want. By realizing what you do *not* want, you will find out what you *do* want.

Recognizing what you do not want does not mean that you will know instantly what you want. My friend Jack has well-to-do friends and he felt poor in comparison. He decided to change his life. There was more than one path he could take. He could go back to school to upgrade his education, he could learn a trade, go into a business of his own. He had to choose which path would lead him to the success that he desired, but it all started with deciding what he wanted. Once he decided, the pathway would gradually become clear to him.

If you are in a situation like Jack, look at your talents, skills and interests, and come up with a specific want. Once you know what you want, come up with the specific steps to move you forward. Jack decided to become a lawyer. He

decided to upgrade his education. Now he needs to prepare for an entrance exam and pass his exam. Then he can become a student, and graduate.

Using this stepwise process, you will benefit from a deeper understanding of who you are. You will find what you feel passionate about. When you know your passion, you are bound to succeed.

*Anything you really want, you can attain, if you really go after it.*

*– Wayne Dyer*

### **Review and exercises:**

1. Make a “do not want” list.
2. Make a list of your wants and desires.
3. Choose the desire that speaks to you the most.
4. Start looking into what it takes to realize your desire.

### **Principle #3 Thinking and Feeling Your Way to Prosperity**

*Prosperity is a way of living and thinking, and not just money or things. Poverty is a way of living and thinking, and not just a lack of money or things.*

*– Eric Butterworth*

Ask yourself a question: “Could all seemingly existing limitations be self-imposed, imposed on me by me?” Your very own thoughts form the foundation for what appears in your life. The “right” thoughts bring the “right” results.

Change who you currently *are* to whom you want to *be* via conscious thoughts and behaviour. Do not dwell on what you think of as lack, as then you perpetuate the same experiences again and again. Make a conscious decision to change your beliefs and thoughts, as

they determine how you feel and behave.

Your thoughts and feelings are an integral part of your success. If you constantly feel a sense of lack and believe that you cannot ever get ahead, you will be forever chasing your dream of abundance and prosperity. If you believe that you will always have what you need, you will manifest security and abundance.

Be aware of your thoughts and feelings. Do you think and speak about what you want in a way that makes you feel good? When you tend to worry, or allow yourself to become frustrated, you are not heading in the right direction.

Thinking and feeling prosperous is one of the first steps to becoming prosperous. Think, feel, and practice believing yourself to be the one who attracts prosperity into your life, and you will become a magnet for the events, things, and people you desire.

Think and feel as if you had already received what you desire. Imagine it. I know it works. I wanted a new car and a new pair of skis. I did not know where

the money was coming from at the time but trusted that I would become an owner of a new car and a new pair of skis. I thought in detail about the type of car I wanted to drive and the new pair of skis I would take to the slopes the next winter. I felt good about it. Through my positive thoughts and feelings, and my focus and trust that it would happen, both my wants materialized in time, from the most unexpected and surprising sources.

*The great successful men of the world have used their imagination. They think ahead and create their mental picture in all its details, filling in here, adding a little there, altering this a bit and that a bit, but steadily building - steadily building. – Robert Collier*

**Review and exercises:**

1. Observe your thoughts and your vocabulary. Do you mostly think and speak in terms of: cannot, should have, would have, but, if?
2. Consciously work on replacing the above expressions with the words “I can,” “I will,” “I trust,” “I believe,” “I know.”
3. Observe your feelings. Do you mostly feel negative and judgmental about the things, people, events, and circumstances in your life?
4. Consciously work on replacing your non-supportive, “not making you feel good thoughts,” with feelings of trust and love. Keep at it!

## **Principle #4 Changing the Habits that No Longer Serve You**

*If you always do what you've always done, you'll always get what you always got.*

*– Author Unknown*

The experience of the fullness of your journey is determined by the extent of how much you let go of scenarios that no longer serve you.

Can you change your habits? Yes, you can. You were not born with your habits. You acquired them through your interactions with people, events, or circumstances. Some serve you and propel you toward your successes; others act as barriers.

A habit is an unconscious act. Most of the time you are not aware of what you habitually think or do.

Habits stem from your beliefs. You cannot change a habit that does not serve you into a positive one, unless you first change your underlying belief.

Examine your beliefs around the habits you would like to change. Change your thinking to change or eliminate the habits that are barriers to claiming your abundance.

Develop an attitude of gratitude and give thanks for everything that you already have. You will increase your satisfaction with your life, which in turn will help you to accomplish more.

*If you change the way you look at things, the things you look at change.*

– Wayne Dyer

### **Review and exercises:**

1. Examine your beliefs about prosperity. Do your beliefs serve you or hold you back?
2. Do you habitually think limiting beliefs, such as: “I cannot afford

it; I do not have enough?"

Choose affirming thoughts instead, such as: "I have all the money I need; there is enough for me and everybody else."

3. Are you habitually looking for excuses and blaming yourself, others, or situations for your lack of success?
4. Take responsibility and assume the role of the creator you are. Practice becoming a leader to yourself, instead of blaming yourself or others.
5. Be appreciative of all your experiences, as *all* that you experience contributes to your advancement.

## **Principle #5 Recognizing that Prosperity Is a Journey**

*Success is the progressive realization  
of predetermined, worthwhile,  
personal goals. – Paul J. Meyer*

There is a learning curve in becoming prosperous, and you must embrace “prosperous” concepts and behaviours.

Living prosperously is a lifetime journey. It consists of periods of realization, discovery, learning, decisions, change, focus and discipline, all leading to your greater abundance and prosperity. There can be unexpected detours and unexpected adversities. Perceive any hurdles that you encounter as opportunities to learn and to strengthen your determination, to propel you toward your success.

It may not always be easy. I felt discouraged at times, but then I realized that the road to prosperity was a process, a journey, and that every journey started by taking that first step and then by continuing to take consistent, small steps forward. I started to feel less impatient about getting results. When I changed my thinking, I was able to deal more effectively with all my concerns and everything opened up for me to take actions necessary to improve my life.

If the thought of working through your financial issues is too daunting for you, you can start with smaller, easier tasks. Once you experience gains in those areas, apply your knowledge to other facets of your life.

Choose one simple aspect of your life to improve upon. Perhaps you are late for work most mornings and your boss does not like you coming in late. Move your alarm a few minutes ahead. Get up as soon as your alarm clock wakes you up. Delegate some morning chores to others. Think of all the steps that can help you to be on time. Be

focused and disciplined about it. Then transfer the process and the experiences you gained to other areas of your life that you would like to improve upon.

The journey to prosperity consists of defining moments. How do you know that the time or situation is ripe for you to enter the next step of your journey? Listen to your heart. You know by your feelings whether the events are aligned with you or not. Once you know, act.

*Success is a journey, not a destination.*

*– Ben Sweetland*

### **Review and exercises:**

1. Realize that the way to prosperity is a process, that it is a journey.
2. Your success in other areas can help you in the areas you want to improve upon.

3. You can start with easier, smaller tasks, to gain experience in applying the principles.
4. Do not rush to the next step before you accomplish what you are currently working on.

## **Principle #6 Persisting on the Journey to Prosperity**

*Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.*

*– John Quincy Adams*

How do you get from who you are to who you want to be? Through perseverance. When you focus on your intended result, and you passionately trust and believe in it, you attract the right people and the right circumstances.

Step by step, the path to reaching your objective becomes clear to you, and you define your actions. Actions can include making a decision, making a necessary phone call, organizing a meeting, or capitalizing on the situations that lead you toward your next step and action. Eventually, through your focus

and persistence, there comes the moment of reaching the “tipping point.” It is when it all takes off as on its own, toward a desired conclusion.

Do not persist in pursuing something that obviously does not work. When you realize that, move on. It is okay to take a different approach if something does not work the way you thought it would.

Persist in your journey. Do not give up when you encounter challenges. Dr. Seuss was rejected by 28 publishers before his first book was published. Afterwards, he wrote and published 46 children's books that have sold more than 200 million copies.

*The greatest oak was once a little nut  
who held its ground.*

*– Author Unknown*

**Review and exercises:**

1. Remember an event in your life when you persisted and received your desire.
2. How did it feel to be successful?
3. Use that same “successful” feeling to propel you forward.
4. Know that if you have been successful in one way, you can become successful again and again.
5. Remember that you are going through a learning curve. All will become easier, and the process will speed up, once you connect with the right people and situations.

## **Principle #7 It All Starts With You**

*Always bear in mind that your own resolution to succeed is more important than any other.*

*– Abraham Lincoln*

Any of the principles introduced in this discourse can be a topic on its own. Consider this little book to be a primer on your way to prosperity.

Wake up to you being the creator of your life; acquire a consciousness of abundance and be in receivership of an unending supply. Do not wait until conditions have become so severe that you are forced by circumstances to convert your suffering into non-suffering. Be willing to make the changes you want, now!

You are the originator of all that you have and experience. Once you

consciously know this, step into your role as the creator of your own destiny.

When you do, you grow in self-awareness, and bring your own issues to the surface. And you also bring forward your own resolutions and successes, custom made, just for you.

Rumi, an influential Persian poet of the 13th century, once said: "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

To paraphrase the above quote, one can say: "Your task is not to seek prosperity, but merely to seek and find all the barriers within yourself that you have built against it."

Easier said than done? Perhaps. Find and overcome the barriers keeping you from being successful. Know that you are worthy of being successful, of feeling great, of loving and being loved, and of being abundant on all levels of your existence.

*Once you make a decision, the universe conspires to make it happen.*  
– Ralph Waldo Emerson

**Review and exercises:**

1. Commit to bringing changes to yourself.
2. Trust that you can succeed.
3. Persevere in your commitment.

## In Closing

*Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals.*

– Jim Rohn

“The Seven Principles to Living a Life of Prosperity” are guiding principles that will become your truth and experience once you use them consistently and patiently.

Our family friend, Vera, faithfully applied and lived the principles. Now she is a high-income earner, which enabled her husband to quit his work and offer his services as an independent consultant instead. Their lifestyle has changed in ways they never before thought possible.

My friend Sara followed the principles religiously and completely turned around her “story.” As she

transformed her health and relationships, her life changed dramatically: she uncovered her new, slim, vibrant self and has a new man in her life whom she dearly loves and values.

For these principles to become your truth and your experience, you must apply and live them. I know, as I did the same. Through applying and living these principles, I became abundant in all aspects of my life. I enjoy my life, with my life companion by my side. I feel blessed that I have realized the principles that brought me peace of mind and a joy of living, in abundance on all levels of my being. You can do it, too!

*Determination, patience and courage are the only things needed to improve any situation.*

*– Unknown Author*

## About the Author

Helena Kalivoda writes books to help change people's lives so they can live abundantly with passion, through an open heart. She is devoted to sharing her "heavenly messages" and supporting her readers in living the joyous and prosperous lives they deserve.

Helena's first book, *AWAKEN! Spirit Is Calling*, is based on the universal laws and principles Helena received from Spirit in order to heal herself. Be ready for your own "aha's" when reading the book.

Her next book, *WAKE UP! Your Heart Is Calling*, leads readers to realize that all aspects of humanity when denied pure love are bound to fail and cannot be healthy. This book connects to an online environment where you can access extended resources and tools to help you to apply the learned principles to your life.

*WAKE UP! Prosperity Is Calling*, Helena's third book, outlines the seven principles to living a life of prosperity.

The *Purposeful Mind* five book series is available on Kindle, and will be available in print toward the end of 2012.

Helena holds a BA in Economics and B.Sc. in Computer Science. She is a mother of three, living in Canada. In 1997, she left the corporate world to continue the writing she started in the early nineties.

Visit <http://awakenbyhelena.ca> for more information about Helena's books.