

*The Prosperity Practice: A Meditative Process for Practitioners and  
Their Clients*



**Jennifer Judelsohn, LCSW**

Neshama Soulworks Studio

P.O. Box 2716, Merrifield, VA 22116-2716, USA

(703) 273-0485 - [jennifer@soulworksstudio.com](mailto:jennifer@soulworksstudio.com)

Presented at The **Fifth North American Conference on Spirituality and  
Social Work** held from

June 17-19, 2010, in Calgary, Alberta, at the University of Calgary.

## **Abstract**

Individually and collectively, we create our reality through what we think, say, and do. Intention flows into manifestation, whether consciously or unconsciously.

In times of scarcity, negativity can creep into our thoughts, words, and actions, creating a downward spiral that can be difficult to reverse. It is precisely in times such as these that both practitioners and clients often turn to spiritual practices to create meaning and purpose in their lives, reverse negative energy, and manifest abundance.

In this experiential workshop, participants will explore the theory and practice of conscious intention as a way to transform scarcity into prosperity. Participants will experience the use of a Prosperity Journal<sup>SM</sup>, which entails a meditative process for envisioning and manifesting prosperity in all of its aspects (finance, health, relationships, etc.). This process enables us to become more aware of possibilities and alert to the possibilities that appear.

This tool can be helpful for practitioners themselves and for helping their clients in working with issues of scarcity and taking steps on the path to prosperity. Therefore, the session will include a discussion of how to use this tool both in one's life and in one's practice.

## **Biography**

Jennifer Judelsohn, MSW, JD, is a psychotherapist, artist, and soulworker and author/illustrator of *Songs of Creation: Meditations on the Sacred Hebrew Alphabet*. She often uses art and other expressive therapies, as well as spiritual practices, in her work with clients. She presents workshops nationally and internationally on creative and expressive arts and on meditation and spiritual practices.

As you stand in the center of your life, looking outward, what do you see? Are you living a life of abundance? Are you aware of all the fortunate blessings in your life? Are you engaged in work that matters to you, succeeding in achieving your professional goals? Are you making a difference? Are your relationships happy, healthy, and thriving? Do you wish for deeper connections with loved ones, family, and friends? Are you contributing as much to your community as you are receiving from it? Are you living a well-balanced life? Are you taking care of yourself physically, emotionally, intellectually, and spiritually? Are you expressing all the aspects of yourself? Are you interested in deepening your spiritual practice, exploring your innate creativity, or developing skills for manifesting the life you want? How would your soul express itself if it were unfettered by the burdens of ordinary reality?

Jennifer Judelsohn, LCSW  
June 18, 2010

# We create our reality by...

What we think

```
graph TD; A[What we think] --> B[What we say]; B --> C[What we do];
```

What we say

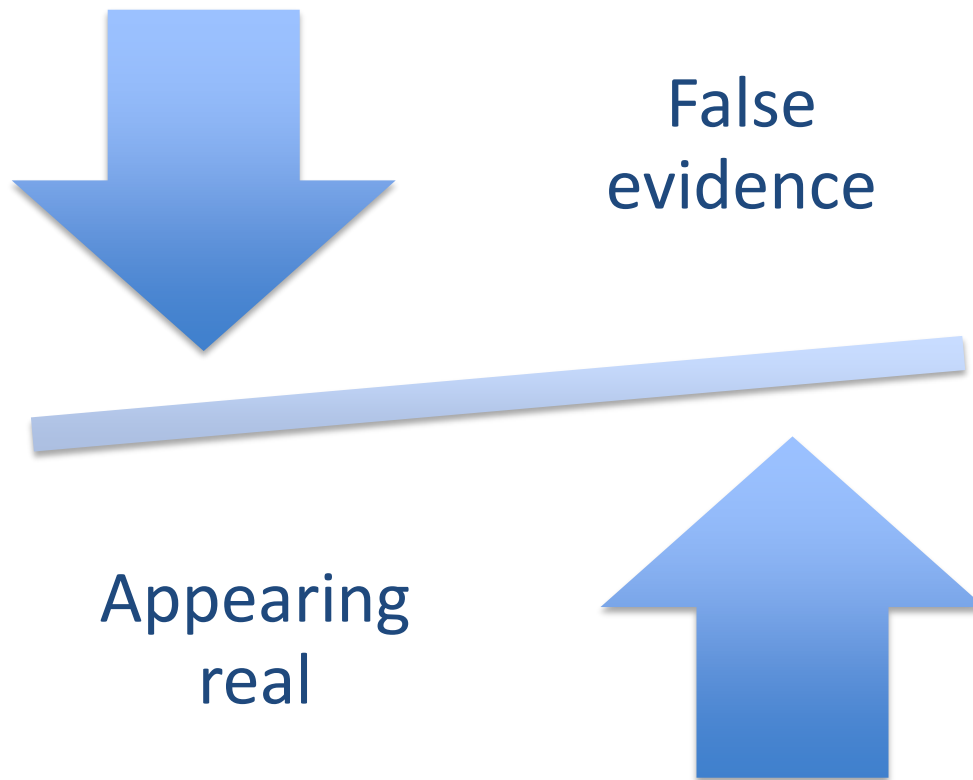
What we do

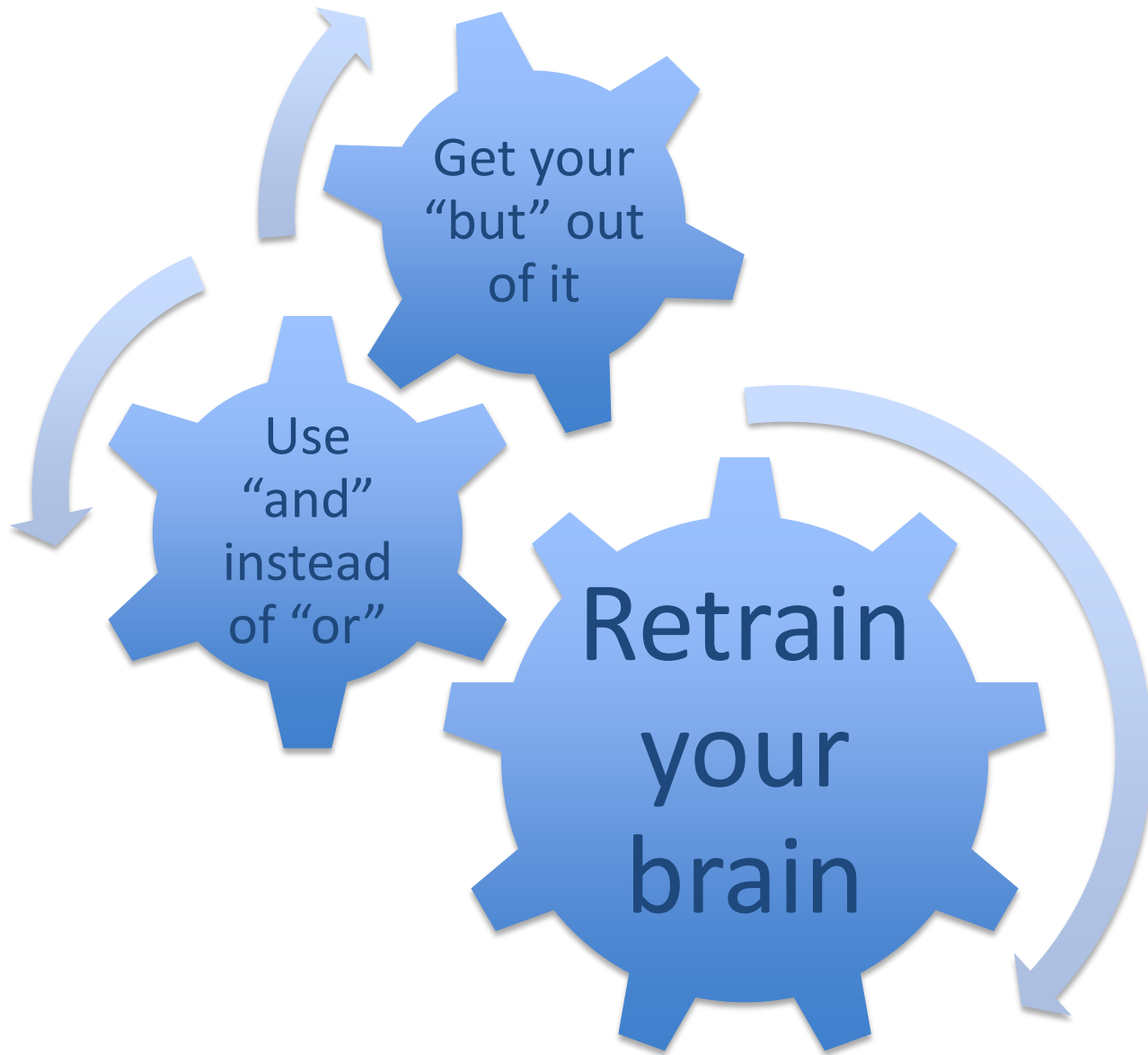
What we  
focus on  
is what  
we create


What we  
resist  
will  
persist

Resistance  
is a way of  
focusing

# FEAR is ...







**Gratitude:**  
It's an  
**attitude**  
worth having!

Jennifer Judelsohn, LCSW  
June 18, 2010





Seeing is  
Believing

Believing is  
Seeing