

# 5 Keys To Destiny Acceleration!



**Dr. Elona Sanders**

# 5-keys To Destiny Acceleration!

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Hey There...

This is Dr. Elona Sanders Your Spiritual Success Mentor™ and I want to welcome you to another Powerful and Insightful Spiritual Success Training Session.

This Is The Day The Lord Has Made, Let Us Make A Conscious Choice To Rejoice And Be Glad In It!

I am so honored to have this opportunity to connect with you today. I want to congratulate you for making an investment in your life and boldly saying **YES to your success!**

You now have in your hands the **keys** to activate the **acceleration of your Destiny**. You will learn how to overcome obstacles and manifest miracles. I may not know you personally, but I admire and respect you because you are someone who is willing to take **100% responsibility for your Spiritual Success!**

## WHAT IS SPIRITUAL SUCCESS?

Spiritual Success in a compound phrase I created to help you understand and master your daily outcomes.

**It is the masterful balance of inner and outer intention. It is your energy management through thoughts, feelings, and actions. Spiritual Success is having an inner foundation in place which is necessary for outer manifestation to appear.**

**Success is an inside job!**

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**Spiritual Success is the beautiful, radiant reflection of God working and being seen through your life, ministry, or business:**

- **This is you living out of your divine nature...Your Rich Inner Life of the Kingdom of God within.**
- **This is you and the Father being one**
- **This is your **Christ Consciousness** being demonstrated to the world.**

**As He is above so are you here, now.**

**(If the language of Father or Christ doesn't work for you please use whatever language is right for you.)**

In this session I am going to walk you through the 5-Keys you will need to up-level your life and start your **Destiny Acceleration!**

## **SPIRITUAL SUCCESS KEY # 1-- CLARITY**



One of my favorite sayings is, **"Clarity is King!"** So often I hear from so many of my clients and my students that they just don't know exactly what their purpose is. Or, if they do know what their purpose is they don't know where to start, what to do first. What would bring them the most profitable outcome right away? Listen, I can also sense this about you...

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**YOU KNOW** you are here for a purpose, to do great things, and have a powerful impact. I can sense that right now you are so ready to live and experience life to the fullest--using your God-given gifts, talents, and abilities. **BUT, AGAIN,** I can also sense that...

**STRESS AND FEAR** comes up when you try to step out in a new direction and you are terrified about missing your time. You know this is it--you don't have any more time to lose.

I know you are tired of running into roadblocks, detours, and stop signs all because you are not 100% sure what your purpose is. It's like you are stuck on a merry-go-round--going around the same cycle year in and year out. I can understand you being a bit frustrated and you just want the madness to stop! I am here to help you with that today!!!

Here is a key to getting really clear and intentional about your destiny:

The next time you are in your quiet space after prayer or meditation, I want you to **gently** think about what you want to do with your life and what would make you really happy. *(This exercise is in your Action Guide)*

**Not how you are going to do it.** Only think about what you want to do. Your heart is always singing a song **and that song is the purpose of your life.** When you **gently** think of how you want to have an impact and those thoughts bring you joy, that is the **song of your heart's purpose.**

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## THE POWER OF INTENTION

When you are clear in your mind and you have clear vision, you can set an intention. Setting an intention is to simply **start with the end result in mind.** See the end-result. That is why Jesus the Christ left on record:

*“Whatsoever things you desire WHEN YOU PRAY... **believe** that you receive them and you shall have them.”* Notice you are not praying:

- Your Current Circumstances
- Your perceived obstacles
- Your fears

You are praying your desired outcome.

When it comes to **Clarity**, remember to listen your **Spirit**, your heart is always communicating with you.

## WRITE THE VISION AND MAKE IT PLAIN

You should be able to see where you are going--The end-result. You don't have to know every piece of the vision or how you will accomplish it. Just get clear and write it down. Next you must learn to activate Key #2 and that is **MINDSET.**

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## SPIRITUAL SUCCESS KEY #2 -- MINDSET



Now this is going to require some work on your part. It will require you getting quite, being alone with yourself, going in, and doing the work.

### WHAT IS A MINDSET?

***A mindset or paradigm is a set of rules based on thoughts that you think over and over again until it is a part of your belief system. This belief system is stored deep within the subconscious mind and it calls the shots!***

**A belief system is nothing more than a set of thoughts that you think over and over until it becomes a mindset. It is so automatic that you function on autopilot. You are not fully conscious and you don't think about the things you say or the actions you take.**

Let's talk about this further... You cannot achieve Spiritual Success or be victorious if you are praying one thing yet believing and saying another. Your thoughts are paramount to your success.

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**As a man thinketh so is he. (Prov. 23:7) I want to ask you a few questions: (You can answer these in your Action Guide)**

1. What's on your mind?
2. Who or what is getting most of your attention?
3. Are you getting the results that you really desire to see?
4. Are you praying for one thing but believing another?
5. Are you up one day and down the next? Are you fluctuating week after week?
6. Or are you really on track moving in **PURPOSE?**

## **ACTION STEP —SLOW DOWN, CALM DOWN AND TAKE TIME:**

Incorporate the daily practice of slowing down, calming down, and start listening to yourself think to discover what's on your mind all day. You should observe the following about your thoughts: **(This Exercise is in your Action Guide)**

- Are they mostly negative or positive?
- How are you feeling most of the day? Are you happy or sad?
- Are you in fear most of the time?
- Are you Nervous, Anxious, Agitated? Irritated?
- Are you hopeless, depressed, full of doubt, or in despair?

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Remember these thoughts, feeling, and emotions are sending a message to your **subconscious mind**. You are creating a vibrational frequency that will set Spiritual Laws in motion... i.e. Attraction, Cause and Effect. What you think about you will bring about. You will manifest what you think about most of the time!

## SPIRITUAL SUCCESS KEY # 3 – FOCUS



I am going to briefly touch on 5 points of focus:

1. **Don't underestimate the power of focus!** Remember what you think about you bring about. When you **think deeply** and meditate with **emotion**, you are creating a **vibrational frequency** that will set the Spiritual Law of Attraction in motion.
2. **How you do anything is how you do everything.** You must be purposeful and intentional. Remember **intention is about seeing the end result**. How you do anything is how you do everything. You can't slack in one area and believe you will excel in another. How you keep your house, your physical body, your car, is the same way you will keep your ministry or business, etc.
3. **Practice the power of "Fresh Focus"** every day. Practice the compound effect. Just do a little every day and become present every day. Success is doing a lot of little things well. **Fresh focus** is all about being present and not just going through the motions. That is your alone time. One hour of inner work can equal 7 hours



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of busy work or going through the motions of work.

4. **Acknowledge "YOU"** and keep your word to yourself. Your success is negotiable.
5. **You must do some things differently** to get different results. Start a 90 day run today to start the change process. **21-30 days can create a new habit... 60 days a new mindset... 90 days a new life style.**

## SPIRITUAL SUCCESS KEY #4-- **INSPIRED ACTION**



From the **clarity** you have about your life's purpose and the visioning process you started, your spirit will begin to communicate to you. You will begin to receive fresh downloads from another dimension about the action steps you must take. I want to take my time here and express what inspired, authentic action is vs. busy work.

Busy work is initiated from the ego realm and is based on how you perceive things around you:

- What's hot right now
- What your competitors are doing
- What others expect from you
- Your world view of danger and/or rejection
- And on and on

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You will either stress your life with busy work, or hide and play small taking a vow of invisibility.

## Inspired Action:

- Comes from your rich inner life of the kingdom of God within. It is revelation from an authentic realm that is working for your good.
- Inspired action is easy and effortless.
- You cannot receive it until you are intentional and focused.

## SPIRITUAL SUCCESS KEY#5—GRATITUDE



Gratitude is the first thing you should engage in upon waking up in the morning, and last thing before you go to bed at night.

I know you have probably heard enough about gratitude to last you a lifetime. But, I want to make sure you are not only a hearer but a doer. I don't know of any other emotion that can:

- Shift an atmosphere instantaneously
- Break the spirit of depression
- Cause a divine alignment to take place
- Has almost a magical quality about it
- Accelerate your manifested desires
- Start the cycle of momentum for more things to be grateful for

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Start the practice of celebrating every morning before you get out of bed with 5 things you are grateful for that happened the day before. Or, what you are sensing as you awake.

There you have it, the 5 keys that can activate the acceleration of your spiritual success. You will get results fast!

Let's recap:

**#1: Clarity**

**#2: Mindset**

**#3: Focus**

**#4: Inspired Action**

**#5: Gratitude**

**Assignment:** No one can do the work for you. Nothing happens without change. You must be willing to change. Shut out the noise from the crowd within and shut out what I call the **creepy crap** from within--Your inner critic and hear the song of your heart. The song of your life's purpose singing to you every day!

If you want to continue your studies be sure to check out my other resources: such As: Reset Your Mindset for Success and in-depth class on your mind and how it works for or against you.

<http://elonasanders.com>

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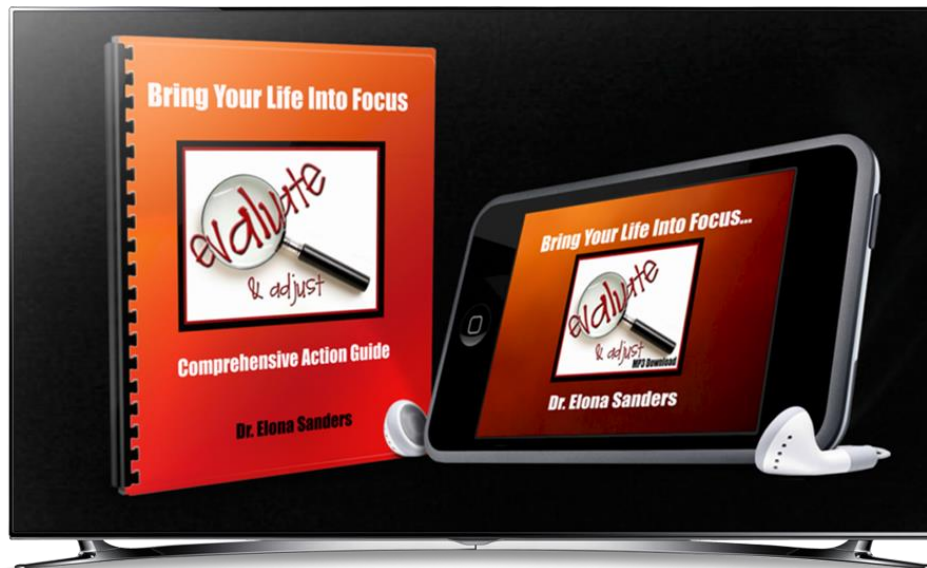
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## Resources

Click Image For More Details...



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