

CORNERSTONE
FAMILY



Workbook

INSPIRED BY MAY MCCARTHY'S THE PATH TO WEALTH:
SEVEN SPIRITUAL STEPS FOR FINANCIAL
ABUNDANCE

THE PATH TO PEACE



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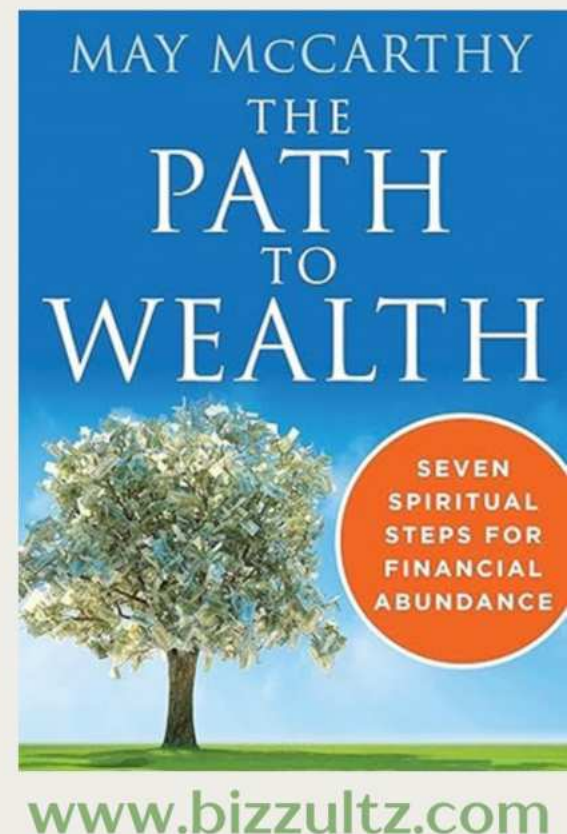
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INTRODUCTION

Welcome to Your Journey: The Path to Peace

Life coaching with Transformation in 2025 is about weaving together purpose, mindfulness, and real, actionable growth, and that's what this workbook brings to you. Inspired by **May McCarthy's** transformative work in the book: ***The Path to Wealth***, where she channelled her insights into building six multimillion-dollar companies over 38 years. This guide invites you to cultivate peace, prosperity, and fulfilment in every corner of your life. Through ***The Path to Peace***, teaching series you'll discover a **seven-step daily practice** that aligns your deepest intentions with universal wisdom. This isn't just about financial abundance; it's about crafting a life filled with ease, clarity, and joy and **PEACE**. As you embrace these steps, you'll uncover your unique purpose, release habits that no longer serve you, and step boldly into the experiences you've always dreamed of.

This workbook reimagines timeless spiritual principles for today's world, guiding you to form a powerful partnership with your inner wisdom - what we'll call your **Chief Spiritual Officer (CSO)**. This ever-present source within you is ready to steer you toward your highest good. As 19th-century New Thought leader Emma Curtis Hopkins once said, "There is a Good for you, and you ought to have it." We say: ***You deserve it now.*** May this journey bless you with peace, possibility, and a renewed vision for what's possible in 2025 and beyond.



The CSO (Chief Spiritual Officer) Partnership

Operating in the Partnership

Like any strong relationship, this partnership thrives on time and clarity. Here's how it works:

- Spend 30 minutes each morning connecting with your CSO.
- Stay in open communication throughout the day.
- Receive intuitive leads from your CSO as guidance.
- At day's end, release anything blocking your connection or path to your good.

Roles and Responsibilities

- *You: Define the "what", name the desires or good you seek.*
- *Your CSO: Provides the "how", the steps to reach your good.*
- *You: Create space for your good and keep communication clear.*
- *Your CSO: Offers directions to follow.*
- *You: Act on those directions or request another lead if needed.*

Take five minutes to complete this commitment:

Commitment to Partner with My Source of Intuition*

I, _____, choose to partner with my source of intuition, whom I

affectionately call _____, in my work and life. With _____ as my ally, I can achieve all I desire, including:

THE PATH TO PEACE MORNING PRACTICE



Importance of Consistency

This practice is your daily anchor, consistent effort creates lasting change. Throughout history, visionaries like Jesus, Rumi, Mother Teresa, and Gandhi relied on steady prayer to shape their impact. When life feels good, it's tempting to ease off, but consistency keeps you aligned. When challenges arise, this practice becomes your lifeline, guiding you back to peace and possibility.

Great teachers like Catherine Ponder (Dynamic Laws of Prosperity), Edwene Gaines, Vishen Lakiani and Joe Dispenza rose from nothing to abundance through daily spiritual partnership. Even on your best days, a simple gratitude check-in keeps you centred, reminding you that your CSO is your true source of all good.





Start your day with these first four steps to set a tone of receptivity and intention.

Four-Step Morning Practice

Step 1: Read Something Inspirational (5-10 minutes)

Begin with words that lift your spirit and open your mind. Try books like *The Game of Life* or real-life stories of triumph. Let these spark the belief: “What my CSO has done for others, it now does for me and more.”
As you trust, you receive.

Step 2: Write a Gratitude Letter (up to 10 minutes)

Pen a letter to your CSO, thanking it for what you have and what you desire as if it’s already yours. Acknowledge the universal power supporting you, then release your words, trusting your CSO to show the next steps.

Step 3: Read Letter with Emotion (up to 5 minutes)

Read your letter aloud, infusing it with feeling. Your emotions amplify your words, drawing in what you focus on. Positive energy opens you to new possibilities.

Step 4: Imagine Experiencing Your Good (up to 5 minutes)

Close your eyes and picture your desires as reality. Feel the sun’s warmth, hear loved ones’ laughter, see vibrant colours, smell success. Hold the keys to your dream home, make it vivid. Athletes use this visualization to win; you’ll use it to claim your good.

Then, step into your day with confidence!



Practice the Morning Steps

Step 1: Read Something Uplifting

Here's a story from a student:

"The first few days of my CSO meetings felt like a task. I woke up earlier, which left me tired. But I wrote and read my gratitude statements, \$10,000 in sales, ease, fun and watched for my CSO's guidance.

By day four, I woke before my alarm, energized and eager. I noticed blessings I'd overlooked: parking spots, business inquiries, a coworker's thanks, free press.

I celebrated each with friends. On day five, a \$10,000 order came from an unexpected client, exactly what I'd envisioned!"

Think about some Reading Material you would like to start with, there are resources at the end of this workbook.

Step 2: Write Your CSO Letter



Dear _____, (name your CSO)

Thank you for my...

(List what you have and are grateful for.)

Thank you for my...

(List what you want, as if you have it.)

Thank you, _____, for...

(How your CSO powerfully supports you.)

For all this good and more, I give heartfelt thanks. I release these words to the universal law, trusting you, my partner, to make it so.

With gratitude and love,

Step 3: Read your letter aloud to yourself.

Step 4: Close your eyes and imagine living all you're grateful for.

Discuss in a Breakout Group

- What did I enjoy or find challenging about this practice?

- Was it easy or hard for me?

- Will I commit 30 minutes each morning to this?





The Path to Peace Daytime Practice

Step 5: Expect Leads and Follow Directions

There's power in anticipating guidance. Your CSO's role is to send intuitive nudges, leads to act on. If one feels off, ask for another. Trust and follow what comes.

Types of Leads:

- Awareness: A quiet knowing of what to do.
- Hunch: A gut feeling to act.
- Flash: A mental image to pursue.
- Sign: Messages in unexpected forms.

Showing Action Faith – Digging a Ditch: Name your good, receive a lead, act, or request clarity. You may not know which goal it's tied to, and that's okay.

Asking for Another Lead – Story of Gideon: Gideon, a biblical leader, sought confirmation before battle. After an angel's message, he asked God for signs: a wet fleece on dry ground, then a dry fleece on wet ground. God patiently delivered both, building Gideon's trust. You, too, can ask for clarity.

Step 6: Celebrate and Note Demonstrations

Rejoice in every sign of good—big or small. Jump up, call a friend, share the joy. Celebration fuels possibility. Note each demonstration as proof your CSO is at work, building your confidence.

Identify Celebration Partners

Choose supportive allies to share your wins with—agreement amplifies power. List at least two:

How will you connect with them (e.g., text, call)?



The Path to Peace Evening Practice

Step 7: End Your Day with Gratitude and Forgiveness

Gratitude soothes you to sleep and sharpens your awareness. Release anything negative forgiveness clears the way for your CSO's messages, making room for more good.

The Forgiveness Prayer:

“CSO, if anyone from my past or present needs my forgiveness, known or unknown, I now offer it. I bless them, love them, forgive them, and release them to your care, trusting you to guide them. If anyone, including myself, needs to forgive me, they do so now, freeing us all for greater good.”

You don't need to believe it fully, it still works. This isn't about excusing behaviour; it's about opening space for your blessings. MRI studies suggest forgiveness taps the same brain region as problem-solving, could it sharpen your mind, too?

When unforgiving thoughts arise, repeat: “I bless you, I forgive you, I release you.” This quiets your mind, letting your CSO's guidance shine through.

Express Gratitude and Release

List at least three things you're grateful for:

Recite the Forgiveness Prayer aloud and note any thoughts:





Words, Thoughts, and Emotions as Tools

Do your words shape your reality? What are you focusing on? How can you harness words, thoughts, and emotions to create what you desire? These are potent tools in your journey.

We often dwell on what we **don't** want, speaking it into being. Shift that focus, your experience follows your attention.

Story of Sam: Sam's fears fuelled his words and emotions, attracting what he dreaded. That same energy can build something new. What have you drawn in through fear?

Affirmations: Sam tried affirmations, but doubts lingered. He needed more.

Casting the Burden: Free yourself, burdens aren't yours to carry. When fear or doubt creeps in, say: "I cast this burden of (fear, doubt, lack, etc.) onto my CSO, and I go free to be (happy, successful, at peace, etc.) with ease and joy, in perfect ways."

Denials and Affirmations:

- Denials: Deny the lies blocking your good (e.g., "No obstacles can stop me").
- Affirmations: Affirm your truth (e.g., "I am thriving in all I do").

Prepare these in advance for when doubts strike.

Using Denials and Affirmations

Think of a goal from earlier. What doubts arise? (e.g., "My competition is stronger.")

Write a denial:

Write an affirmation:

Read them aloud together, denial first, then affirmation, whenever doubts surface.



UNLOCKING YOUR GOOD

Eliminate Fear – Shift Focus from Fear to Possibility:

Fear is *False Evidence Appearing Real* – faith in the worst outcome. It exhausts you and blocks your CSO.

Reflect: What fear holds you back? What's possible without it? What can you do today?

Recognize Limiting Beliefs – Replace Old Beliefs with

Empowering Truths: Childhood beliefs (from family, culture, etc.) may limit you. Challenge them. Replace “I’m not enough” with “I am worthy of all good.”

Exercise: Write a limiting belief and an affirmation to shift it.

Expand Your Mental Equivalent – Increase Your Sense

of Worthiness for Success: Your comfort zone caps your success. Stretch it – believe you deserve more.

Affirm daily: “Thank you, CSO, that I am worthy of all good, just as others are.”

Welcome Your Desires – Align Actions with Your Goals:

Make your dreams familiar – visit inspiring places, read success stories, connect with like-minded people.

Exercise: Name one action to take this week.

Overcome Conflict – Use Divine True Self Letters to

Transform Challenges:** Shift energy with intention.

Write: “Dear Divine True Self of [Name/Situation], I bless you, love you, and thank you that you are now [positive outcome] for our highest good.”

Exercise: Write a letter for a current challenge.





Unlocking Your Good

Describe a fear about a goal:

What good would you experience without it?

What can you do to face it?

Write a Divine True Self Letter:

Jump Start Your Good

Giving & Receiving – Activate Abundance Through Generosity: The Law of Circulation says what you give returns to you. Give joyfully, not from lack. Reflect: What do you think about giving?

Define Your Good – Clarify Desires in Key Life Areas:

Health: _____

Money/Finances:

Relationships: _____

Work/Skills & Talents:

Appreciation, Love, Joy:



Take Action – Align Daily Choices with Your Goals:

What can you give today to mirror what you seek?

Health: (e.g., invite a friend for a walk)

Money/Finances: (e.g., share 10% of a windfall)

Relationships: (e.g., call someone to connect)

Work/Skills & Talents: (e.g., offer an hour of service)

Appreciation, Love, Joy: (e.g., express gratitude daily)

Daily Practices: Meet your CSO, affirm your good, stay grateful.

Summary

- Partner with your CSO daily, name your good.
- Follow leads and act with faith.
- Use words, thoughts, and emotions to dissolve fear.
- Give generously to spark abundance.
- Keep practicing, these steps unlock your potential.

SAMPLE MORNING PRACTICE OUTLINE

Agenda:

My CSO and I meet.

Date: _____

6:00 AM: Read something uplifting.

I read: _____

6:10 AM: Write gratitude statements in a journal.

6:20 AM: Speak my letter aloud with emotion.

6:25 AM: Imagine my desires as real.

Guidance received:

6:30 AM: Meeting ends.

Throughout the Day:

Expect leads: _____

Celebrate good:

Today I celebrated _____ with _____.

- Note demonstrations: I received

End with gratitude and forgiveness.



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SAMPLE CSO GRATITUDE LETTER

Good morning, CSO!

Thank you for restful sleep and the endless blessings in my life. You work through me, as me, guiding me toward my highest good. I'm grateful you are love, peace, health, joy, ease, wisdom, and abundant prosperity—and so am I, your perfect expression.

Thank you for my business, blessing all involved. We create flawless, joyful solutions, delighting customers who spread the word. We lead our industry, earning \$15,000,000 this year, debt-free and thriving. My team is exceptional, and we all succeed together.

I love and am loved, bless and am blessed, forgive and am forgiven. I'm fit, youthful, joyful, and wise, with wealth beyond measure, minimum _____ after taxes to enjoy and share. My husband Don, family, friends, and cat Indy are treasures. I live my purpose, blessing others.

For this and more, I give thanks. I release these words to the universal law, it is done.

Love, May

FORGIVENESS OR "GIVING FORTH" PRAYER

"CSO, if anyone from my past or present needs my forgiveness, known or unknown, I now offer it. I bless them, love them, forgive them, and release them to your care, trusting you to guide them. If anyone, including myself, needs to forgive me, they do so now, freeing us all for greater good."



SUGGESTED READING

**The Game of Life and How to Play It*, Florence Scovel Shinn, 1925*

**Your Word Is Your Wand*, Florence Scovel Shinn, 1928*

**The Secret Door to Success*, Florence Scovel Shinn, 1940*

**This Thing Called You*, Ernest Holmes, 1948*

**The Dynamic Laws of Prosperity*, Catherine Ponder, 1962*

**The Dynamic Laws of Healing*, Catherine Ponder, 1972*

**As a Man Thinketh*, James Allen, 1902*

**Think and Grow Rich*, Napoleon Hill, 1937*

**The Seven Spiritual Laws of Success*, Deepak Chopra, 1994*

**The Way of the Wizard*, Deepak Chopra, 1997*

**The Four Agreements*, Don Miguel Ruiz, 1997*

**The Power of Your Subconscious Mind*, Joseph Murphy, 1963*

**The Power of Now*, Eckhart Tolle, 1997*

**The Power of Intention*, Dr. Wayne Dyer, 2005*

Choose any book that opens your heart to your Divine Power.

SAMPLE DAILY PRACTICE JOURNAL

*Let yourself be silently drawn by the strange
pull of what you really love..." – Rumi*

STEP 1: READ SOMETHING INSPIRATIONAL

TODAY I READ: _____.

I CHOSE THIS BECAUSE:

STEP 2: WRITE A GRATITUDE LETTER

DEAR CSO,

I'M SO GRATEFUL YOU'RE MY PARTNER, GUIDING ME TOWARD MY GOOD.

THANK YOU FOR MY... (WHAT I HAVE):

THANK YOU FOR MY... (WHAT I WANT, AS IF IT'S MINE):

THANK YOU, CSO, FOR YOUR POWER IN MY LIFE. I RELEASE THESE WORDS TO THE
UNIVERSAL TRUTH—IT IS SO.....

STEP 3: SPEAK WITH EMOTION

HOW DO YOU FEEL READING YOUR STATEMENTS ALOUD?

STEP 4: IMAGINE EXPERIENCING YOUR GOOD

VISUALIZE YOUR GOALS. HOW DO YOU FEEL?

SAMPLE DAILY PRACTICE JOURNAL

"Intuition is a very powerful thing, more powerful than intellect, in my opinion." – Steve Jobs

THROUGHOUT THE DAY

STEP 5: EXPECT LEADS AND FOLLOW DIRECTIONS

NOTICED LEADS: _____

ACTION TAKEN: _____

REQUEST FOR ANOTHER LEAD:

STEP 6: CELEBRATE AND NOTE DEMONSTRATIONS

DEMONSTRATION:

CELEBRATED BY: _____

STEP 7: END YOUR DAY WITH GRATITUDE AND FORGIVENESS

PERSON TO FORGIVE: _____



CONGRATULATIONS

CONGRATULATIONS ON
FINISHING THIS WORKBOOK!

We hope this workbook brings you peace, clarity, and abundance in every area of your life. May each page guide you closer to healing, purpose, and the fullness of who you are meant to be. With love from The Path to Peace and the Cornerstone Family.



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