



Attracting Abundance

A Guided Meditation for Creating a Wealth and Abundance Mindset

[Note to Reader: Each word of the script should be read slowly and carefully. A comma indicates a brief pause; a period indicates a pause of two full seconds. Where a longer pause is recommended, I have noted this by writing P followed by a number to indicate how many full seconds; e.g., P3 for three full seconds, up to P15 for fifteen full seconds.]

Welcome to Attracting Abundance. This guided meditation is designed to help you relax and engage the inherent power of your subconscious to create a wealth and abundance mindset. By entering a state of deep relaxation and inner peace, you will begin to gently and easily release any anxieties or limiting beliefs you may be carrying, increasing your natural ability to attract wealth and abundance of all kinds into your life. The initial breathing exercise is best performed in an upright position, so choose a comfortable chair or seated position on the floor where you feel well supported throughout your body.

P3

As you follow my voice on this safe and relaxing inner journey, remember that you are always in control, and may stop the meditation at any time or alter my suggestions to better suit you. The wisdom of your own subconscious may offer up images of its own as you listen. Simply remember to trust whatever comes up, without judgment, allowing the powerful natural resource of your breath to relax and guide you. Now, situate yourself comfortably in a seated position, arranging yourself so that you feel supported throughout your body as you begin to relax.

P3

Begin by simply breathing in and out naturally, allowing your eyes to close. See if you can bring your awareness into each part of your body gradually, becoming grounded,

relaxed, and comfortable in the present moment as you do so. Scan your awareness slowly from head to toe, releasing tension from the crown of your head, down through your forehead and face, neck and shoulders, back, stomach, hips, legs, feet, and toes. Concentrate on just coming into the present moment, using the gentle rhythm of your breath as a focal point if you feel any distraction, and gently releasing any unrelated thoughts or nagging concerns that may cross your mind. Breathing evenly in and out, releasing the tension from your body bit by bit, so that you can bring yourself fully into this moment.

P3

And again, you are moving your awareness gradually from head to toe, focusing on each part of your body in turn, just breathing easily in and out, in and out, and releasing a bit more tension each time as you move your awareness down from the crown of the head, over the forehead and cheeks, jaw, neck, shoulders, back, stomach, hips, legs, ankles, feet, becoming more comfortable and present with each breath.

P3

And now, for the next few moments, you can begin to practice a more deliberate breathing cycle, which is specifically designed to relax your nervous system and bring you to a safe state of deep inner calm where profound healing of mind and body can take place. Begin the cycle by exhaling all of the air from your body, and then inhaling deeply through the nose to a count of 1-2-3-4 seconds. Immediately begin to exhale slowly, to a count of 1-2-3-4-5-6. Hold the breath out for 1-2 seconds, and then begin again, inhaling deeply into your lungs for 1-2-3-4, and now slowly, very slowly exhaling for 1-2-3-4-5-6, holding the breath out for 1-2 seconds, and inhaling again to a count of 1-2-3-4. Continue this breathing cycle for a few moments, breathing in on a count of four, and breathing out on a count of six, holding the breath out for a count of two, and so on.

P5

On your next inhalation, imagine that the fresh oxygen is a cleansing, blue wave, flowing up to the top of your head, and then, as you exhale, feel the wave sweep over the crown of your head, catching up any stray bits of tension there, and sweeping them out of you as you breathe out again completely. Hold the breath out for a count of two, and then inhale once more for 1-2-3-4, imagining the blue wave sweeping through your forehead and face and jaw, scooping up any tension there, and carrying it away on your exhale of 1-2-3-4-5-6. And again, breathing in the cleansing blue wave, the fresh oxygen reaching into every cell of your body with its cleansing power, and sweeping out all doubts, any nagging concerns, all discomfort and tension that may be left, and carrying it all away like the blue-green waves of an ocean tide.

P3

Continue breathing in and out on the same cycle just a bit longer, counting to four on the inhale, to six on the exhale, and holding the breath out for two seconds, just breathing and relaxing down through your entire body, sweeping up the tension and the worry, watching the cleansing blue wave wash it out to sea.

P5

And now, one final breath cycle, inhaling deeply on a count of four, exhaling 1-2-3-4-5-6, finally exhaling those last bits of tension, reaching a state of deep mental and physical relaxation. You can allow your breath now to return to its natural rhythm, just breathing in and out at our own pace again.

P3

Relaxed, and comfortable, just breathing at your own comfortable, even pace...

P3

Now that you have reached this place of deep, authentic, healing relaxation, just continue to breathe evenly and naturally, allowing my voice to be your trustworthy guide...And now, imagine that you are walking through a beautiful town or village or city, which ever presents itself to your mind, and it is a place with clean, attractive buildings and wide sidewalks, with crisp, clean air that feels good in your lungs. It is a sunny afternoon, and there is a pleasant feeling of busyness in the air. You see a few other people walking along, some in groups and some on their own, but they all seem satisfied and content, happily bustling about their business. This place feels good to you, refreshing somehow. There is something about this town or village that is completely safe, familiar, and comfortable, yet exciting as well, and you feel a pleasant curiosity to explore this place. Strolling down the sidewalk, you have a sense of purpose combined with a calm, contented feeling. As you walk along, you look around with pleasure at the lovely, graceful architecture, admiring the views and enjoying the fresh air in your lungs.

P3

And as you come up to a turning in the road, you notice a tall building there at the corner. It is made of old red bricks, and there is a beautiful golden archway over the front door, which is standing open, and somehow you know that you are meant to go inside. With a sense of confidence and curiosity, you walk into the building and find that it is a large, open room with stone walls, and it has a very high, curved ceiling, and the ceiling is beautifully painted. The light is dim, but along the walls, candles and lamps burn brightly, set inside little enclaves and shelves that are built into the stone. There is no one else inside the building, only you, and this is because there is something here that is for you alone. Just as you have this realization, you notice a kind of pedestal or altar standing in the center of the room and, as you walk up to it, you see that there is a large, leather-bound book lying on top of it. Next to the book is a slender golden pen. As you run your

fingers over the worn, dusty leather of the book's binding, you suddenly realize that this book has been placed here for you, and you alone, to write in. In this book, you can safely write down your oldest, deepest fears and worries about the concept of wealth and abundance. You can write down any anxieties you are carrying about money or the lack of it, resources or the lack of them, and about the idea of prosperity and what it means to you. In this book, no one else will ever read what you have written, but now is the time to allow the words to come to you, to write them down inside the inviting pages of this book, knowing that it is safe and healing for you to do so.

P3

And so, you open the book and begin to write with the slender golden pen. The words come out easily, because these are old ideas that you have carried with you for a long time, and now you are eager to write them down, to put them out of your mind and onto the page where they can be released from you. And so you are simply allowing the words to flow out of you and trusting, completely, whatever comes up. And perhaps you find yourself writing something like: "I am afraid that I am not meant to be prosperous or to have enough," or "I worry constantly because it seems that there is never enough," or "I am so used to not having enough money or resources that I wouldn't know what to do if I had all that I needed," or perhaps your fears are different from these. Perhaps you find yourself writing, "I am afraid that if I did have enough abundance in my life, it would change me for the worse and people wouldn't like me anymore," or "I don't really deserve to have prosperity in my life because I don't work hard enough," but whatever comes up, you are just writing it down, without judgment or blame, trusting your own inner wisdom, and giving yourself permission to express the oldest, deepest feelings you have surrounding money, resources, and the idea of prosperity and abundance in your life, knowing that you are perfectly safe here, and that you can be completely honest. And so, for the next few moments, you are simply writing down these old anxieties and concerns, allowing them to flow up from your subconscious mind and onto the page through the magic of the golden pen.

P30

And now, once you have finished writing what needs to be written, you set the pen down next to the book, and as you do so, you feel a warm sense of relief come over you, as if you have just laid down a heavy burden. Suddenly you realize that all the words you have written are just that: words. They are ideas, fears, anxieties, and limiting beliefs that you have been carrying, but just as you have been carrying them, you are perfectly free to let them go. As you have carried them in your mind and heart, you can leave them in this book, forever. And, with a feeling of great joy, you close the book, leaving within it all those old fears, the anxieties and limiting beliefs that no longer have power over you, so that you can go forward without them.

P3

And now, flooded with a feeling of freedom and gratitude, you suddenly notice that at the back of the room, sunlight is pouring in through a doorway you had not seen before. As you walk through the door, you can feel the warm sunlight on your face, and looking around, you see that you have walked into a beautiful secret garden, lush with cascading flowers and fruit trees, heavy and ripe with fruit of all kinds, and there is a sparkling, flowing fountain in the center. The air is perfectly clean and refreshing, and you can feel how the pure oxygen nourishes your lungs as you breathe, and somehow you know that this is all for you, that it is yours, that it has always been available to you, that it always will be, and that it can never be taken from you. Here, in this place, which is the oldest and truest part of you, you have everything you need.

P5

Running your hands through the crystal-clear water, and looking around at the perfect beauty of this place, you suddenly realize, with complete certainty: there is enough. There is enough for you, there is enough for everyone. This realization fills your heart, radiating warmth and relief from the center of your chest outward, through your whole body, and for a moment you simply stand there, among the blooming flowers and the cascading water, flooded with the joy of this knowledge.

P15

And then, when you are ready, you bow your head in gratitude to this magical, secret garden, which contains every resource that you need, and knowing that it is yours alone, that you deserve this place, and that you can return here whenever you wish.

P3

And now, with a final look around this magical place, you turn back into the room behind you and, walking up to the pedestal, you see that the book has disappeared, taking with it all your old fears and anxieties, all your former judgments and worry and self-blame, and as you realize that the book is gone, you also understand, in the deepest part of yourself, that you are absolutely, truly free, free to be and do all that you wish, all that you were meant to do, and that this is the real truth you came here to find.

P3

And then you walk back towards the arched front doorway of the building, back towards the town or village, feeling lighter, feeling joyful, confident and refreshed, and ready to go about your day, knowing that you are better for having visited this place, where you have always had, and will always have, all that you need.

P15

And now, beginning to bring your awareness back into the present moment, you can begin to move your hands and feet, perhaps stretching your muscles as you become aware of your body and your surroundings once more. And then, gently opening your eyes to the world around you, and knowing, in your heart, that there is no limit to the abundant resources this world has to offer.

And so it is.

(Several minutes of music should play at the end so the listener can continue to ease gently out of the meditative state.)