

Money Meditations To Easily Attract The Flow Of Prosperity



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Dear Friend,

There are few things in life that create stress and fatigue like financial difficulty does. When you need money and can't seem to get enough of it to keep your head above water, you end up on an emotional roller coaster.

You vacillate between feelings of sheer panic and terror (when you don't have money) to feelings of immense relief, joy, and freedom (when you do have it).

Cycles of lack and abundance are a normal part of life whether we like it or not. Just take a look at the natural world around you and you'll see many examples of both lack and abundance.

While these cycles are normal, we often exacerbate them with our own negative thoughts and hasty actions. The more we panic about money, the more we grasp desperately at it, and the more we think we frantically need it - the farther it dances out of our reach.



We can benefit from understanding that "prosperity" is nothing more than a **flow of beneficial energy** through our lives. When you understand how to tap into this natural flow, you don't have to struggle for money anymore. You don't have to pursue it or wish for it or beg for it; because it comes to **YOU easily and effortlessly** (and often quickly!).

In the following pages, I'm going to share 11 simple money meditations that will help move you into the awareness of greater prosperity. I suggest reading this entire report first, and then you can go back and do the meditations that resonate with you.

Doing the meditations alone may help your financial situation some, but if you want to see lasting change you will likely need to be a little more proactive and pair the meditations with focused daily action. It doesn't have to be difficult or monumental action; just get clear about what you want and begin moving consistently in that direction. Often just a step or two is enough to call in amazing opportunities and start a process of growth that will change everything.

When you combine the power of focused action with the power of right thinking and being, you change your whole relationship with money . . .
And that's when the real magic happens.



Money Meditation #1

A River of Prosperity

The purpose of this meditation is to help you *relax*. Especially if you are stuck in the middle of difficult financial circumstances, you may be feeling extremely pressured and drained emotionally. In such a state, it is nearly impossible to tap into the natural flow of prosperity. Instead, you need to be able to step back from your money problems for a few minutes. A few minutes are often all it takes!



To begin, first find a quiet place where you won't be disturbed for 15-30 minutes. Lie down or sit in a comfortable chair, and be sure you are wearing loose, comfortable clothing. Remove your shoes if you wish. Try to make the room dim by closing the blinds; or if it's nighttime, use a small reading lamp to cast a soft glow through the room. Put on soothing music if you wish, but try to avoid music that contains lyrics or vocals of any kind so it doesn't distract you from your visualization.

Once you are settled, begin taking some very slow, deep breaths. With every inhalation, feel your abdomen expand, and then your chest. Fill your lungs with as much air as you can, pause for 2-3 seconds, and then slowly exhale until your lungs are empty.

Continue with deep breathing (do it slowly; you want to relax, not hyperventilate) until you feel very calm and buoyant. If random thoughts try to intrude into your mind, gently set them aside and return your focus to breathing.

When you feel completely at ease, call up a mental picture of a river. This river is not too large and not too small; perhaps 25 feet across, with water running smoothly and lazily downstream. Imagine standing on the bank of this river, feeling hot, agitated, and emotionally depleted. The water looks so refreshing and cool that you decide to step into it.

You lean back and begin floating on top of the water with your head upstream, and your feet pointing downstream. Relax into the sensation of the cool, cleansing water flowing gently over your body. Notice how weightless and unburdened you feel.

As you float, imagine the water being infused with brilliant light, as if it were illuminated from within. As the water gently flows over you it now creates a tingling sensation on your skin, as if it contains tiny bursts of crackling energy. The entire river begins to transform into a powerful flow of universal source energy; alive and loving as it embraces and supports you.

Feel this river of energy coursing over you, around you, under you and through you. Relax into it and imagine that all of your inner blockages are being dissolved effortlessly and completely as you allow goodness in all forms to flow into your life.

Stay with this image for as long as you like. When you're ready to come out of the meditation, imagine slowly letting your feet sink until they are resting on the floor of the river. Stand up slowly and feel the energy running down your body to rejoin the flow of energy in the river.

Raise your face to the sky above and allow your heart to fill with gratitude for the prosperity blessing you have received. Then wade back to the bank of the river and climb out, feeling refreshed and invigorated by the energy you have received.

Bring your attention gently back to the present moment, and take your time coming back to conscious awareness. Open your eyes and gently stretch your muscles and move your body until you feel completely grounded again.

Then go about your normal activities, keeping that feeling of buoyancy in the forefront of your mind.

Money Meditation #2

Fun Money

One of the reasons we feel so stressed by money problems is because we take the whole thing so *seriously*. While it's true that chronic financial lack is a serious problem that can wreak havoc in your life, agonizing over the problems only contributes more energy to them!

This Fun Money meditation is designed to lighten your focus so you don't feel so weighed down by financial difficulty.



Before starting the meditation, first spend several minutes getting as calm and relaxed as you can. Ideally, you want to be feeling *emotionally balanced* before trying this meditation.

Once your emotions are balanced, close your eyes and choose an alternative symbol for money in your life. It **MUST** be something lighthearted or fun! Here are a few examples: butterflies, crickets, candy, colorful balloons, small toys, crayons, or anything else that has a fun quality. (For the purposes of demonstration we will use balloons as our money symbol. If you choose another symbol, just substitute it mentally as you do the meditation.)

Once you've chosen your money symbol, begin the meditation:

Imagine stepping out of your home early one morning and seeing your yard covered with balloons. Thousands of them are perched on the lawn, draped over your car, resting in the trees and occupying every square inch of available space.

You are **THRILLED** to see this because you've been in desperate need of more balloons for some time, so you eagerly run toward them with open arms.

Just then, a gusty warm spring breeze sweeps all around you and the balloons, and they take flight together; one huge cloud of whirling colors in the air above you. You stretch and strain and jump, trying to grab at least a few balloons - but they only lift higher in the air, staying effectively out of your reach.

You run toward the house to get a ladder, but before you get to the door you see the cloud of balloons beginning to drift away from your house and down the street. No time for a ladder! You give chase down the street, determined to follow and capture the balloons when they land.

You chase them through your town, up and down city streets, through parks and business parking lots, but no matter how hard you try to snag them they keep floating out of your reach.

Frustrated and tired, you decide that you're just not meant to have any more balloons than you do right now, so you let your shoulders droop in defeat and head back to your home.

When you get there, you collapse in your yard and lie on your back, watching the clouds drift by in the sky above. Your frustration gradually begins to wane as you let your body relax, and you begin thinking that maybe you don't need more balloons after all. Maybe the balloons you already have, combined with the other blessings in your life, are enough for now. You send a silent message of thanks to the universe for all you have; knowing that more will arrive when the timing is right.

Suddenly in the air above you, a few balloons appear in your field of vision, dancing in the warm spring breezes. You laugh as they dance and twirl before you, but you feel no desire to grab at them again. Instead, you just watch and admire their cheerful beauty. More and more of them arrive to join the first few, and before long you are lying beneath a cloud of brilliant color and movement that nearly takes your breath away.

Before you can say or do anything, the breeze calms and the balloons float gently down to land on you and the ground around you. They tickle your skin as the bump against you, as you feel your heart beginning to lift in joy.

Suddenly you hear a soft whisper in your ear: "You don't have to pursue us; just allow us into your life. We want to be here, but not if you try to block our movement."

As these words enter your consciousness, you receive a powerful rush of insight that your very urgency to obtain balloons was causing them to dance out of your reach. By instead relaxing and *allowing* their presence, they will have the freedom to flow toward you effortlessly.

When you're ready, come back to conscious awareness and take a few moments to ponder the correlations between your money symbol and actual money in your life. In what ways are you pushing money away, and how might you entice it to flow more effortlessly and frequently?

Remember: just like you chose a symbol for money during this meditation, money itself is only a symbol of energy flowing through your life! If you lighten up about money, you give it the opportunity to flow much more easily - not to mention feeling lighter and freer yourself.

Money Meditation #3

A Well of Abundance

This meditation is designed to help you recognize the limitless potential for continued abundance and prosperity in your life.

During this meditation, you are going to dig a well in your yard. (Don't worry if you don't have your own yard - just imagine the well outside where you live now.) As with the other meditations, you will want to get very calm and relaxed before you begin.



When you're ready, close your eyes and imagine yourself standing outside your home just before dawn. The air is cool, the birds are beginning their morning songs, and the stars are sparkling in a deep purple sky.

On the ground by your feet are a shovel and a small empty glass bowl. You take a few steps around the yard, trying to determine the best spot for your well of abundance. You want to place it in a central location that is easily accessible, and also where it has plenty of room to expand.

Once you've found the perfect spot for it, see yourself picking up the shovel and beginning to dig. Take your time with the digging process, feeling calm and purposeful as you remove each shovel-full of dirt from the earth. As you dig, affirm that you are creating a portal for prosperity to flow into your life. Keep digging slowly until the hole in the ground is approximately 4 feet in diameter and 3 feet deep.

Mentally set the shovel aside and pick up the glass bowl, then kneel at the edge of the hole in the earth. Hold the bowl gently between the palms of your hands, and imagine that soft light begins to glow in the center of you. See this light growing larger and brighter as it begins to illuminate you from within. Then imagine the light flowing slowly from the center of your chest and the center of your forehead into the bowl. This light represents the essence of who you are; your mental capacity for creativity and your spiritual capacity for growth and change.

When the bowl is filled to the brim with light energy from the core of your being, extend the bowl over the hole you've just dug, and tip it slightly so the light energy drizzles into the earth.

Affirm that you are contributing the best parts of yourself to the world, and by doing so you are activating the flow of prosperity into your life.

Feel the earth begin to tremble beneath you as a deep rumbling sound rises up from the ground. You jump to your feet and step back as a stone well bursts up through the hole, rising until it is 4 feet tall. The rumbling sound subsides, and you move cautiously forward to peer down into the well. Far below, you see brilliant light glimmering and sparkling with promise.

You laugh with delight and amazement, and this causes the light to rise. It rushes up to the top of the well, spilling over the sides and transforming into shiny coins and paper money, which rain down at your feet. You step back in surprise, but continue laughing because you can't believe how easily you created a portal for prosperity - in your own yard!

Mentally close your eyes and express your deep gratitude for the blessings now before you. Affirm your certainty that you can attract prosperity any time you wish by simply visiting this well in spirit. As you let go of your lack perception and learn to find your joy by sharing the best parts of yourself with the world, you trigger the well of abundance to spill over its blessings into your life again and again.

Stay with this realization for as long as you wish, and then take your time coming back to conscious awareness.

Whenever you find yourself feeling frustrated or frightened by financial lack, take a mental trip back to your well of abundance. Remember how easily you called forth abundance the first time, and allow yourself to slip into that mind-set again.

Note: You may have noticed that this meditation is heavy with symbolism. The digging of the well represents your ability to take focused physical action in creating positive changes in your life, and the light in the glass bowl represents the essence of yourself that you can share with the world. These two things are within your control, no matter what financial challenges you may face now or in the future.

Money Meditation #4

Nurturing and Growing Prosperity

This meditation will move you through the process of planting "prosperity seeds" and nurturing them so they grow tall and strong in your life.

As with the other meditations, first take a few minutes to get calm and relaxed before beginning.

Once you are focused, imagine that you are going to plant some prosperity seeds in your yard. See yourself filling a watering can, grabbing some gardening tools and a packet of "prosperity seeds," and stepping outside.

Walk slowly through the yard until you find the perfect spot for your new "garden". Once you've chosen the right spot, imagine using your gardening tools to prepare the soil for new growth.

Remove weeds, rocks, and debris; then till the soil (churn it up) to loosen it. You can also spend a little more time with the preparation process and imagine yourself applying fertilizer or compost to add nutrients to the soil.

When you have the garden plot ready, mentally hold your "prosperity seeds" in your hands and say a few words over them. Affirm that you are calling forth a better future by investing your energy and intentions in the growth of something beautiful.

As you hold the seeds in your hands, imagine brilliant light flowing up from the palms of your hands; see it rising up to infuse each seed. Affirm that this light charges the seeds with powerful potential, activating their natural instinct to grow and thrive.



Then take your time mentally planting each seed in your garden soil. You can designate each seed to address a specific area of your life, such as one for love, one for money, one for a fulfilling career, etc. Or if you just want general prosperity in all areas of your life, make that your intention.

Once the seeds are planted, pick up your watering can and lovingly sprinkle fresh water over the whole garden plot.

Bow your head and give thanks for the opportunity to plant these seeds, and affirm that they will sprout effortlessly and burst forth with new life.

Come out of the meditation when you're ready, and let yourself feel inspired by the possibilities that will soon be entering your life!

After the meditation:

You can do this meditation every day, but you don't have to go through the whole planting process again. Instead, imagine that you spend time tending your new prosperity garden. See yourself pulling weeds, removing any leaves or debris that may have been blown into the plot by the wind - and of course visualize yourself watering and fertilizing the plants as they grow!

You can also carry the power of this meditation out into the physical world by planting actual seeds and nurturing them in real life. Try growing some common plants that have connections to prosperity, such as: honeysuckle, marjoram, basil, almond, clover, alfalfa, tomato, poppy, allspice, chamomile, mint, dill, fern, oak, or tulip.

There are many more, but choose something that resonates with you. If none of those listed strike a chord, simply choose a plant that makes you feel happy when you look at it.

Then, set a schedule that allows you to care for both your mental prosperity garden AND your real garden at the same time. You can do the meditation first thing in the morning and then go outside and tend the physical plants, or tend the physical plants first and then do the meditation. Or do one in the morning and the other in the evening; whatever works best for you.

If you don't have the space needed to plant foliage (or just don't want to), you can still cement this process in the physical world by planting a symbol in your yard. Consider burying a few coins, small denomination bills, or even a lucky charm in the ground, and imagine them multiplying and growing during your meditations.

The symbolic gesture of "planting" your intentions with real objects in the earth combined with the above meditation will help you to attract prosperity on both energetic and physical levels.

Money Meditation #5

Special Delivery

This meditation is a great way to help build up your belief that the universe is working in partnership with you to create greater prosperity in your life.

As usual, take a few minutes to get relaxed before beginning. When you feel peaceful and centered, imagine yourself relaxing at home one morning. You have no plans for the day, so you are just kicking back, watching television, reading or doing minor work around the house.

Suddenly the doorbell rings, and you go to the door to answer it. A courier is standing there holding a box addressed to you. You are not expecting any packages today, but you shrug and sign for it anyway. Curious about who it might be from you carry the box into the house, noting that it seems quite heavy.

You place the box in the center of your living room and get a utility knife with which to cut it open. As you begin making the cut, the immense pressure inside the box causes it to burst open and you are astonished to see money exploding all over the room. There is so much of it that it flutters down all over your furniture, your appliances and the floor. Who sent you all this money?

More curious than ever, you begin digging through the rest of the money in the box and you find a short note at the bottom. It is addressed to you and reads, "Enjoy, you deserve it. Keep up the great work."

You laugh out loud upon reading this, realizing that the money is a gift from the universe; compensation for all you've done to contribute positively to the world.



You are overcome with gratitude and joy, feeling that you've now been blessed twice; once for being given a chance to do something fulfilling with your life, and again for being so richly compensated by the universe.

As you begin gathering up the money and piling it neatly on a table, the doorbell rings again. You answer it and find another courier waiting with yet another package for you! You sign and carry it inside, noting that it seems much lighter than the last one.

You begin cutting the package open and once again it explodes - but this time thousands of tiny iridescent bubbles fly out of the box and into the air around you. There are so many of them that they completely fill the room, glimmering and casting faint rainbow patterns on the walls as they whirl around, filling you with a sense of awe and wonder.

More curious than ever, you immediately look into the bottom of the box and find a note there. It reads, "Each one of these bubbles represents a life that you have changed in a positive way. You rock!"

Once again you burst into laughter and a fresh wave of gratitude flows over you. The bubbles continue to spin and swirl around the room for a few seconds, then zip past you and fly out a nearby window. As they depart, you hear a thousand tiny whispers all saying, "Thank you," and tears of joy fill your eyes.



You sink down onto your sofa to settle your emotions for a few minutes, and you hear your mail carrier outside delivering your mail. You get up to retrieve it, and you are shocked to see hundreds of envelopes waiting in an open plastic tote box. Your mail carrier looks up at you and says, "Oh, good. I couldn't fit these in your mailbox, so you might as well take them."

You grasp the handles of the tote box, wondering how on earth you ended up with so much mail today. Carrying the box inside and setting it on the kitchen table, you begin opening the envelopes one by one. You notice that there are two colors of envelopes. The green ones contain checks from various people, while the pink ones contain handwritten notes of appreciation from people you've helped in one way or another.

Reading those notes makes you feel so good that you decide to pass the gratitude along. After preparing the checks to be deposited at your bank, you sit down to pay your bills. As you write each check and enclose it in an envelope, you also slip in a handwritten note that reads, "Thanks for the great service." Before sealing the envelopes you take a few moments to reflect upon the ways these creditors have made your life easier.



You realize that you no longer feel resentful about sending money to them because you've just been shown a powerful example of appreciation and universal compensation. You know in your heart that any money you send out will ultimately be returned to you in some form, and you look eagerly forward to the many opportunities the universe has in store for you.

Note: This meditation works best if you are taking focused action and contributing something of value to the world each day. It doesn't have to be earth-shattering action, just something that makes you feel purposeful and passionate. Then you really WILL be working in partnership with the universe, and good things are bound to happen!

Money Meditation #6

Inviting Opportunities

If you've ever felt like you were trapped in a box with no way out, you know what it's like to be lacking in opportunities. Most often, we are surrounded by plenty of opportunities - we just can't see them!



This meditation will help you to become aware of the many opportunities around you every day, and it can also give you the right mind-set to attract more.

Take a few moments to consider which areas of your life could use a boost in opportunities. You might want to create more opportunities for advancement at work, or more opportunities to meet that special someone, or even opportunities to attract more clients or friends.

Then envision a place that represents your area of opportunity. For example, if you want more career opportunities you might envision your workplace, or the type of place you'd like to be working. For friendship or romantic opportunities you might envision a familiar social setting, and so on.

When you've got your place of opportunity in mind, imagine yourself being there, feeling confident and enthusiastic about your possibilities for growth. Look around this place, and notice that there are many points of entry through which opportunity could arrive. There are doors and windows and other people coming and going, and any of these openings could yield an exciting new endeavor.

But that's not all! Imagine looking down at your hands and noticing that you are holding a handsaw. With this saw, you have the ability to cut portals in the fabric of your reality and call forth even greater opportunity.

Look around at your place of opportunity again and find a good place to cut a hole. You can choose a blank wall, a window, an existing doorway, or any spot that seems to grab your attention. Then, take the handsaw and begin carving a hole that will provide an opening for new opportunities in your life.

When you've finished cutting the hole and remove the center piece, imagine being able to see out into space, or perhaps see a completed version of what you want to attract into your life shimmering just feet away from you.

Smile and let your heart fill with gladness because your dream is so close!

Cut as many holes as you wish in this alternate reality, and really get into the feeling that they serve as gateways for new opportunities to come through. Feel the opportunities rushing rapidly toward you through these portals, drawn unwaveringly by your strong desire. Feel your eagerness to grab hold of the opportunities as they rush through the openings you have created, and affirm your gratitude to the universe for providing them.

If you like, you can carry this meditation further by imagining yourself following through with the opportunities and achieving your goals, which gives birth to even more opportunities.

Whatever you do, have FUN with the images. Understand that there is never a shortage of opportunities as long as you're willing to look for them and take action when you see them.

Money Meditation #7

Energize Your Wallet

Do you feel like your wallet has gone belly-up? Does it need to be resuscitated? Try this energy-infusing meditation to give your wallet a charge.

If you can, keep your wallet or checkbook with you when you do this meditation so you can actually hold it in your hands and make the visualization even more realistic.

First, take a few minutes to quiet your mind and calm your body. Be sure to let go of stress and anxiety - especially if it pertains to money!

When you are completely relaxed, imagine a sphere of golden light beginning to form around your entire body. Watch as this sphere of light grows bigger and brighter, completely encasing you in its protective glow. Imagine that you can feel the energy around you getting stronger, tingling and warm against your skin.

When you've got this image strong in your mind, pick up your wallet or checkbook. Hold it loosely between the palms of your hands. Shift your attention outside of the sphere of light surrounding you, and imagine a river of even brighter light flowing effortlessly through the universe toward you. This is the natural flow of abundance that is accessible to all of us, including you.

Focus on opening yourself to this energy, relaxing into the natural ebb and flow of prosperity, not trying to force it to come to you but simply allowing it to enter your circle of light.



As this river of light enters your circle, imagine the light around you growing even brighter and beginning to crackle with awesome power. Watch as part of this energy flow suddenly branches off into a tributary and rapidly zooms straight toward the wallet you hold in your hands. Feel it vibrating and quivering against your palms as the energy infuses it with magnetic power.

Your wallet is now beginning to take on the same bright glow as the circle around you, and you feel it come alive in your hands. Affirm that your wallet is now magnetized to attract prosperity wherever you go, and give thanks to the universe for helping you to improve your financial situation.

Be sure to keep on the lookout for lucrative opportunities in the coming days and weeks - they just might show up when you least expect them!

Note: There are many ways you can use this meditation beyond energizing your wallet or checkbook. You could instead use a coin like a lucky penny or a silver dollar; or even energize a non-money object like a piece of jewelry and wear it as a "lucky charm".

You may want to do this meditation regularly at first, especially if you've been mired in a cycle of lack for some time. Consider the accumulative nature of energy and understand that a few sessions may be necessary in order to fully release stagnation.

One last point: before doing this meditation with your wallet or checkbook, take a look through them first. Do you have a lot of old, outdated information in them? Are you carrying business cards you no longer need, expired coupons or old receipts that should be filed away?

Get rid of these things first to free up space in your wallet or checkbook. You'd be surprised at the effectiveness of such a symbolic move, and the power it can lend to your meditation.

Money Meditation #8

Breathing Abundance

This is probably the most relaxing of all the meditations described here, simply because it floods your body with oxygen and calms your mind with slow, rhythmic breathing.

Sit or lie in a comfortable position. Choose a quiet place where you won't be disturbed for 20-30 minutes. Close your eyes and begin taking very slow, deep breaths. Let your abdomen expand first with each inhalation, filling your lungs from the bottom, and then moving up through your chest.

When your lungs are full, slowly begin to exhale, making a quiet "shhhhh" noise until your lungs are deflated. Do this a few more times, feeling your body begin to relax even more deeply. Concentrate on releasing all tension from your muscles and imagine life-giving oxygen flowing from your lungs into your bloodstream and all of your internal organs.

After several breaths, begin to imagine that with each inhalation you are breathing in sparkling golden light, and with each exhalation you are breathing out gray, dirty mist. See this process as an internal cleansing, the light you inhale helping to release any negativity you are holding within your body.



When you feel you have released all of the negativity from within, imagine that every time you inhale you are breathing in one-dollar bills. Every time you exhale, you are breathing out pennies.

Gradually begin to increase the denomination of money every 5 breaths or so, moving up to inhaling five-dollar bills and exhaling dimes; then inhaling ten-dollar bills and exhaling quarters; then twenty-dollar bills and one-dollar bills; and so on.

Continue increasing the amounts until you are breathing in one-thousand-dollar bills and breathing out one-hundred-dollar bills. (Go higher if you want to, but keep in mind that you have to choose denominations of money that you are comfortable with. If you have no experience with larger sums, your mind will resist them.)

With every breath you take, focus on feeling the flow of prosperity running through you. Relax into the sensation of having plenty of money continuously moving through your life, and affirm that you don't have to seek it, just allow it.

You can do this meditation as often as you like, even several times a day. You also don't have to make it a full-blown meditation; try taking a few cleansing breaths before you pay your bills, or when you receive an unexpected expense at the last minute. You can do this when you're feeling stressed about money, or when you simply want to relax.

A couple of key points to remember: First, you obviously want to be sure to do this breathing exercise very slowly so you don't get lightheaded. If it helps, try pausing for a few seconds between breaths.

Also, you may be tempted to focus only on breathing money in but not out, reasoning that you'll be able to "keep" more of what you attract. However, remember that money energy needs to keep flowing continuously - not get stuck in a stagnant pool. By focusing on breathing in bigger denominations and breathing out smaller denominations, you are affirming the continuous flow of abundance through your life, while still assuring that you'll always have "more than enough."

Money Meditation #9

A Shower of Abundance

This meditation will help you to call forth a "shower of abundance" into your life, through natural or imaginary means.

The first way you can do this would involve waiting until the next time it rains in your area. If you happen to be home during the next rainy day or evening, go to a quiet place where you can hear the trickle of rain, either on the roof or windows - or you could even go stand outside in the rain if you're feeling adventurous.



As you listen to the sound of the rain, open your mind and raise your face to the sky (or ceiling, if you're inside). Imagine that every drop of rain falling to the earth contains a morsel of abundance energy within it. As each drop splashes against your roof, yard, vehicle, or body, the abundance energy within is released in a tiny burst of power.

See this power gathering and melding together to form one very large pocket of magnetic energy that surrounds your home and everyone within it. Imagine that this abundance energy continues to grow, reaching out to the universe to attract still more abundance and draw it directly to your home.

Let your heart fill with joy and excitement for all the blessings on their way to you, and affirm that this energy will stay with you regardless of the weather in the coming days and weeks.

If you don't get a lot of rain where you live or you don't want to wait for the next rainy day, consider buying an audio recording of rain that you can use for this meditation. There are some great rain forest recordings available, or look for one that includes the sound of thunderstorms and imagine the thunder and lightning adding still more power to your vision.

You can also do this meditation in the shower if neither of the above suggestions will work for you.

Simply stand under the spray and let the water cascade down your body, imagining that it is charged with powerful abundance energy. Affirm that you are washing all stagnation and lack down the drain, and welcoming a continuous shower of abundance into your life.

Make this a part of your daily shower routine, or just when you're feeling in need of a little more abundance.

Money Meditation #10

Pathway of Treasures

This meditation is designed to help you recognize the many gifts that appear in your path every day, but it also serves as an awakening to the many ways in which your entire journey is a miraculous treasure.

Take a few moments to first relax your mind and body, and then imagine that you are standing at the edge of a great forest. The trees tower above you, thick with branches of foliage at the top but leaving plenty of room to walk freely beneath.



You gaze into the shadowy depths of the forest, listening to the birdsong and smelling the richness of the earth. You look down and notice a gently curving pathway at your feet, leading enticingly into the forest. Feeling a strong urge to move onto the path, you take a step into the forest.

Once under the trees, you notice that it's not as dark as it appeared to be while you stood in sunlight. The foliage is thick but allows plenty of sunlight to shine through the trees and color the forest floor. Encouraged, you take another step forward, then another, and you feel the forest seeming to reach out and embrace you with a sense of love and reverence.

You walk slowly along the path, feeling strongly that this is a sacred place, ripe with spiritual power. The pathway curves more sharply up ahead, and you quicken your pace slightly, curious about what lies beyond the bend.



As you round the bend, you are surprised to see a beautifully wrapped gift box sitting squarely in the center of the path, bedecked with colorful ribbons and a small card that bears your name.

Gently, you begin removing the wrapping paper and ribbons from the box, trying not to tear them in the process. As you remove the last of the paper and lift the cover from the box, hundreds of gold coins spill out onto the pathway at your feet.

Gleefully you pick up handfuls of the coins and let them cascade through your fingers. You raise your face to the majestic trees towering above you and give thanks for such a wonderful gift.

Though you are tempted to take all the coins with you, they are quite heavy so you decide to leave them where they are and collect them on your way back. Something within you urges you to continue exploring the path before you.

You continue walking along the pathway, and before long you stumble upon another gift-wrapped box. This box also bears a card with your name on it, so you gingerly open the box.

Within it are snapshots of the most precious moments of your life thus far, as well as several that you don't recognize but suspect they may be snapshots of your life to come. As you glance through the photographs you are overcome with feelings of joy and amazement for the many beautiful moments you have experienced during your lifetime, and overwhelming love and gratitude for the precious people who share your journey.

These pictures have affected you much more deeply than the gold coins, and you take a few moments to collect your thoughts before continuing along the forest path.

The farther you travel along this path, you encounter more and more beautiful boxes, all of them filled with precious treasures that stir your heart and lift your spirits.



With every additional box you open, you come to realize that your desire to open them wanes more and more with each one. Eventually you feel no desire to open them at all, but simply pause at each one and give thanks for its presence in your life. You don't even have to know what the boxes contain to know that they contribute something beautiful to your life.

With this realization, the boxes stop appearing on the path before you. Instead, the pathway itself seems to take on a more beautiful appearance, fairly dancing and glowing with joy as you walk along it.

Each step you take becomes its own song, wafting heavenly notes of joy, passion, power, and purpose through the quiet forest. Suddenly you understand that this path is the true gift, for it represents your life journey and all of the amazing experiences you have gathered, and those you have yet to gather still.

In a rush of clarity, you know with certainty that there is no need to go back to collect your beautifully wrapped boxes from the pathway because they are no longer there. This insight does not bother you, however, because you understand that they are actually within you, nestled safely in your heart and soul, as they always have been.

With a smile of understanding and a lighter step, you stride confidently forward along the path, eager to see what new adventures await you.

Money Meditation #11

Windfall of Money Guided Meditation

Please find a position that's comfortable for you, that you can easily hold for the next few minutes . . . if it feels comfortable, softly close your eyes . . . begin breathing calmly, slowly, easily, naturally . . . the way that feels best for you . . .

In your mind, travel through your body, relaxing each part . . . just let each part feel loose and peaceful . . . starting with your feet, up your legs . . . up through your stomach, chest, shoulders, arms, hands, even your fingertips . . . your neck, your head, and your face . . . all through your entire body, a feeling almost like melting butter . . . Let your jaw be slightly loose, feel your eyes get softer around the edges . . .



This is YOUR time, specially set aside, JUST for YOU . . . a time when you can access your very own INNER resources . . . your own natural ability to go HIGHER . . . your own insights about how to reach for your very best, and to receive only your highest good . . . and not only your own highest good, but the highest good for ALL concerned.

Now still with your eyes peacefully closed, remember the room around you . . . easily and effortlessly, sense or picture your familiar surroundings, from the inside looking out. . . if it feels good, stay right there . . . if it feels better, begin to imagine another place that is also familiar, where you feel really good . . . or even a brand new place, a place where your imagination is free to run wild and you're comfortable, peaceful, feeling good, relaxed . . . [deep breath] . . .

Now, begin to notice something new in your surroundings . . . something very curious . . . first, in your minds eye, from your comfortable place, notice something drifting lazily down, either from the ceiling or the sky . . . you notice it gently drifting on invisible currents, drawn steadily in your direction . . . it gets larger as it gets closer, and then you can make it out . . . it's a paper currency bill of **MONEY!**



It seems to be pulled, almost in slow motion, directly to you . . . and then it falls gently into your lap . . . and you pick it up and turn it over in happy surprise . . . it feels new and crisp, and you hold it up by your nose and smell the brand new scent of this money.

You look up again in wonder . . . and you see another something drifting down from the same direction, and then you notice another coming behind it . . . again, you can see as they reach you, that these are also paper bills of money, even larger denominations than the first bill! In fact, these are **VERY** large denominations of money!

You're amazed and grateful, wondering how in the world this can be happening, and you notice that there are even more bills floating down towards you now . . . you can't make out where they materialize **FROM** . . . they just seem to appear out of the invisible air . . . and now you look to each side, you look around to your back, and you see the entire space around you beginning to fill with gently floating bills of money, of all denominations . . . and no matter which direction they're coming from, they're all lazily floating down straight in your direction!



As you stand up, still in your imagination, and you notice a new feeling inside, a feeling that can only be described as some kind of magnetism . . . you realize that you've flipped a switch of some kind -- a magnetic switch -- and that's the only reason you can imagine this wonderful windfall of money got activated . . . this amazing windfall of money that's gently drifting down all around you . . . and now it's getting thicker and thicker!



You notice the money is really starting to pile up around you! It's filling your lap, it's falling onto your head and shoulders and sliding gently into a pile all around you . . . you reach out and gather up a huge bunch of it, and even as your arms fill up and you try to gather more, it's falling back out around the edges . . . and the windfall continues, even though there's no actual wind!

It's like being warmly bundled up in a silent, thick winter blizzard of **MONEY** . . . or like walking barefoot in a warm, soft spring rain shower of **MONEY** that is coming down thicker and thicker now!



You realize the money is now piling almost up to your waist, banking up against you in a radius around you . . . and yet beyond that radius, all is normal . . . the windfall continues from all directions, but it's being pulled right to **YOU** just like you are a **MONEY MAGNET**.

By now you are laughing out loud in happy amazement! You decide to just flop right down and **ROLL** around in **ALL THAT MONEY**! The heady scent is overpowering . . . **NEW MONEY**! All the bills are crisp and brand new, and you're rolling in all this brand **NEW MONEY** like a happy carefree child rolling in a gigantic pile of autumn leaves! There's **SO MUCH MONEY**!

You start to wonder what you're going to DO with all this money! How will you even get it to the bank!?! Will you stuff it into large plastic bags and haul it in with a giant truck?

Or will you gather it neatly into piles, count it all precisely, and hire a team of movers to come with a fleet of giant moving trucks full of empty suitcases, have them pack it all up and take it to the bank or you? Hmmm . . . that seems like a lot of work . . . HEY, you get an even better idea!

Even as the windfall of money bills in large denominations continues to gently but steadily and thickly rain around you, you imagine an invisible vacuum-powered funnel that appears at the edge of your huge pile of money, and this invisible vacuum funnel is connected directly to your bank account . . . the funnel begins to vacuum up the big pile of money, the money begins to flow through its invisible pipeline connected directly with your bank account.

In your mind's eye, you can see the numbers of your bank balance start to grow . . . perhaps you imagine a computer screen where you see your online banking balance, or perhaps you imagine a giant calculator to one side, or perhaps you imagine looking in your checkbook and the numbers of your balance magically begin to transform and change before your very eyes . . . you can see the numbers swiftly moving higher and higher, as more and more of the money gets sucked into the vacuum, even as the windfall continues to add to the huge pile of money already there!

The numbers spin higher and higher . . . look now! THERE'S enough to pay ALL your debts . . . the numbers spin even higher . . . THERE, now that's enough to manifest your most precious dreams, enough to take care of all your needs and desires for a lifetime . . . the numbers spin even higher . . . now there's more than enough to share with everyone you love and everyone you care for . . . there's more than enough to give away buckets and truckloads of money to the charities and causes you believe in . . . and the numbers continue to spin even higher!



The number is now *SO* high, you could never have imagined it in a million years . . . and as you notice this, you also notice the windfall has been slowing down, and now it stops . . . but you know this is only for the time being! The big invisible vacuum finishes drawing the last of the money still lying at your feet into your bank account.

WOW . . . you are seeing that new gigantic amount of money as the current total balance in your bank account!

[deep breath] . . . You sit back down . . . you're excited but also feeling more confident and relaxed, more peaceful than you've EVER felt in your ENTIRE life . . . you keep thinking of new ways to use this money in wonderful ways, for your own pleasure, for the pleasure of those you love and care for, and for the highest good of all concerned . . . you think of your favorite worthy causes and realize how much power you now hold to do wonderful things for *SO MANY*!

This is the beginning of a brand new phase of your life . . . the life you've always dreamed of . . . the life where you and those you love have everything you need and want . . . and you have the joy of sharing your good with so many others . . . and you know there will always be *MORE* than enough for you to spend in an entire lifetime!



When you feel relaxed and ready to return, bring your attention slowly back . . . Savor your state of calmness, and your total peace of mind . . . your *TOTAL* acceptance of this wonderful blessing, this amazing *WINDFALL* of wonderful *MONEY* that's *YOURS TODAY*.

Additional Resources:

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