

# 10 Minute Abundance Meditation

Welcome to your meditation. Start by finding a comfortable seat. You can either find a cross legged position sitting up nice and tall, or if you would like to lie down, that's also an option. Just finding something that's comfortable for you. And then wherever you are, start to close the eyes, allow the eyelids to grow heavy and settle into some stillness.

And then we'll start our meditation today, just by simply breathing in and out. Observing the breath, here. Feel this abundance of breath flowing in and out of the body with every inhalation. Feel the expansion of the chest, ribs, the belly. Every exhale releasing, letting go. Belly, ribs and chest fall back to center. This is known as our three-part breathing technique. So inhale, allow the chest to rise, and then the ribs and then the belly, and then exhale. Belly, ribs, chest. Inhale chest, ribs, belly on the full expansion. Exhale, belly, ribs, chest.

One more round inhale. Feel the flow of energy, the flow of the breath coming into the body. Abundance of the breath. Then exhale all the way out and then just gently let that breath control go. Allow yourself to drop back into a natural rhythmic breath.

I'd like you to draw your attention to your heart space. Observe the energy that sits here in the middle of your chest and notice any certain feeling or emotion that comes up.

In today's meditation, we are releasing anything that doesn't serve us. Any emotional feeling that's sitting in our heart space that isn't giving us this abundance of energy, and at the same time we build on this idea of abundance. So notice any heavy sensation, any heavy feeling and really let that go. Release. It does not serve you. It does not need to be there, and if it helps, you can even release it with the sigh out the mouth.

Moving into our affirmations for today. I encourage you and I invite you to repeat these affirmations to yourself mentally as I mention them.

I am worthy of what I desire. I invite and welcome these desires in and I let them flow through me and guide me.

I have everything I need to be successful.

I'm grateful for the things in my life.

I'm open to limitless opportunities and possibilities.

I believe in myself and through this I achieve whatever I set my mind to.

I am my best source of motivation, and I surrender to the wisdom of the universe as it guides me.

I allow everything to be as it is and trust that everything unfolds as it should.

I attract all that I want, need and desire into my life, and I'm open to receiving these unexpected opportunities.

I am aligned with my purpose.

I am worthy of positive changes in my life and I recognise them as they happen.

I am capable of achieving greatness.

I am strong, brave, confident.

I am grateful for the abundance that I have and the abundance that is on its way.

I attract love. I am love.

I attract compassion. I am compassion.

I deserve love, respect, empathy, and this is what I give unto others too.

I am worthy of this compassion and empathy.

I choose happiness and through this I attract positive energy.

I am proud of the person I am and the person I am becoming.

I am proud of myself and all that I have accomplished.

I am centered, peaceful, grounded and certain.

I am at peace with who I am, and I am at peace with my path forward.

I trust this path and I trust the guidance of the universe.

I have come this far and I can keep going.

So just letting all those affirmations, those words settle in your mind and your body, allow it to permeate through you.

And we use these affirmations as manifestations to what we deeply and truly desire, as we call this abundance in,. This abundance of love, of life, of energy, and of purpose.

And then, gently just coming back to your breath once again start to observe your breathing, taking the focus away from the mind, just simply noticing once again the rise and fall of the body as you breathe this abundance of life energy.

Closing this practice off by taking a moment to thank yourself, show yourself gratitude and appreciation for taking the time to just simply be and taking the time to practice mindfulness.

For showing your mind and body kindness , patience and compassion.