

Meditation to Attract Financial Abundance



Begin by relaxing and taking a few deep breaths to breathe in peace and stillness and exhale tensions and worries. Let go of any place in your body where you are holding on, feeling fear or lack or trying to maintain control. Allow yourself to be fully present in this moment.

Visualize a radiant sun above your head connecting you with your higher self. Feel the radiation from this sun flowing down through your body, down your legs and out to the earth.

Feel yourself connected to the earth, as if you have roots growing into the earth. Feel supported and nurtured by the earth and the Divine Mother.

With each breath, connect more deeply to the earth, synchronizing with the rhythm of life itself--the tides, the seas, the movement of the stars. Feel the flow of unlimited life force and its beauty and power. Feel yourself in harmony with all life.

Experience the presence of God or Spirit within you, filling every cell in your body with love and light. Know that you are loved and supported by the benevolent heart of the universe. Affirm your faith in God and the abundance of the universe to provide all that you need.

Experience this abundance as a golden stream of energy being magnetically attracted to you to help you fulfill your life's purpose. Allow a picture, an image or a symbol of abundance to arise in your mind. (Pause) Feel it energize you and become a part of you.

See this abundance helping your spiritual growth, supporting your work and making your service more effective in the world. Realize that money is a spiritual asset, and embrace it as a useful tool, rather than an end in itself. See yourself using this wealth wisely to help others. Realize that to those who give, much will be given so that they can give again.

Visualize the money in the world as a great stream of flowing golden energy, passing out of the control of the forces of materialism and into the control of the spiritual forces. See unlimited sums of money pouring into the hands of spiritual servers who are doing good work to aid humanity and all life on our planet.

Now ask your soul what practical next steps you can take to ground this experience in your life. End by dedicating money you have saved from the previous week to spiritual work. Slowly, return your awareness to the room, open your eyes, and write down the symbol of abundance you saw and any insights you've had as a way to remember this experience.

--By Corinne McLaughlin, Excerpted from *The Practical Visionary* www.visionarylead.org; www.thepracticalvisionary.org