

Meditation_ Abundance_Completion

Alright! It's time to wrap-up this abundance session but I really encourage you once you're complete here to carry on.

Bringing a golden sun into the top of your head, let's bring a golden sun and fill up your body. Clear out any spaces or places that have been cleared. And now we're going to address that bubble in front of you. That bubble is full of all of your intentions for your most fabulous and abundant future.

Show the Supreme Being this bubble. The Supreme Being, male/female, universe, stars, nature, cells sparkling; whatever that is for you the Supreme Being shows, that Supreme Being get a nod or an internal feeling. Ask the Supreme Being to bless this mock-up bubble and all of your intentions. Get that nod or that feeling of yes and cut that string that's holding that bubble to planet earth and let it just fly off into the universe and let it go knowing and trusting that all of these intentions will come back to you fulfilled in perfect timing. Know that in your heart of hearts to be true. You don't have to hold it tight to you. If you hold it tight to you, it can't really manifest. You have to let it go so the universe can get to work on all the projects you've given it. You feel very happy, and very blissful, and very excited, and enthusiastic. You've just changed your future.

Bring another golden sun into the top of your head. This is a golden sun of validation. Say to yourself, "I am capable, competent, clear, and inspiring. I am dynamic and abundant. I'm healthy, fit, vibrant, lovable, and loving. I'm juicy, sexy, yummy, playful, intelligent, very smart, an excellent business person, a great driver, and a great communicator. I have excellent vibrant health." Anything that you can think of, put in that bubble or any validation you want to shower yourself with and bring that bubble into the top of your head and bring it down into your body and allow your body to really enjoy feeling so validated and knowing entirely that this is the true. You're entirely capable of manifesting all of the validation. Even if there's something that didn't quite ring true, just take it in and accept it. It is true. Of course it's true.

And one more golden sun at the top of your head and there you sit as a beautiful yogini or a handsome yogi, cross-legged at the top of your head. Bring yourself down into your body and filling up the cells of your body, filling out your fingers and toes, legs and arms, torso, neck, and the head. There you are as a spirit in your body and wiggling your fingers. And toes around and let's go ahead again and rub our hands together, creating some psychic heat and some tapas. We're going to raise the energy of the physical body. So feeling yourself with great enthusiasm, coming back and putting your right hand over your heart and your left hand over your right, again in a mudra of self-love and self-affinity and

affirm to yourself, "I love myself. I trust myself. I will express my unique self." Breathe that in; the love, trust, and expression that you're now giving to yourself. It feels so good.

And coming back into the room and allowing your eyes to slowly open, gently open. Notice how everything looks so pristine and how aware you are of the abundant universe, and how aware you are, and how grateful you are of everything that has been provided for you so exquisitely and so beautifully. May it be with the blessings of the Supreme Being that this healing and abundant meditation is complete. May the entire world be filled with radiant health, vitality, joy, richness beyond compare, and peace, true peace. Tathaastu. So be it.

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