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A Functional Medicine Energy Center Resource

Abundance Meditation

My thoughts affect my abundance.
My state of mind manages abundance.
My emotions and thoughts influence my abundance.
My imagination starts the abundance.

I seek an elevated emotion.
I intention abundance.
I imagine how it feels to expand abundance.
I focus on joy, gratitude and love.
I imagine the changes I desire.

I work to manifest my thoughts.
I know outcomes are not guaranteed.
I release control of outcomes.
I seek to overcome any resistance.
I continue to intention, imagine and focus on my goals.
I trust my efforts will be positive.

I release fear about the lack of abundance.
I release anxiety, shame and anger.
I put faith in the universe.
I grow through my efforts.
I appreciate the abundance of nature.
I learn the lessons of each experience.
I learn new tools to deal with challenges.

I am worthy of abundance.
I am ready for abundance.
Abundance flows easily to me.
I express gratitude for all abundance.
Everything I need is already inside of me.