

10 Minute Meditation

___/___/___

Prepare your space for meditation. Remove distractions and/or play some meditation music. Calm nature sounds can also be played in the background. Set a timer if needed.



Close your eyes and take a deep breath in, filling your lungs with air, and then slowly exhale, releasing any tension. Begin by focusing on your heart, feeling a sense of warmth and lightness there. Reflect on the things you are grateful for in your life, big or small. With each breath, feel a sense of gratitude expanding, filling your entire being. Now, visualize a goal you wish to manifest. See it clearly in your mind, as if it's already happening. Feel the emotions associated with achieving this goal - joy, pride, fulfillment. Hold onto this feeling, knowing that what you focus on expands. As you continue to breathe, repeat to yourself, "I am grateful for my abundance, and I confidently manifest my goals." Feel the truth of these words in your heart. Take a few deep breaths, feeling gratitude and confidence filling you. When you're ready, gently open your eyes, carrying this sense of gratitude and purpose with you into your day.

What are you grateful for in your life right now, and how can you nurture those aspects further?

Explore any insights or revelations that arose during the meditation.

How am I feeling after the meditation?



What intentions or goals can I set for myself moving forward?

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