

## UNLIMITED MIND online course

# THE ROLE OF MEDITATION IN CREATING ABUNDANCE

Meditation is one of the most effective tools for creating abundance - not just in wealth, but in peace, health, love, and fulfillment. It helps you move beyond the noise of your thoughts and into alignment with the energy of creation itself.

The more you align your thoughts and emotions with gratitude, peace, and worthiness, the more abundance you naturally attract.

Abundance is not something you chase - it's a state of being. Meditation allows you to "become" that state - calm, open, and magnetic to the life you want to create.

To create an unlimited, unstoppable life, **focus your energy on what you DO want - not on what you fear or wish to avoid**. Each day, consciously choose thoughts, beliefs, and emotions that align with your vision of success, joy, and abundance.

## 1. Morning

Morning reflection helps you **set the tone for your day** - decide how you want to feel and what you want to experience.

1) Write down:

*4 thoughts you do not want to think in your day*  
*4 beliefs, actions, behaviors, that you want to stay away from*  
*4 emotions that you don't want to feel*

*4 thoughts you DO want to think in your day*  
*4 beliefs, behaviors, choices, actions you want to take*  
*4 emotions you want to feel – what is your future going to feel like when it happens*

## 2. Evening

Review your day, feel gratitude for how your day went. Evening gratitude helps you anchor those experiences and celebrate your progress.

**Remember:** Every thought, feeling, and action is a choice. Choose in alignment with the life you want to create.