

The Foundation for All Abundance

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Acknowledging the good. Eckhart Tolle once wrote, "Acknowledging the good that you already have in your life is the foundation for all abundance." Acknowledging the good that you already have in your life is the foundation for all abundance. The only thing that you need to be abundant is the feeling of abundance. The only requisite for abundance is the feeling of abundance. And the foundation for the abundance in your life is simply acknowledging the good that you already have in your life. Where is your acknowledgement for the good in your life? In what ways do you acknowledge the good in your life?

Is there goodness in your relationships? Certain people?

Acknowledging the good in your relationships.

Acknowledging the good in your health. What can you appreciate about your health?

When you reflect on the goodness of your life, what comes to mind first? Maybe it's certain people. Maybe it's material abundance. Maybe it's a sense of community, a sense of safety. Maybe you reflect on accomplishments in your career, your family, school.

And what can you appreciate even more? Acknowledging the good even more.

What goodness do you sometimes forget about or take for granted?

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Can you look for the good in your daily life? Looking for the bright side of things. The blessings all around us. The learnings. The learnings from the challenges and the struggles. All the different situations of our lives. Can we look for the learnings? Can we open to the experience of mercy and forgiveness of ourselves and others?

Acknowledging the protections given to you and that you provide to others.

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