



An abundant mindset is a natural sense of having enough but also being open to receiving more of what we would like to have. These include our material needs but also love, joy, contentment, success and life experiences.

The abundant attitude carries a belief that we are fully deserving of these so that we can accept and enjoy them when they come our way.

Such a philosophy can be cultivated through gratitude for what we already have, awareness of what is truly important to us, knowing that we can take action to meet what we desire halfway, and patience as we wait to receive all that is to come.

For the next few minutes, let's create space for an abundant ethos to flourish.

Take a moment to settle into a comfortable position, seated, lying, standing or even walking at an easy pace.

Allow your body to relax.

Close your eyes, if you like, or soften your gaze towards the floor.

Bring your attention to your breath, the gentle rise and fall in and out.

There's nothing you need to do right now, nor else to be. This time is just for you.

Let's take three deep nourishing breaths together.

Inhale deeply through the nose, pause, and exhale slowly through the mouth.

Again, inhale, pause, and release.

One more time, inhale deeply, hold, and exhale, letting go.

Let your breath return to its own natural rhythm.

As you breathe gently, bring your awareness to the present moment.

Notice your body, your breath, and your surroundings.

Remember that abundance is not only about material wealth, it's a state of mind, a deeper trust in the sufficiency of this moment, of where we are and what we have at this exact point in our lives.

Notice the abundance of air around you, freely flowing, supporting the function of every cell in your body.

Notice the beating of your heart, the steady rhythm that keeps you alive.

These alone are quiet miracles.

In every moment, life is offering you something.

Now, gently bring your mind to something that you've got that you can feel grateful for today.

It can be something simple, a few moments of free time to yourself, a safe space to practice, a kind word or smile that someone gave you, clothing that helps to keep you warm or cool, protecting you from the elements, a part of your body that is comfortable and works well, food in your belly from your last meal, sounds of life around you.

Now search for something else that you are genuinely thankful for in this moment.

Quietly repeat to yourself, this moment is enough.

I have all I need within me.

Notice how it feels to accept and believe that.

Even if just for now, bring awareness to your breath once more as you inhale abundance and release any sense of lack.

Now expand that feeling of gratitude to something bigger that you wished for at some point and now have.

Maybe something or someone that is very important to you in your life.

It could be an education, a career, whatever stage you're at, a supportive relationship with a member of your family, a friend, a partner, a fellow student or a colleague or anybody at all that helps to make your life better in some way.

It could be the knowledge, skills and talents that you have gained or that come naturally to you.

Return awareness again to your breath as you inhale abundant fresh air and release any sense of scarcity, remembering that there is a whole world of people and nature itself providing for your needs.

Quietly repeat to yourself, I have already received and I am open to receiving more.

I am and always have been worthy of abundance.

Let that feeling of appreciation expand within you like a warmth spreading from your chest.

Now visualize something that you're currently wishing for that simply hasn't arrived yet.

Imagine how it will be when it does.

What feelings will be there?

Gratitude, relief, love, peace, contentment.

Feel them as if they are already in you.

Sit with those feelings as you breathe.

Imagine what your life will look like when you get what you desire.

Where will you be?

What will you do?

Who will you be with?

Picture yourself as if you're already there with those people doing what you love.

Sit with that scene as you breathe.

Open yourself to receiving your wish in unexpected ways.

Give life the freedom to bring you places, people, experiences and feelings that you haven't even considered yet.

Meet life halfway.

Its plan for you may be far greater than you can imagine.

Remember that acknowledging and then spending time with such feelings, experiences and people is a way of inviting more of them into your life.

Appreciating them encourages them to stay.

Repeat quietly to yourself, I trust life to provide for me in unexpected and joyful ways.

There is always abundance around me.

I can help life to bring the abundance I want into my life.

Continue to softly breathe in abundance and release any blockages to success.

Slowly begin to open your eyes if they were closed and move your body in any way that it needs.

Wiggle your fingers or toes, shrug your shoulders, move your head, stretch, yawn.

Allow any sense of gratitude for the abundance you already enjoy to linger on in your body and mind.

Openly inviting more of what you truly want to come to you.

As you go about your life, thank you for taking time to cultivate an abundant mindset.