

## ABUNDANCE VISUALIZATION

Take several slow, deep breaths. Breathe mindfully, and let your consciousness settle deep inside you, in the inner silence.....

Relax.....

Imagine you are sitting on a beautiful ocean beach, on a clear, warm, sunny day.....

Look through your eyes and see the ocean. It is overwhelmingly massive, extending as far as your eyes can see.....

It is a lovely shimmering turquoise color.....

Gentle waves are flowing back and forth on the shoreline.....

You can hear the surf.....

You can smell the salty air.....

You can feel the warm breeze.....

Everything is perfect.....

Stand up, and walk to the shoreline.....

Reach down and touch the water. When your finger touches the water, a golden color begins to spread into the water all around your hand.....

You stand back up and look at the ocean. The entire ocean has turned into liquid gold!.....

You know in your heart that this is God's Endless Abundance.....

This vast ocean is endlessly flowing, back and forth, repeating and replenishing itself forever. It is alive! You realize that it can never run dry – it is infinite and eternal.....

You are filled with amazement and delight.....

You look at the golden ocean and say in your heart, "Thank You, Thank You, Thank You!".....

You walk back to where you were sitting. There is a bucket there, a child's toy bucket waiting there for you. You pick it up, and walk back to the shoreline.....

You reach down with the bucket and fill it with liquid gold. As you stand back up and look into the bucket, you see that the liquid gold inside has turned into cash and coins!.....

Again, you are filled with awe, and experience an outpouring of gratitude.....

You know you can always come back. You can refill your bucket whenever you wish. You know now, with supreme certainty, that all this abundance is yours, and it will never run out.....

You pause and take a moment to *feel* the joy of all this prosperity.....

Now, as you walk back up the beach, let this scene fade from your mind's eye and dissolve into a new one:

You are sitting in your beautiful home. It's the Holidays. All your closest friends and loved ones are gathered with you. The fire in the fireplace is crackling. The house smells of cinnamon and clove. Everyone is telling you how wonderful it is to see you so wealthy and successful. They are filled with admiration.....

All your wishes have come true!

*Feel* yourself enjoying all their good wishes.....

*Feel* yourself appreciating all the joy and fun that your prosperity has brought.....

*Feel* yourself enjoying your great fortune. *Really Feel it!*.....

And once again, repeat in your heart, "Thank You! Thank You! Thank You!"