



DAY 5

The 3rd Eye Chakra & Money Meditation

To balance your chakras, you can incorporate simple steps throughout your busy day... even if you only have minutes to spare.

By consistently taking small steps to balance your chakras, you'll not only be able to clear blocks, but also raise your vibrations to attract abundance. The third eye chakra is the sixth chakra of the seven main energy centers in your body.

“The Money Meditation” is one of the easiest ways to strengthen your Third Eye while channeling wealth and abundance.

This meditation allows you to align with the enormous powers of Universe. You can learn to put the Universal Laws, especially the Law of Attraction, in a manner of action, which can benefit you and your loved ones in the best financial ways possible.

While meditating, your mind will be free from the noise and distraction of the outside world. It will also help you visualise bringing money, abundance, wealth, and success into your life. Not only will a Money Meditation help you manifest your deepest desires, it can also help you discover any blocks to achieving abundance in your life.

These blocks to abundance may come from past life events, negative experiences with money, or even negative energy from other people or traumatic situations.





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Here are the steps to practicing The Money Meditation:

1. Find a quiet corner where you can sit, relax, without being disturbed.
2. Close your eyes and take 5 deep breaths.
3. Feel your entire body relax and allow your mind go quiet.
4. Focus on your Third Eye, located right in the middle of your forehead directly between your eyebrows. Imagine pressure building in this spot, heralding the activation of your Third Eye.
5. Visualize yourself being happy and carefree, surrounded by the things you want to have in life. If you want to have a new home, envision living in your dream house. If you want wealth, imagine holding the money in your hands.
6. In your mind's eye, see all the things you want and need in your life. Imagine that you are enjoying all these things.
7. Take a deep breath and visualize these words in your mind's eye- "Wealth, abundance, prosperity".
8. Take 5 deep breaths and then open your eyes. You can do this for as little as 5 to 10 minutes a day or even longer if you like.

Remember, visualize everything you want, make it as detailed as possible, and most importantly, believe in everything that you see.

