

COUNSELING SERVICES PRESENTS:

# Abundance Challenge

## Day Eleven Task

Today we look at the Law of Least Effort and how it can support you in being unattached to the outcome of your deepest desires and/or intentions. When your actions are motivated by unconditional love, your energy is multiplied and accumulated. Releasing this energy allows you to direct it and use it to create everything you want to create. Use it creatively to move toward abundance and evolution.

Therefore, here are 3 questions to reflect upon:

According to your conviction, how hard should you work to enjoy true abundance?

In what areas of your life would you like to get more abundance?

What changes should you make to release your desires into the space of consciousness- the source of all abundance?

Following reflection of these questions, please describe your parental influence in your notebook (positive aspects, limitations, what you learned from them, what brought you together, what separated/distanced you). If this parental influence is no longer in this world, focus on their image, join them, and write what rises in your memory and feelings.

I honor and respect this may not be an easy task. If this is the case- while doing it, try to distance yourself from the person's experiences. See them as just a human, a person living their own life.

## Day Eleven Meditation



“I EXPECT AND ACCEPT ABUNDANCE TO FLOW EASILY TO ME”