

Counseling Services Presents:

# Abundance Challenge

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## Day Thirteen Task

**Abundance comes in many forms. If you create through desires that benefit the whole and/or greater good, you can create what you want. So today, we will learn the Law of Detachment.**

**Symbols of abundance: a big house, new car, and elaborate jewelry will bring waves of excitement into your life. Yet these symbols may mean sacrificing the ocean for the several transient waves. In the words of Dr. David Simon, Co-Founder of the Chopra Center, "Live, overflowing with an abundance of love, passion, creativity and significance, and then these symbols themselves will 'chase' you."**

**Reflect:**

**What symbols of abundance do you dream of?  
How could they improve both your life and others?  
How else will such abundance positively affect your life?**

**Following your reflection, think about the description of your parental influence from Day 11. Consider your life and your patterns of behavior. Do you see some similarities between you? How were they formed? Write these reflections in your notebook.**

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## Day Thirteen Meditation



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**"As I let go of the need to arrange my life, the Universe brings abundant good my way."**

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