

COUNSELING SERVICES PRESENTS:

Abundance Challenge

DAY FOURTEEN TASK

Congratulations on 2/3 of the Abundance Meditation Challenge!

Today we are look at Abundance and the Law of Dharma. Over the past 7 challenges, we have examined abundance in terms of the principles described in Chopra's book, *The Seven Spiritual Laws of Success* from the Law of Pure Potentiality to the Dharma Law today.

When your life is full of true purpose, your dharma (the basic principles of cosmic or individual existence: the nature of reality regarded as a universal truth), or abundance, rushes towards you easily and effortlessly.

As the saying goes: "where you attention goes, energy flows."

Reflect:

What brings you the most joy?

How do you feel this joy in your everyday life and in your current work?

How can you approach a life full of joy by living your Dharma or life's dream

Task: Enjoy this day, noticing the generous gifts of the world that surrounds us, seeks us, and asks us to notice and accept them. Seek, find, accept and give thanks for each of them. At the end of the day, write down at least three paths/sources through which abundance has come to you today.

DAY FOURTEEN MEDITATION



"THERE IS A WAY I CAN FULFILL MY TRUE PURPOSE IN LIFE"