

COUNSELING SERVICES PRESENTS:

Abundance Challenge

DAY FIFTEEN TASK

Today we work to deepen our practice of letting go. You are only able to create space for abundance once you have let go of the things that no longer serve you.

Today's task, I ask that you write a letter of gratitude and recognition to a person who you think hurt you at some point in your life. Take some time to reflect and create a image of this person in your mind's eye.

If that person is too challenging to think about, that is okay. I ask you reflect on someone you have a less complex relationship with. Someone who you may have grown distant from for various reasons... If more than one person arises in your mind, that is okay. Today we write a letter to only one. Before you sit down to write, attempt to cleanse yourself of negative emotions towards this person. If you still have resentment or anger, you can separately write down all these feelings for them and then dispose of it how you would like (shred, melt, rip, etc)... Feeling hurt is a very valid emotion; however, it is also important to move through your hurt emotions to write this letter.

DAY FIFTEEN MEDITATION



“AS I LIVE IN THE PRESENT MOMENT AWARENESS, I LIVE THE
MAGIC OF SYNCHRO-DESTINY.”