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Instructions:

How To Meditate using Your Magnet To \$Money\$ Candle

Meditation forms a most important part of our work in becoming a Magnet To Money, Success, Joy and Peace of Mind.

Now because the purpose of this candle is to help you attract wealth, we are not going to go too deeply into the Power of Meditation, (*you can study it more deeply with our other programs.*) However, these simple instructions will assist you in becoming one with God Consciousness where all things happen.

These instructions will help assist you if you have never meditated before and will remind those who do meditate – its' awesome power. When we meditate we are consciously connecting, in the silence to our Higher Power.

If you are someone who understands the power of candle light to bring in positive light and energy you will love to meditate using it.

It is all about focus and intention and becoming one with our Spirit after we have set our intentions. Prayer is really in the silence where the magic happens. The scented candles have an exquisite aroma of natural apple cinnamon. Ancient Egyptians knew that this scent brought in positive energy to bring in wealth and cleansing of negative energies. Whether you believe this or not remember the power of thought- this belief from thousands of years ago does affect us even if it is from an unconscious knowing.

This Candle will help you bring in more light power and prosperity consciousness. It is our intention that each person who uses these candles is blessed and attracts wealth and awareness.

Although there are many ways taught to achieve silence and meditation we will share with you some ideas that will meet your needs very nicely indeed using the candle.

Create your own space where you will meditate. Clean this area really well as this will release old energies because when we meditate it is best to have clean energy. Buy a brand new mat on which to sit. Light your beautiful

candle as you will use the candle flame to focus your attention. This candle will bring in good energy into your space. A flower or some kind of lush green plant is also good. If you do not live alone ask your room mate or partner to please respect that this is your special place. Designate this special place where you live to meditate in your home.

Do not meditate in bed as you will add too much energy to your bed and may find it difficult to sleep as meditation gives us more energy. Meditation is not meant to make you sleepy, it is a very focused practice.

Write out your intention as if it has already happened. And place this somewhere where you can read it with feeling every day. Place your candle on something so that the candle is in direct eye contact with you. Sit up straight, arms out to your sides and breathe in through your nose deeply, hold it and then exhale slowly through your mouth keep your eyes focused on the candle flame and put all your love into the candle flame. See it as a positive light that is opening you up to your Spirit and keep doing this until you feel peaceful.

If you do not wish to place the candle at eye contact level that is OK but please DO light it and set it in front of you so that you can gaze at it for a time. The idea is to be able to sit up straight and focus on your third eye chakra which is why having it at eye level helps. Especially if meditation is new to you.

As you are now sitting quietly place your attention centered somewhere between the eyes and a little above, and say silently. I Am A Magnet To Money, I Am One With Gods Kingdom. Gods Kingdom is now revealed. I Am LOVE, I Am LIFE, I Am SPIRIT, I Am BEAUTY, I AM Wealth. After you begin to really feel the words then be silent and just feel connected. You do not have to be religious to do this. This is about focus and connection and is amazing for your mind.

After a while be silent and just focus on your candle and eventually as you become more peaceful and in the flow your eyes will naturally close. Allow this to happen and be still.

If your mind wanders off open your eyes again and focus on the candle flame. Feel no impatience with yourself or frustration. No matter how many times your mind wanders, bring it back to the candle flame AND to one of the above mantras.

If you do this simple method, eventually, you will find that outside, intruding thoughts will cease, and you will be able to sit quietly in a peaceful state. Have patience and be consistent.

At first do not attempt to remain quiet for more than 5 minutes or so unless you feel like it. You are doing this only for a conscious realization of your

unity with Spirit or to make contact with God. We are not attempting to see "light" or to have "experiences". If they do come great but if you become too fascinated with these "experiences" you could lose sight by making way too much of them. Keep it simply. KISS – "Keep It Simple and Spiritual" 😊 and smile!

After you have had a few minutes of meditation and have achieved that feeling of peace, joy and unity with the Universe give thanks get up and go about your day. It is recommended that you do this 3-4 times a day. First thing in the morning, at lunchtime (noon is best) and then at night (best when sun is setting a powerful time to connect with God's presence) and then at midnight or just before you are to go to bed.

Why?

Ultimately, meditating three or four times a day even if for just a few minutes each time will bring you to a place where you will be focused and unified twenty four hours a day whether asleep or awake.

Each time you do this you are adding more light and power of intention to your focus. There is already much light and energy from our intention for you with the candle so it will help you as God is flowing through the flame. Even if you are agnostic, look at meditation as physicians do. It has been documented that people who meditate regularly have low blood pressure and generally are healthier, happier human beings. So do it even if the word God is not your thing. Put a smile on your face as you sit down to meditate as this DOES help your mind find peace. Do whatever you can to put yourself into a happy mindset before you sit down.

We are focusing here on abundance and plenty not on lack. Lack has no power ONLY GOD HAS ALL POWER and you are One with God. Yes you are. 😊

So my dear, set your intentions high and may God pour blessings of abundances to you today and always. Remember to smile and breathe 😊.....

Love, *Michele & Sherry*

PS We also HIGHLY recommend a NEW Book by Bob Proctor and Michele "How To Become A Magnet To Money" go to www.EMusiVation.com and if you are interested in delving more into consciousness and mysticism go to www.MysticalSuccessClub.com