

## Abundance Meditation For Entrepreneurs Transcript by Matt Gray

[Listen Here](#)

Welcome to this Entrepreneur Abundance Meditation. I'm here to guide you on a journey of transformation. A journey that will help you program your subconscious mind for success, abundance, love, and fulfillment in your entrepreneurial path.

Tonight and every night, I invite you to use these moments before sleep to plant powerful seeds in your subconscious mind. Your subconscious is most receptive when you're drifting into sleep, when the analytical mind quiets and the deeper mind opens. Many entrepreneurs spend their final waking moments reviewing problems, challenges, and disappointments.

They replay conversations that didn't go well, opportunities missed, or fears about tomorrow. But this practice programs your subconscious for more of the same. Instead, we'll use this sacred time to program your mind for abundance, creativity, and success.

As you listen to my voice, allow yourself to relax completely. Know that what you place in your imagination now will shape the reality you create tomorrow. Find a comfortable position where your body can fully relax.

Close your eyes and take a deep breath in through your nose and exhale slowly through your mouth. With each breath, feel yourself sinking deeper into relaxation.

I'm going to count down from 10 to 1, and with each number you'll feel yourself becoming more peaceful, more centered, more open to the transformative power of this meditation.

10. Your body is beginning to relax, starting with your feet and your ankles.
9. The relaxation moves up through your calves and knees.
8. Your thighs and hips become heavy and comfortable.
7. Your abdomen and lower back release all tension.
6. Your chest and upper back soften and expand with each breath.
5. Your shoulders drop away from your ears, releasing any burden you've been carrying.
4. Your arms and hands become weightless and free.
3. Your neck and throat relax, allowing energy to flow freely.
2. Your jaw, cheeks, and forehead smooth out, letting go of any stress or worry.
1. Your entire body is now in a state of perfect relaxation.

You remain awake and alert, hearing only my voice, as we begin to program your subconscious mind for entrepreneurial abundance.

Imagine now a beautiful funnel of golden light positioned above the crown of your head. This funnel connects you directly to the infinite source of creativity, abundance, and inspiration that flows through the universe. As you breathe deeply, visualize this golden light beginning to pour through the funnel, entering the top of your head.

This is pure creative energy, the same energy that creates stars, moves oceans, and brings forth all innovation and wealth in the world. Feel this golden light filling your mind first, illuminating every corner of your consciousness. It flows through your brain, activating your creative centers, your problem-solving abilities, and your visionary capacity.

This golden light continues downward, moving through your throat, enhancing your ability to communicate your vision clearly and powerfully. It flows into your heart, connecting you with the passion and purpose behind your entrepreneurial journey. The light continues its journey, flowing into your solar plexus, your center of personal power and confidence.

Feel it strengthening your resolve, your determination, your unshakable belief in your path. This golden light moves further down, into your sacral center, igniting your creativity, your ability to adapt and flow with change, your capacity to bring new ideas into form. Finally, it reaches your root, grounding you firmly in the physical world, where your visions will manifest, where abundance will take tangible form in your life and business.

Your entire being is now filled with this golden light of abundance and creativity. You are a conduit for universal intelligence, a channel through which innovative ideas and solutions can flow freely into the world. With your body relaxed and your energy aligned, let's activate the vision for your entrepreneurial journey.

I know that I am pure spirit, that I always have been, and that I always will be. There is inside me a place of confidence and quietness and security, where all things are known and understood. This is the universal mind of which I am a part and which responds to me as I ask of it.

This universal mind knows the answer to all my business challenges, and even now the solutions are speeding their way to me. I don't need to struggle. I don't need to worry.

I don't need to stress. When the time comes, the answers will be there. I have everything I need to be successful.

I am enough and have enough. I am optimistic. I am infinitely flexible.

I embrace the present moment with open arms. I am patient. I let go of the need for perfection.

I believe anything is possible, and I can achieve what I want peacefully and harmoniously. Through the great law of attraction, everything I need for my work and fulfillment will come to me. It is not necessary that I worry about this.

I only need to believe. I see the hand of divine intelligence all around me, in nature, in my daily life, in human connection. I know that the intelligence that created all these things is in me and around me and that I can call upon it at any moment that I need it.

Let these affirmations sink deeply into your subconscious mind. By day and by night, I'm being prospered in all of my entrepreneurial interests. Money flows to me in avalanches of abundance.

Money flows to me freely, copiously, and endlessly. I am one with the infinite riches of my subconscious mind. I am deeply connected to my purpose, and this connection attracts the perfect opportunities, partners, and resources to me.

My business grows with ease and grace. Each day brings new opportunities for expansion and impact. I am a magnet for creative ideas that solve real problems and create tremendous value.

I recognize abundance everywhere I look. There is no scarcity in my world. I am worthy of extraordinary success.

I deserve to be well compensated for the value I create. My mind is calm, focused, and brilliantly strategic. I see solutions where others see only problems.

I build with purpose and intent, creating businesses that align with my deepest values. I attract team members who share my vision and complement my strengths. I am a masterful communicator, expressing my ideas with clarity and conviction.

I make decisions with confidence, trusting my intuition and experience. I embrace challenges as opportunities for growth and innovation. I release the need for perfection and embrace the power of progress.

I am patient with the process while remaining committed to my vision. I balance ambition with inner peace. I balance drive with tranquility.

I am a transformational leader who inspires others to their highest potential. With these affirmations resonating in your mind, let's create a vivid picture of your entrepreneurial success. See yourself waking up each morning in a beautiful space that inspires you.

Perhaps with large windows overlooking nature. A vibrant setting that energizes you. An environment that makes you feel alive and creative.

Feel the deep sense of purpose and excitement as you begin your day. You are doing work that matters. Work that leverages your unique gifts and creates real value in the world.

Visualize yourself in your space, making decisions with clarity and confidence. See the respect in the eyes of those around you, your team, your partners, your clients. They value your vision, your leadership, and your integrity.

Picture your business growing, expanding, reaching more people. See the numbers in your accounts increasing steadily. Feel the security and freedom this creates in your life.

Imagine receiving messages from customers whose lives have been improved by your product and service. Feel the deep satisfaction of knowing your work makes a meaningful difference. See yourself having time for what matters most.

Family, friends, health, adventure, and continued learning. Your business serves your life, your values, your dreams. Visualize yourself as part of a supportive community of fellow entrepreneurs who understand your journey, who celebrate your wins, and help you navigate challenges.

Picture yourself giving back, using your success to contribute to causes you care about, lifting others as you climb. See yourself at the end of each day, reflecting with gratitude on the progress you've made, the lives you've touched, the abundance you've created and shared. This is not just a dream.

This is the reality you are creating with every thought, every decision, every action. As you hold these images in your mind, I want you to notice how they make you feel. The emotions you experience now are powerful attractors, drawing these experiences into your physical reality.

Feel the confidence of knowing exactly what you're building and why. Feel the excitement of watching your vision unfold in the world. Feel the security of financial abundance flowing to you consistently.

Feel the joy of doing work that energizes rather than depletes you. Feel the love and connection with those who share your journey. Feel the peace that comes from knowing you're on the right path.

These feelings are not just responses to your visualization. They are creative forces shaping your entrepreneurial reality. Remember that every day is a gift, an opportunity to create, to love, and to make a difference.

Your purpose is clear: to build something of unimaginable beauty, impact, and value, while surrounding yourself with creativity, community, and abundance. Move with intent, focusing on what truly matters and letting go of distractions that don't serve your highest vision. Keep your entrepreneurial vision in front of you at all times, making decisions that align with your values and long-term goals.

Allow yourself to be happy and live with an open heart as you build your business. The joy you feel in the process will infuse your creation with positive energy that attracts similar energies back to you. As an entrepreneur, you have the opportunity to transcend beyond self, focusing on the greater good, helping others, and creating a ripple effect that transforms millions of lives.

Live for something bigger than yourself, connecting deeply with others, and contributing meaningfully to the world through your business. Seek out peak experiences with those you love and work with. Cultivate safe and secure attachments in your relationships.

Serve humanity, your team, and your community with humility and compassion. Feel safely attached and deeply connected in your relationships, knowing that these connections strengthen your journey. Commit to lifelong learning as the key to your growth and evolution.

Remain curious and allow yourself to organically flow, learn, grow, and improve. Surround yourself with those who challenge and inspire you, ensuring that you continue to rise to levels you once thought were impossible. Dedicate time each week to learn and reflect.

Pursue ambitious growth milestones. Encourage and support the growth of others as a transformational leader. Cultivate awareness of your own strengths and weaknesses.

Practice excellence and mastery. Strive to improve yourself while accepting where you are in the journey. Abundance is your birthright as an entrepreneur.

And you are creating it in every area of your life. Time, financial, and location abundance. You are building a life where you are free to be your truest and fullest self.

Where you have the space to think, create, and enjoy the beauty of the present moment. You invest wisely and ensure a future of abundance for generations to come. You cultivate inner peace and contentment through mindfulness and spiritual practices.

Explore the world, finding beauty and inspiration in each moment. Lean into peak experiences, those moments of limitless horizons opening up to your vision. The feeling of being simultaneously more powerful and also more humble than ever before.

The feeling of great ecstasy and wonder, and awe. Understand that these peak experiences exist in each present moment of your entrepreneurial journey. If you are open to recognizing and receiving them.

Let's address any limiting beliefs that may be holding you back on your entrepreneurial path. If you've been carrying doubts about your abilities, release them now. You have everything you need to succeed.

And what you don't know yet, you can learn. If you've been afraid of failure, let that fear dissolve. Every setback is simply feedback guiding you towards better solutions.

If you believe that success must come through struggle and sacrifice, release that belief. The most meaningful and lasting success comes through alignment, flow, and joy. If you felt unworthy of abundance, know that you are an essential part of the universal flow of prosperity.

You deserve to receive as generously as you give. If you've been trying to do everything alone, open yourself to support. The most successful entrepreneurs build teams and partnerships that amplify their vision.

Whatever limiting beliefs you've held, see them now for what they are. Simply thoughts, not truths. They have no power except what you give them.

Let these affirmations sink deeply into your subconscious mind. I am optimistic about my business and its future. I am present and loving in all my business relationships.

I am fun and young at heart, bringing creativity and playfulness to my work. I enjoy the present moment of my journey. I embrace the present moment with open arms, finding joy in the process.

I recognize that less is more. I cultivate belonging and acceptance in my team and community. I am kind.

I am infinitely flexible. I adapt to changes with ease. I breathe deeply when faced with challenges.

I am patient with my growth process. I love to slow down and appreciate milestones achieved. I love what I do and those I serve.

I see the beauty in the small things along my entrepreneurial path. I pursue joy together with my team, friends, family, and customers. I don't make assumptions.

I don't take challenges personally. I put away any skepticism and pessimism, focusing on possibilities. I assume the best in others, creating an environment of abundance.

I love myself through successes and failures alike. I have fun while building something meaningful. I am calm, cool, and collected.

I am grounded in my values and vision. I don't react to setbacks. I just breathe and respond thoughtfully.

I appreciate the beauty of silence. I love to celebrate wins with movement and joy. I stop worrying about things beyond my control.

I stop doubting my entrepreneurial instincts. I trust my intuition. I trust my judgment.

I smile through challenges, knowing they strengthen me. I am doing my best each and every day. I let go of the need for perfection.

I embrace imperfection as a part of my growth process. I trust the process. I am funny and make people laugh.

I am soft in my approach when needed. I am nurturing to those I lead and serve. I am compassionate.

I am light in my spirit. I am present in all interactions. My heart is so good, and this goodness infuses my life and business.

I am generous with my knowledge, resources, and profits. I am tenacious in pursuing my goals. I am relentless in creating value for my customers.

I have the grit to overcome entrepreneurial challenges. I am warm in my communications and relationships. I am silly enough to try new approaches.

I am goofy enough to make work enjoyable. I am playful in my creativity and innovation. I love myself through the entrepreneurial roller coaster.

I am confident in my business decisions. I am enough exactly as I am. I am enough and have enough.

I am worthy of the best that love and life have to offer. I take radical responsibility for all my actions. I know I don't know everything.

I am humble and open to learning new things. I collaborate with my partners, team, family, friends, and community to achieve collective and common goals. I ask for help when I need it and take action when given advice.

I am honest and speak the truth, even when my voice shakes. I believe anything is possible in my entrepreneurial journey, and I can achieve what I want peacefully and harmoniously. As we begin to bring this meditation to a close, let's integrate all we've explored into your being as an entrepreneur.

Imagine that golden light of abundance we visualized earlier now permanently installed within you, a constant source of creativity, clarity, and confidence in your endeavors. This light connects you always to the infinite intelligence of the universe, guiding your business decisions, illuminating your path, attracting all you need for success. This light connects you always to the infinite intelligence of the universe, guiding your business decisions, illuminating your path, attracting all you need for success.

From this day forward, you move through your entrepreneurial journey with a new awareness, an awareness of the abundant support available to you at all times. You recognize that you are never truly alone in your business. You are supported by seen and unseen forces, by the

collective wisdom of those who've gone before you, by the energy of those who believe in your vision.

You understand that your success serves not just you, but all those your business touches, your customers, your team, your family, your friends, and your community. You embrace the joy of creating abundance that flows through you to others. As you lie here in this relaxed state, connect with the spiritual dimension of your entrepreneurial journey.

Whether you call it God, the universe, source, or divine intelligence, know that you are supported by a greater power than yourself. Let go and let God guide your entrepreneurial path. Remember that your business is not just an enterprise, but a spiritual practice, a way of expressing your unique gifts and contributing to the greater good.

Now, I'm going to count from one to ten. With each number, you'll feel yourself becoming more alert, more energized, more ready to bring these insights into your entrepreneurial life.

1. The golden light of abundance continues to flow through you, but now begins to energize your physical body.
2. You feel a gentle awakening in your root, a grounding energy that connects you firmly to the physical world where your vision will manifest.
3. Your creative center becomes activated, filled with innovative ideas, ready to be expressed in your business.
4. Your personal power center strengthens, filling you with confidence and determination to overcome any challenge.
5. Your heart center expands, connecting you deeply with the purpose behind your entrepreneurial journey.
6. Your communication center clears, giving you the ability to express your vision with clarity and conviction.
7. Your mind becomes sharp and focused, ready to strategize and problem-solve with ease.
8. The golden light now surrounds your entire being, creating a field of abundance that will attract opportunities and resources to your business.
9. You begin to feel fully present in your body, aware of your surroundings, carrying the energy of this meditation with you into your entrepreneurial activities.
10. Your eyes open, and you return to full wakefulness, feeling refreshed, inspired, and aligned with your highest creative potential.

As you continue to relax into this state of heightened awareness, let's paint a vivid picture of the entrepreneurial future you're creating. A future of wealth, success, abundance, and love. By day and by night, you are being prospered in all of your entrepreneurial interests.

Money flows to you in avalanches of abundance. Money flows to you freely, copiously, and endlessly. You are one with the infinite riches of your subconscious mind.

You live and work in a space that inspires creativity and peace, with views of nature that remind you of the abundance that surrounds you. Your home is spacious and gorgeous, and it feels incredibly peaceful and inspiring. You have the resources to create anything you dream of.

You're connected with your community, are supported, and maintain a loving balance between work and life. You meditate daily and live in the present moment, bringing mindfulness to your decisions. You know deeply that you are enough and have enough.

You are deeply in love with your work and with the people in your life. Your business lights up your day and gives you purpose. You fall deeper in love with your everyday.

Your connections with team members, partners, and customers grow deeper and more meaningful with time, creating a safe, secure foundation. You generate substantial wealth.

It makes you feel safe, secure, and unstoppable. You're invested in a portfolio that allows you to sleep at night. Your sales improve consistently.

You have an abundance of everything around you. Time, energy, creativity, support, and financial resources. You make time to play, to engage in activities you love, to feel alive and grounded.

You are calm and have inner peace. Your environment is inspiring. You have a view of mountains, the ocean, and are living in a home that makes you pinch yourself daily.

You're living your dream. You feel safe, comfortable, and have a life full of love and positive energy. You regularly take time for adventures that deepen your connection with yourself, your loved ones, your spiritual source, and nature.

Knowing these experiences fuels your creativity. You are creative. You approach challenges with creative thinking.

You help others unlock their full potential. You create inspiring, mind-blowing products, services, and content that positively impact thousands of people. You have mastered the skills of leadership, growth, design, sales, marketing, product development, and content creation.

You know how to scale your vision to reach more people and create a greater impact. Amazing, inspiring entrepreneurs, investors, and creatives reach out for your guidance, valuing your expertise, and are willing to compensate you generously for your time and insights. You give back to causes you believe in, using your business success to create positive change in the world.

Your life feels like you've accomplished your dreams while continuing to dream bigger. Your community is supportive and collaborative. You feel a deep sense of belonging and purpose.

You maintain your health and vitality, knowing that your physical well-being supports your entrepreneurial energy and creativity. You let go of what doesn't serve you. You surrender to the natural flow of growth.

You open your heart in your relationships. You feel love in your heart and express your appreciation for those who contribute to your success. As this meditation comes to a close, know that the seeds of abundance have been planted deeply into your subconscious mind.

These seeds will grow and flourish as you continue to nurture them with positive thoughts, aligned actions, and unwavering belief. I encourage you to listen to this meditation daily for the next 90 days. With each listening, these patterns of entrepreneurial abundance thinking will become more deeply embedded into your subconscious mind, more fully expressed in your business activities, and more clearly manifested in your results.

You are a creator, an innovator, a force for positive change in the world. The entrepreneurial success you envision is not just possible. It is inevitable when you align your conscious and subconscious mind with your highest vision.

Go forward now with confidence, knowing that you are supported, that you are worthy, that you are abundantly supplied with everything you need to create the entrepreneurial success you desire. This is your time. This is your path.

This is your moment to create a business and life of extraordinary abundance, impact, and fulfillment. Remember that the universe is abundant, and there is more than enough success, wealth, love, and joy for everyone, including you. Your success does not diminish others; it inspires them.

Your abundance does not take from others; it adds to the collective prosperity. As you drift into sleep tonight, or as you carry this energy into your day, know that powerful forces are at work within you and around you, supporting your entrepreneurial journey, guiding you towards your highest good, and preparing you for levels of success beyond what you can currently imagine. You are an entrepreneur of abundance, of purpose, of impact.

And so it is.