

**by Damien Wynne**

English Version of:

[Meditation von Damien Wynne für Fülle, Wohlstand und Erfolg auf allen Ebenen](#)

Magazin Lebensträume April 2015

## **Meditation for abundance, prosperity and success on all levels**

Damien Wynne supports people with the deep clearing of emotional traumas and mental blocks all over the world. As teacher of the Light Grids Energy work, he conducts his participants to their self-responsibility and deeper into their self-confidence. Participants may learn from him how to come clearer into resonance with their true self.

### **Meditation for abundance, prosperity and success on all levels**

Open your heart like a rose, imagine that every single rose petal is opening. Open the rose also at the back side of your heart. Expand the rose further and open it 360 degrees around you.

### **I am that I am**

For me, the wording „I am that I am“ is the strongest statement at all! This is why I ask you to pronounce this statement to the whole universe: „I am that I am“! Speak it out directly from the centre of your heart, to all dimensions and timelines: „I am that I am“! The rose is expanding, your life is expanding, your light is expanding. „I am that I am“!

From your heart, go down along your spine. Imagine an energetic tail reaching the crystal in the centre of Mother Earth:

„I am that I am“, down into the earth. Then, from there, breathe upwards through your energetic tailbone, and invite Mother Earth to support you through all your frequencies. „I am that I am“! Feel this statement in the creation of every cell, and even in your DNA, and now, invite all soul fragments that are ready to come back to you at present. „I am that I am“!

## **Absorbe anything you need from the Divine**

Imagine a wave which is representing success. Send this wave of success out to the universe, feel how the wave flows to the universe. „I am that I am – success“! Send this wave out with your heart; take a deep breath and relax. Then, let the wave of success flow back to you from the universe. Let the wave fill you up, feel the abundance: „I am that I am“!

Send the continuously growing wave of success out into the field again and again, send it out to the whole universe, from your heart, from your soul, out into the field, without any effort, flowing.

And now, take this huge wave of success, coming back again, into your heart, let it fill every cell, absorb anything you need from the Divine, absorb it and bring it into your self for the Higher Good. Feel yourself enriched in this flow. Share this success with everybody and send it out to the universe. New frequencies are flowing to every being in the field, into the hearts, into the souls, and the wave is growing, is getting bigger and stronger and is coming back to you again.

## **I am grateful, I am free**

Set the inner intention that everything which is happening, is doing so in alignment with your higher self. Breathe. I am grateful, I am satisfied, I am free, I am that I am! Feel the flow and the frequencies which are flowing towards you, through Mother Earth into your entire system.

Now, open your crown chakra and connect with the highest source of all that is. Open yourself for the frequencies that are flowing to you directly from source. Let them flow into your heart and into your entire system. „I am that I am“. Breathe... new frequencies are coming in, which match to your new belief systems now.

## **Complete! Done!**

Bring light into every cell, imagine a crystal in every single cell. „I am that I am“ in every cell, from the heart centre to the whole universe. „Complete! Done!“

„I have changed and transformed on every level, I am different than in all my past lives, different than a few moments ago, different from my ancestors. I have changed and transformed and I take full responsibility for my lives. I am that I am – grateful.“

Breathe into your spine, expand and stretch yourself, come back into this room.