



ATTRACTING ABUNDANCE

By Mary Jane Kasliner

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Experience Abundance Within

To live in abundance, you must create a flow between giving and receiving. Deepak Chopra refers to this dynamic exchange as the second law of spiritual success.

All things in the universe operate under this premise. One aspect cannot exist without the other. They are inter-dependent upon one another just as your mind and body is also inter-dependent. To take this one step further, all living things share an inter-dependence with the universe. We cannot avoid this exchange. We only need to learn how to work with it.

Lack of abundance also stems from conditioning. One of the main ways you are conditioned is through your surrounding environment. What you see, hear, touch, smell, and taste has a direct correlation to the abundance that flows into your life.

The heart is where the dynamic exchange between giving and receiving occurs. This same energy is then received through the sacral or 2nd chakra (located below the navel), a point of desires in life. From there, the energy continues to flow upwards towards the crown chakra (located at the crown of the head), where it is transformed to the highest vibration, before it loops back to the heart to give again.

MEDITATION FOR GIVING & RECEIVING

Perform this meditation 20 minutes per day for 48 days.

1. Sit in an upright position with your legs crossed in front of you and your hands resting gently on your knees. If sitting on the floor, it is best to use a zafu cushion design for meditation. It will keep your body in proper position and take pressure off the sit bones (Ischial Tuberosity). If sitting on the floor is not an option, then sit in a chair with both feet firmly planted to the floor.
2. Allow the eyelids to gently fold down over the physical eyes. Place your attention on the breath. Slowly take three cleansing breaths representing your mind, body and spirit.
3. With the next several breaths, and in your minds eye, imagine a white ball of energy rising on your in-breath up through the spine to the point between your brows with the sound of “hum.” On the exhalation, see the white ball of energy move down the spine to the pelvic area with the sound of “Sa.” Continue this pattern to help quiet your mind.
4. Begin to shift your focus to the heart chakra or your heart center. Breathe out and extend your gifts to the world. In your minds eye see yourself serving humanity.
5. As you Breathe in, fill your belly and receive blessings from the world. Invite this energy to begin at the 2nd chakra (navel) area.
6. Continue to invite the breath through the main channel (spine), until it reaches the crown of the head – your highest potential self.
7. As you exhale release the breath through the heart center. In your minds eye see the energy move out into the world representing YOU sharing your abundance with others.

MEDITATION FOR MATERIAL ABUNDANCE & MORE

Remember, abundance is your God given right and part of the journey to unlocking your inner power.

1. Sit in any crossed legged posture. You can also do this meditation sitting in a chair, if you prefer.
2. Bring your hands together in prayer position. Now bring your hands towards your forehead and let the middle thumb joint press lightly into the center of your forehead right between the eyebrows (6th chakra point - Ajna).
3. Turn your eyes upwards and gaze towards the 3rd eye (point between the eyebrows). Your eyes are closed, but you are looking up towards the center of your forehead (known as Shambhavi Mudra). This is an important point that helps you manifest what you visualize. If your eyes tire, release eye position and reapply when ready.
4. Now bring your attention to your breathing and allow it to slow naturally. Remain with your breath for at least the first 2 minutes before moving towards visualizing your desire.
5. As you feel your breath relax and slow down, your mind will also become calmer. At this point, begin to visualize the desire of choice coming true whether it is more money, better relationship, new job, new home, etc. The idea here is to visualize your life exactly how you want it to be.
6. Continue this meditation from 3 to 11 minutes.
7. Remember to show gratitude to God.
8. Continue to open yourself to pure abundance by understanding your intention behind your giving and receiving. This is part of the process towards attracting abundance to every aspect of your life.

ABUNDANT FLOW — ICOSAHEDRON MEDITATION WITH MARY JANE



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INVITE ABUNDANCE IN

- Less is more
- Clean lines
- Natural elements
- Nature's touch
- Soothing sounds
- Pleasing scents

ABOUT MARY JANE

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Mary Jane Kasliner worked as a health care practitioner for nearly 20 years before delving into the fields of feng shui and yoga – two ancient disciplines that utilize the universal life force energy that animates all living things.

Mary Jane completed world-wide certifications in classical feng shui in 2002 from the London Institute of Feng Shui and the New York School of Feng Shui. Shortly afterwards, she opened her own company that specializes in feng shui and yoga.

Mary Jane is an avid yogi practicing since 1996. In 2008 she decided to take on the role of teaching yoga when she completed her 200-hour certification in *Hatha Yoga* from the Center of Health and Healing where she studied under Dawn Keen and guest teachers Seane Corn and Doug Swenson. Mary Jane also completed the 90-day *Baron Baptiste Personal Revolution* program that same year at Yoga Bliss.

In 2009, Mary Jane was part of Seane Corn's *Off the Mat and into the World* Humanitarian effort to Uganda. Mary Jane raised thousands of dollars for orphaned children due to war and AIDS in Uganda. Several years later, Mary Jane continued her yoga education receiving her *Mastery of Meditation* with Anmol Mehta, *Mastery of Chakras* with Bodhi Yoga Center, Advance training in Anusara Yoga with Carmel Calagno at Yoga Anjali, Yin training between two teachers (Ellen Mosko and Marije Paternotte), and Bridge to Lotus with Deborah Langley and Kenny Frisbie from New York. Mary Jane is also the **Trademark and Copyright Owner of Yoganometry® Codes of Creation in Movement®**.

Mary Jane has received world-wide media coverage from the Associated Press for her work. She has been interviewed on TV and radio many times and is the author of 3 books, co-author of 6, and 16 feng shui training CD's and a Feng Shui Design CD.

Mary Jane is fascinated with the connection between feng shui, yoga, and the world around us. Understanding this link, she believes, is the key to reaching our higher selves. To learn more about Mary Jane, visit her website:

www.mjkasliner.com



On the Mat



In Nature



At Home

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Keys to Unlock Your Inner Power

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