



## Vishen Lakhiani 6 Phase Meditation

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<http://www.entrepreneursoulcoach.com/Class/31017.missionmarketingmoney.vishen6phase.mp3>

**Phase 1:** Compassion

**Phase 2:** Gratitude

Think of things that you are grateful for that took place in your life in the past 24 hours

**Phase 3:** Forgiveness

Anyone who you still feel anger, have a negative emotional charge when you think of them

**Phase 4:** Vision for your future

A Vision of your ideal life 3 years into the future in a particular area of your life... A particular life theme that you want to focus upon projecting that into the future in 3 years as the ideal manifestation unfolded.

**Phase 5:** Perfect Day

See how you conduct a perfect day. Break your day down into each hour. Break your day down in morning, afternoon, evening, night hours

**Phase 6:** The Blessing

See your vision filled with God's love and light. Feel and see God's Love And Light filling your entire body.

**Extended Version: YouTube Video:**

<https://www.youtube.com/watch?v=mvOFrFAvrB4>

