

6 Steps in Mediation Vishen Lakhiani

To sum it up, here are the 6 steps again. I recommend copying it down or just writing it in your note book so you've got it with you.

1.Connection

2.Gratitude

3.Freedom from negative charges

4.Creative visualization

5.Intentions for the day

6.Blessing

I want you to try this out and let me know what you think. It doesn't take long. Maybe just 10 minutes.