

# 5-MINUTE Meditation Mastery

Easy • Concise • Effective  
a mindful practice for  
today's busy lifestyle

**BONUS**



marcus martin

**IMPORTANT NOTE:**

To fully understand the concepts taught in this bonus chapter, it is imperative that you read 5-Minute Meditation Mastery first. If you have not yet read 5-Minute Meditation Mastery, please close this file now and come back to it.



## Financial Abundance Meditation

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We live in a world of laws. These laws fall into one of two categories: manmade laws and natural laws.

Manmade laws are malleable. They are malleable in that existing laws can be altered or eliminated and new laws can be added to the books at any time.

They are easily broken too. For example, if you're driving along a highway with a speed limit of 55MPH, driving anything more than 56MPH is breaking the law. If a police officer clocks you driving 56 in a 55 zone, will he or she pull you over? Most likely no – which means, in many instances, manmade laws are easily ignored too.

Manmade laws can differ from one town to the next, from one state to the next and from one country to the next. A sponsored bill is the incipency of a manmade law. The bill is sponsored (by an individual or group of people) then debated by a government body prior to actually becoming a law. And, bills can stall during this debate process. What this means is that some laws will never come to pass.

And even though nobody is supposed to be above manmade laws, unfortunately – even right here in the USA – not all justice is meted out equally. I don't mean to digress but some laws seemingly apply differently depending upon social classes and economic status.

Lawyers are hired to fight and challenge manmade laws in a court of law. Sometimes those fights are “successful” and sometimes they're not. But the fact remains, manmade laws can be challenged.

Then there are natural laws.

Natural laws, on the other hand, effect every soul on the face of this earth equally and in the same exact ways. Natural laws are not malleable, they are not breakable, they cannot be challenged; they are unwavering. Natural laws cannot be altered in any way and social classes or economic status play no part in their affects or impact upon anyone.

And that's the way it's been since the genesis of humankind. Since the days of early man living in caves and hunting and gathering for survival, natural laws have existed. They have existed long before a single manmade law had ever been established.

A prime example of a natural law is something called gravity. Gravity effects everyone equally and in the same way. Mother Theresa of Calcutta (who has been posthumously canonized a saint) and Jeffery Dahmer (who is still recognized as a monster) could both have leapt off the top of a tall building and both would've hit the ground fatally hard.

Gravity would not have spared Mother Theresa because she had such a kind, loving soul and let Jeffrey Dahmer splat on the ground because he lived the life of a cannibalistic monster. Gravity cannot and would not distinguish one from the other and would definitely affect both souls equally.

Another example of a natural law is the effects water. Water is the world's number one most used and required resource. Water touches our lives in innumerable ways. The simple example I'd like to use for the purposes of natural law illustration is this – when sticking your hand in a bucket of water, your hand will be wet when you pull it out.

No soul who as ever walked this earth could've plunged their hand into water only to pull out a dry hand. You stick your hand into water, you pull it out wet – that is an unwavering natural law that affects us all equally.

The third and final example I'd like to offer you is aging. Every human, from the dawning of time, who has entered planet earth ages and eventually will die. Every single day that passes, you are a teeny bit older and one day closer to no longer living. We all – every single one of us – will age and die. Aging and dying are indisputable natural laws that affect us all.

These are only three examples of natural laws. I picked out these three examples because they are easily understood and relatable. However, nobody can truly quantify and define every natural law that exists. All you need to understand is that natural laws exist – they are real – and they affect all of us equally.

Perhaps you already are aware of natural laws, recognize them and actively honor them. Or maybe you're aware of them but don't give them any thought – it is what it is and things just happen one way or the other randomly. Or maybe you've never thought of natural laws and what you've just read is a little bit of a wakeup call for you.

Where ever you might be at this very moment with respect to your awareness and understanding of natural laws, you need to know this: they are real, period. There is no debating natural laws.

This brief discussion of natural laws is extraordinarily important to the remainder of this chapter. This supplemental chapter is not meant as a dissertation on natural laws. What you've just read is all you need to know to understand what is about to follow.

There is, however, one last thing that needs to be mentioned regarding natural laws. You can deny that they exist or you can convince yourself that what you're about to read is chimerical nonsense. The fact is, it doesn't matter. It just does not matter what you choose to believe or understand about natural laws because they exist, always have and always will.

Trying to ignore or argue against ANY natural law is like trying to ignore or argue against ALL natural laws. You cannot pick and choose which natural laws are real and affect you because they are ALL real and they ALL affect us equally. If you try to argue against any natural law then you must also argue against all natural laws. You must argue against my example of your hand, a bucket of water and having a wet hand. You must argue against aging and you must argue that gravity doesn't exist.

So no grain of salt needed here – you will either understand and accept what you're about to read or you will choose not to.

Me, you and everything you see around you and everything – EVERYTHING – all around the world is made from the same exact thing: atoms. All molecules are made up of atoms and molecules in unlimited and differentiating configurations make up all matter.

An atom itself is made up of three tiny kinds of particles called subatomic particles: protons, neutrons, and electrons. The protons and the neutrons make up the center of the atom called the nucleus and the electrons fly around above the nucleus in a small cloud.

The subatomic particles that make up every atom is energy. What does this mean? Simply put, everything is made up of the same energy – everything, there are no exceptions. Whatever you can think of – from your very own body, to a pine needle to a glass beer bottle – everything is made up of the same thing; atoms.

Atoms and energy are natural law. You are one energy with EVERYTHING you see, and cannot see, all around you.

When you are in harmony with the energy of what you want and deserve in life then it is an absolute fact that it will materialize. Meaning, whatever you want in your life – love, money, peace, health – anything at all, it's yours when you are in tune with its energy.

And it's not a matter of picking one thing over others. You can have whatever you want as long as you're in harmony with the energy of that which you desire.

So how is that done? How do you "get" whatever you want or desire most?

Through attraction.

When your energy is in harmony with what you want, that harmonized energy will attract it into your life.

This may sound pretty simple and in fact it is. But make no mistake about it, attracting what you want doesn't happen overnight. The law of attraction does not honor a schedule. It will happen provided you are consistently channeling your internal energy in the right way.

The remainder of this chapter will reveal how to channel your internal energy in the right way using the 5-Minute Meditation Mastery technique. For there is no better way to ingrain and harmonize energy than through the power of meditation. And there is no more an effective meditation technique for doing so than 5-Minute Meditation Mastery.

I'd developed this specific meditation (that I'm about to reveal just below) for myself to attract more financial prosperity into my life. I felt that all areas of my life were going really well. I have a terrific son and a wonderful girlfriend both of whom I love dearly who bring me a lot of joy; a great family; a terrific group of friends and a career that I really enjoyed – you can say I had a lot going for me. Many, many blessings in my life but I wanted more financial prosperity. I just felt that I was deserving of a greater net worth and that was an area I wanted to work on.

So here is how I did it...

There are some specific aspects of natural law that govern human experience and desired outcomes. I put all of these aspects to work in this meditation. And remember I just said that everything is made of one energy and in order to have the life you deserve, your energy must be in harmony with what you desire?

Keep this in mind because even though I'd developed this meditation for greater financial prosperity, the concept can be adapted for anything at all.

Would you like to find the love of your life? Then put these aspects of natural law to work for you. Want that dream job? Are you looking for greater peace of mind? Perhaps you're a competitive athlete and are looking to develop an edge over your competition. Whatever you want, use the following aspects of natural law to your advantage.

In fact, toward the end of the chapter I offer a variety of meditations using these exact same aspects. Take the meditations exactly as they are for your own use or as examples to develop your own. Again, these example meditations are found toward the end.

So without further ado...

Here are the universal aspects of natural law that I used to align my internal energy with the financial abundance I wanted in my life –

**Attract** – I view attraction as the top aspect of natural law so I'll address this one first. Would you like greater opportunity in your life? More money? More love? More peace? A greater sense of self? More \_\_\_\_\_? Then you must attract it. Your energy must be in harmony with that which you want or you will never be able to attract it into your life.

I'm sure you've been made aware of the law of attraction? There have been many, many books like *The Secret* or *The Attractor Factor* that have been written on this topic. You can argue that there is some randomness to the universe and I'd be hard pressed to tell you that you're wrong. But what I can tell you is that attraction is real and it's very powerful. Attraction holds tremendous sway over your life.

So keep attraction always top of mind and all of the rest we're about to discuss falls into line behind it.

**Allow** – simply put, you must be willing to let that which you want into your life. You must allow it to happen or come to fruition. This may sound rudimentary – that you need to allow what you want into your life – but subconsciously through your thoughts, deeds and feelings, you may be repelling it.

Have you ever heard or thought "I'm my own worst enemy"? Or how about "I can't believe I did that to myself again!" Or, better said, "I can't believe I allowed that to happen again!". Essentially someone would say something like this to themselves because they are not allowing goodness to enter their lives. Or, they are allowing the wrong thing in. Keep this in mind always – this is important stuff – you must allow that which you desire.

You might say: "But I want more money in my life – A LOT more money. Why in the heck would I not allow that in?"

Through your actions, thoughts and feelings you may actually be repelling the opportunities and situations required which will enable greater financial abundance. Money doesn't just fall out of the sky. You must take meaningful action to acquire it and offer something of value that people would be willing to pay you for. But the beginning of greater finances is to allow opportunities and situations so be very mindful about allowing into your life all that you want.

**Receive** – you can attract and you can allow the good stuff you want in your life and when it begins to show up, you must be ready to receive it. All of it whatever “it” may be. Receiving means taking ownership of what you're manifesting into your life in a gracious and respectful manner. Do not receive in a pompous, supercilious fashion but rather with humility and thankfulness.

Receiving means grabbing hold of what you want when it presents itself to you. Never live thinking about woulda, shoulda, coulda. When what you desire is in front of you, seize upon it. Take ownership of it! Do not let it pass you by. And remember that the grass isn't always greener. Don't sabotage yourself by thinking that there's always something better when in fact what you want and desire is right in front of you.

Welcome it in and receive it graciously.

**Accept** – accept outcomes. You will be meditating on what you desire and channeling your energy in that direction but what we want and when we want it doesn't always materialize when we'd like it to. Remember what I said previously: natural laws do not honor a schedule. And you must have acceptance of the good and the bad as both are all a part of life.

Do you know anyone who always has things work out for them exactly as they want it? Of course not it's an impossibility. It goes without saying that you'd rather find yourself accepting the outcomes you'd like but it's equally important to accept when things flop.

**Appreciate** – this is an easy one. Appreciation means living with an attitude of gratitude. In this instance I'd like to leave your desires out of the equation. I'm not talking about just an appreciation for when what you desire shows up in your life. I'm talking about an appreciation for everything you already have.

You're reading this chapter right now so that means your eyes are good to see the words and your brain is good to understand them. Did you hear a bird chirping this morning? Appreciate that your ears are good. Do you drive a car or walk daily? That's great – your legs and coordination are good. I believe you're getting my point.

Of course, you want to appreciate the good things that show up in your life – those things you desire most. And you will appreciate them when they do materialize; how could you not? But learn to appreciate everything, even your struggles. Struggles only make you stronger and help you to REALLY appreciate the achievements that much more.

**Reciprocate** – give that which you desire most; put it into flow motion. Energy flows – if you try to hold energy in one place you're stopping or hampering its flow. And remember, everything around you, seen and unseen, is the same energy.

If you want more love in your life then put love into flow motion.

If you want more peace and serenity in your life then help someone else to get more of it in theirs.

If you want more money in your life then put money into flow motion even if means donating a dollar to your favorite charity.

In a nutshell you must give in order to get.

I've given you just a very cursory overview of these 6 aspects of natural law. My intention here was to keep this supplemental chapter terse while giving you what you need to understand how to incorporate abundance energy into your 5-Minute Meditation Mastery practice. As mentioned previously, if you want to learn more about natural law and universal energy there are lots of great books and materials that can be found on the subject.

These 6 aspects of natural law all work in concert with one another and, when channeled properly, will absolutely help you to materialize that which you want in your life. Through meditation, with what I'm about to teach you, your energy will be in tune with your desires.

To recap –

- Attract
- Allow
- Receive
- Accept
- Appreciate
- Reciprocate

We will now take a look at how to integrate daily these powerful aspects of natural law into your 5-Minute Meditation Mastery practice to move yourself closer to the life you deserve and desire.

But first an important reminder: in 5-Minute Meditation Mastery, an entire section was dedicated to stressing the importance and power of words. The words we use – especially the words we use on our ourselves – have a profound impact on the heights we achieve (and depths we sink to) in life.

To reiterate, I'd originally developed this meditation for the purposes of improving my finances.

So to do that I needed to attract; to allow; to receive; to accept; to appreciate and reciprocate. But what? What is it I wanted to attract? What did I want to allow and receive and so on?

After putting a good deal of thought into it I'd developed a list of complementary words (complementary to the 6 aspects of natural law words as described above). I didn't just pull my chosen words out of thin air but rather chose them because I found that they really resonate with me and what I wanted to achieve.

Which brings up an important point – the words you choose for this meditation exercise must resonate with who you are and what you want to achieve.

If you're an artist, for example, the words that resonate with you may not resonate as well with other artists in your field. In this example, are you a performing artist or a visual artist? One or the other will determine the words you choose and use.

If you're a professional or competitive athlete, depending on the sport you play, your chosen words will really matter to you personally. They will apply to not only achievement in your sport but also the position you play within that sport.

So the point is, be sure to choose the words that will have the greatest impact on you for channeling your energy toward the desired outcomes you want.

Because I wanted to develop better finances in my life, I chose these words as they really mean something to me; they resonate with me. But these words may not necessarily resonate with you.

If what you're about to read resonates with you then great – please feel free to use it as is. If it doesn't then hopefully it will spark your own personal creativity.

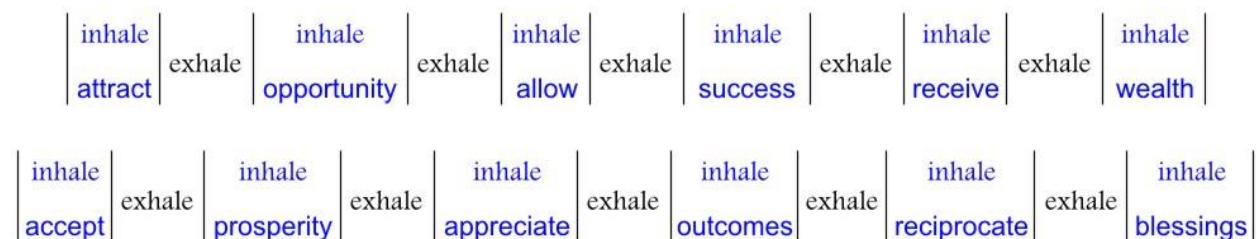
The complementary words I use with my natural law aspect words are these –

- Opportunity
- Success
- Wealth
- Prosperity
- Outcomes
- Blessings

Putting it all together; combining the natural law aspect words and the words I chose (which resonate with me to build financial abundance) –

- Attract – Opportunity
- Allow – Success
- Receive – Wealth
- Accept – Prosperity
- Appreciate – Outcomes
- Reciprocate – Blessings

In the actual meditation practice as described in 5-Minute Meditation Mastery, a visual representation would look like this –

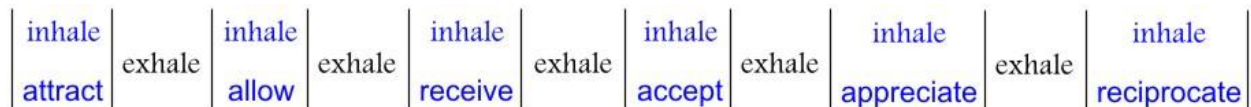


Recall the point made in 5-Minute Meditation Mastery that your mind wants to be always engaged. Even when you're asleep your mind is working. Your mind wants and needs to churn. So do yourself (and your mind) a favor and keep things interesting with this financial abundance meditation.

The natural law aspect words are all great words to inhale on their own as are the complementary words. Concentrate on, and inhale, just the aspect words; concentrate on, and inhale, just the complementary words; and do both in combination in a single inhale.

A visual representation of all 3 concepts would like this –

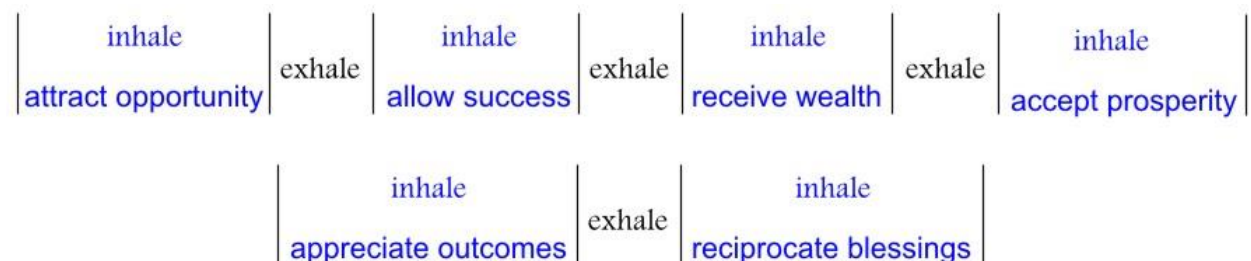
Inhaling only natural law aspect words –



Inhaling only complementary words –



Inhaling both in combination –



I've given you a meditation to help you align your energy with financial abundance. Do not expect wealth, however, to magically show up in your life simply as a result of doing this meditation. There is an awful lot that goes into accumulating real, sustainable wealth which is a topic way beyond the scope of this chapter. This meditation will certainly help but it is not the be-all-end-all of a path to financial abundance.

A final word about money and wealth attraction: just as gravity makes no distinction between good and evil, neither does money. Recall my point about what would happen if the kindest person you can think of and an evil, cruel scoundrel both jumped off of a tall building at the same time. Gravity does not distinguish between good and evil. Gravity would not spare the kind soul leaving only the scoundrel to perish. Both would experience a fatal fall.

Money acts in a similar way. It does not distinguish the deeds of an individual in where and in what quantities it will flow. Money will not flow into your life just because you're a good person who is doing good things to get it. There are plenty of people out there who accumulate great wealth as the result of

nefarious activities (think drug dealers for example). Money is completely neutral to the person who does – and does not – attract it.

Money is a source of stress and frustration when there's a lack of it in your life. At the same time it can be a source of peace and happiness when you have what you need or an excess of what you need. Either way, money does not care how badly you need or want it. It does not care how much you would welcome and enjoy it. Again, just as gravity is completely neutral, so too is money.

I hope you've found this supplemental chapter beneficial and that it at the very least has sparked your creativity to develop your own life changing meditations.

To that end, I'd like to offer a few additional suggested meditations for your consideration –

Meditation for competitive athletes –

- Attract – Tenacity
- Allow – Victory
- Receive – Achievement
- Accept – Outcomes
- Appreciate – Competition
- Reciprocate – Humility

Meditation for healthy companionship –

- Attract – Companionship
- Allow – Self Admiration
- Receive – Friendship
- Accept – Admiration
- Appreciate – Faults
- Reciprocate – Love

Meditation for inner peace –

- Attract – Serenity
- Allow – Calmness
- Receive – Positivity
- Accept – What Is
- Appreciate – Outcomes
- Reciprocate – Goodness

Please note that I am available to develop completely customized meditations.

Words are powerful, have impact and deep meaning for all of us. The words you choose to use on yourself must be very carefully chosen when considering the striking impact they have on your life.

If you are struggling with what would be the perfect meditation for you and what you'd like to achieve, I can help. You must be engaged in daily meditation in order to continually move in the direction of achievement. On a daily basis you will be breathing in words that will define your outcomes and thus shaping your future. It is therefore imperative that the words you choose are just right and meaningful for you.

If you'd like more information on my personalized meditation coaching service, please email me here: [mm@5minutemeditationmastery.com](mailto:mm@5minutemeditationmastery.com)

Thank you, to your ongoing success! Marcus...