

Section 15 6 Minute Meditation

Bart's 2011 Six -Ten Minute Audio Meditation

Voice Starts Speaking Here -

Find a comfortable position and relax.

Breathe and focus with each breath the neuropathways form to create an unbreakable belief system, which makes this my current reality.

My companies now earns me at least \$_____ per month or more in gross income and I am earning at least _____ per month in profit. I am on a solid path to surpass _____ dollars in gross sales. I have profits in every sector of my businesses, from publishing, Internet, entertainment, producing, _____, and my _____ programs. Every division delivers a profit monthly and is managed by another competent person who shares in the enthusiasm of company wins and successes with me. I pay close attention to my business, money, and employees – responsibly managing all of them using solid easy to follow systems, which are not time consuming for me to analyze and make strategic decisions.

I enjoy the time I work on these businesses and the successes give me free time and energy to be more creative, happier and spend time with those people I love and projects which meet my values.

I live in a spectacular house, on the top of a hill, with a great deck, an amazing view and a pool. I own this house and it is a sound investment, which increases in value annually. I have a solid financial portfolio in cash, gold, real estate and excellent credit which allows me to easily acquire houses, cars, toys, and businesses as the opportunity's arise.

My current living situation is filled with laughter, love, and space. I enjoy the times at the _____, working out and taking in the many attractions and energy of _____. I often visit with friends ... we laugh we sing, we play games, we tell jokes and have a great time.

I wake up each morning energized and excited to be alive. I feel rested and clear-headed. I look forward to the peaceful non-hurried early morning hours of thinking, reading, meditation, or exercise. I eat a healthy breakfast and enjoy mornings' peaceful start to the day.

I often take a look at the breathtaking view of the mountains and the city, enjoying the sunny mornings smelling the fresh air and the flowers and finding joy in the variety of sounds that come from my neighborhood.

I am in a loving relationship with a beautiful, smart, slender, fit, and spiritual woman. We laugh, we go out, we make love, we create and build things together. We laugh and do silly things... just because we love the state of joy. It's romantic, passionate, and we are happy to be together, as a couple. She enhances and brings out the best in me.

6 Minute Meditation

She enjoys personal development and a quest toward spiritual enlightenment. Furthermore, she is determined to keep her physical strength, fit body, and vitality. She is my soul mate and I am happy in my choice of lover and best friend. She is secure in this relationship and displays confidence, trust, and love for me.

I know have credit score of over _____and improving. Bankers and financial institutions are lining up to court me to lend me money. When I check one of my personal bank accounts, there is _____or more. It is part of my savings. I don't need to use any of the money today. It is just sitting there to protect me and create an added feeling of abundance and wealth.

It is a great feeling to have, now, having money in the bank. Picture that, Feel that.... Enjoy the feeling of having plenty of extra money in the bank.

In addition cash on hand, I have a very active investment portfolio that exceeds over _____dollars and rising. Many good people give me good financial advice. I make smart and conservative decisions, which keeps my money growing at higher than _____ per year. I continue to invest properly and watch my money grow.

I drive an attractive new _____with leather seats, a booming stereo, and fresh wind blowing through my hair. It's beautiful, it's fast, it's expensive, it turns heads, I'm proud of it, and I earned it.

I'm now the host of my own Nationally viewed TV show. On the days I work in the studio or on camera, I enjoy it. I go to the studio or on location, I do acting or hosting and I smile on camera and off-camera. I laugh and joke with the crew. I get paid very well. And, I always have a good time. I am also producing and creating other TV shows and film projects which earns me residual income for the next decade or more.

I have as much acting or hosting work as I want to have. Many people treat me like a celebrity, I am famous in some circles, yet I still have the ability to maintain my privacy as the Paparazzi has no strong interest in photographing me.

I spend time weekly writing on scripts or creating TV concepts, which gives me a joyful creative outlet and more creative product to sell, because I make movies for fun, fulfillment, and profit.

I attend the Emmy awards. I am photographed on the red carpet. The TV shows I work on are often nominated for Emmy Awards. I see myself winning at least one Emmy award and giving the acceptance speech thanking people who believed in me and encouraging other people to follow their dreams.

I am an active member of the Writer's Guild of America, SAG, and AFTRA. My membership dues come back to me many times over each year in revenue. I am an active a prolific writer in Hollywood. I have a top 10 agent who gets me meetings, and I get deals done. I am the creator, co-creator, or Executive Producer of other TV programs which earns me residuals for months to come.

6 Minute Meditation

I'm a highly paid professional speaker and spokesperson. When I do give a lecture professionally, I earn _____ or more. I'm also a successful spokesperson for different companies and they pay me to put my name, face, and image on their products.

My body is full of energy; it's strong, tan, fit and flexible. I live a healthy lifestyle full of sunshine, exercise, and fitness. I work out 3-4 times a week and I'm full of energy and vitality. On most days, I go to sleep before 1 am each day and wake up refreshed with just 6-7 hours of sleep. I enjoy the feeling of exercise, lifting weights, moving my body and sweating during workouts. I yearn to push my body and feel the pulsating blood through my veins after a good healthy workout which enhances my longevity and improves my health.

I avoid toxins and negative people. I have a life of natural energy and deep seeded true emotions of self-worth, confidence, power, and validation.

I'm experiencing financial abundance and I'm in the flow. I get money from a variety of different sources. I am constantly and pleasantly surprised at the variety and amount cash from so many unexpected and surprising sources. People love to give me money. I constantly attract very wealthy business people to connect with me and ask to be involved financially in my projects. My projects make a difference and wealthy people love to invest into them.

I'm even listed in Entertainments Weekly's 100 Most Powerful People in the Entertainment Business. I am happily donating to charity and making an impact.

I'm surrounded by interesting people who care about me. My family is healthy; my friends are succeeding in achieving their dreams, too. I am happy and joyful. I get to feel my creative juices flowing and express myself. I'm living a live of my values... loving, building, creative, having fun, teaching, laughing, and making a difference.

I am very, very happy.

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Running time in natural speaking voice on Bart's Iphone/ Ipod (9:54 minutes)

6 Minute Meditation

Sample #2: John Assaraf's meditation, from the course "Cloning of Success"

My Life and Living It at the Summit

I am living the life of my dreams. I am extremely grateful for all that God has provided me, and I put all of my faith in his power infinite intelligence.

I am an excellent father to Keenan and Noah, and I love being a part of their growth, development, and life.

I am enjoying great relationships with all members of my family.

I am enjoying an abundance of energy, and I am so healthy and happy both physically and mentally.

I am enjoying an outstanding relationship with Maria, and we are growing beautifully and lovingly together.

My net worth is now \$ _____ and I am now earning \$ _____ a year for my services as an author, speaker, consultant, and entrepreneur.

I am debt-free, and money is flowing to me in abundance. I have \$ _____ cash in the bank and investments.

I am happily giving \$ _____ a year to charities.

I am disciplined and have excellent willpower to keep me focused on my dream life.

I am very blessed and grateful for my whole life!

To learn more about John Assaraf's work visit:
<http://bartbaggett.com/streetkid/call.html>

Your Template to Follow

6 Minute Guided Auditory Meditation

Setting the frame:

Find a comfortable position and relax.

Breathe and focus with each breath the Neuro-pathways form to create an unbreakable belief system, which makes this my current reality.

Brief Summary:

What my life looks like now...

I wake up each morning...

Lifestyle: Home, Car, Assets, Vacation, Toys

Career

Money

Relationship

Health/ Body

Family/ Friends

Spirituality

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Lifestyle: Home, Car, Assets, Vacation, Toys

6 Minute
Meditation

Career

6 Minute
Meditation

Health / Body

6 Minute
Meditation

Money / Finances

6 Minute
Meditation

Relationship

6 Minute
Meditation

Family / Friends

6 Minute
Meditation

Spirituality