

## The 21 DAYS ABUNDANCE CHALLENGE ✨ by Deepak Chopra

I am very happy to be able to walk this path with all of you. I hope that everyone can enjoy the moments of wisdom and the results of this work developed by Deepak Chopra.

As I told you before, this process lasts 21 days and today is Day Zero. It's 21 days because, according to neuroscience, this is the minimum time needed to create a new habit. From here on, it's up to us. Let's take this journey together!

I now turn to the rules to organize ourselves. I would like to remind you that the rules only serve to facilitate our individual work, as even the result is individual.

Ps: My advice, for those who might be irritated by the many notifications that will inevitably come over the days, is to set the group notifications to be silent

### Group rules and agreements:

1. After receiving the activity, you will have 24 hours to do it ⌚
2. Something to write or typ on can be very helpful.
3. Before starting, try to relax with a few deep breaths or with the relaxation technique you prefer
4. I will send homework every evening for the next day so that we will have time to do the exercise and meditation during the whole day after.
5. If the activity is not carried out in time, as a rule I will have to eliminate the person from the group. (If this happens, don't feel judged, it's just a rule I have to follow and it's important for the final result).
6. Once the activity is finished, simply write 'done👉' in this group, as a checklist form for yourself. I ask all those who do not do the daily activity to withdraw from the group. There is no judgment, but a flow whose purpose is not to be interrupted.
7. The final delivery time of the activities will always be until 24:00 hrs the next day, if you wish you can deliver earlier, 24:00 hrs is the deadline.

\* This 21-day work was conceived by D. Chopra, I am just a means to share it with you. The aim is to know oneself better and change beliefs and attitudes.

### DAY 0

#### PHRASE OF THE DAY:

starting from today, I always attract abundance in my thoughts. ✨

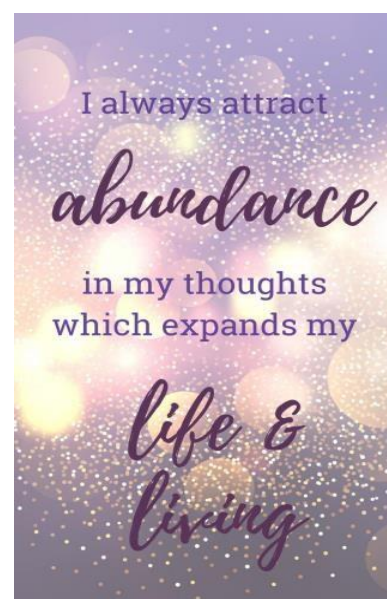
That's all for today.

Tomorrow will be the 1st of the 21 days.

Before 24:00 hrs I will send the meditation and the task for tomorrow.

Today it is only the creation of the group, the rules and the phrase above to be mentalized.

We continue to tune into abundance and see you tomorrow!



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Good evening! ☺ So let's start!

I remind you to write DONE👉 when you finish the day's task or leave the group if you decide not to continue.

GOOD ABUNDANCE TO ALL!

## TASK DAY 1

Task of the day 01: Make a list of 50 people who have added value to your life.

Take all that is positive and what you consider has made you grow somehow.

The list must have 50 names. The important thing is that you mentalize the reason for the choice when you are writing.

When finished, type "done👉" in the group.

Go calmly, remember the good things about each person and what he or she brought into your life.

Have a good time !!!

QUOTE OF THE DAY: Yesterday was a good day. Today will be a better day and tomorrow will be a wonderful day.

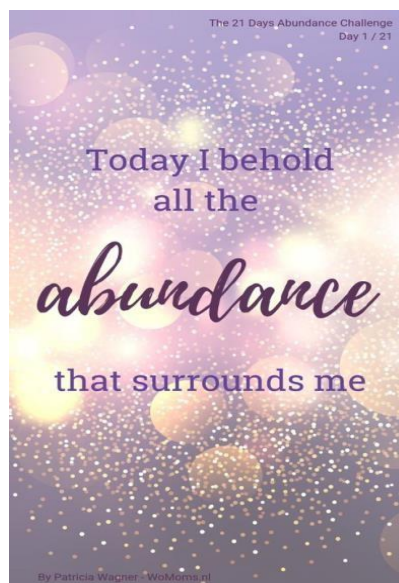
Above this message you'll find today's meditation. You can do it before or after the task.

My advice is, if possible, to put the phone in "airplane mode" for the time necessary for listening to meditation.

**Meditatie dag 1:** <https://www.youtube.com/watch?v=en1klch5KNE>

*Day 1: "Today, I behold all the abundance that surrounds me."*

*Sanskrit mantra: So Hum, I am.*



Have a good day!

**TASK DAY 2:** Good evening!

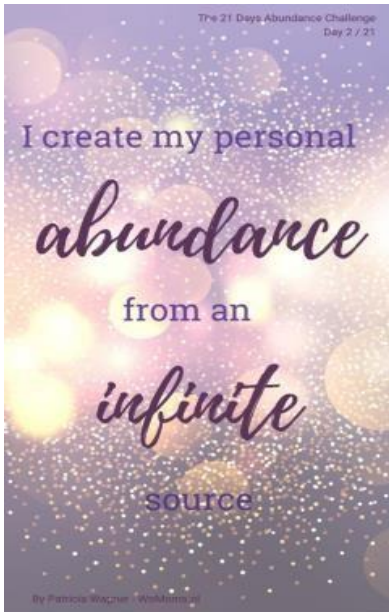
Task of the 2nd day: write a list, no matter the number, of the people you consider to be prosperous in your family or in your social environment. People who have achieved their life goals (all or some) and are happy. Attention, it is not just about financial prosperity, but happiness !!

"Remember: the more you give yourself in these simple processes, the more you will receive".

**Meditatie dag 2:** <https://www.youtube.com/watch?v=syUVFMscpts>

**Day 2:** "I create my personal abundance from an infinite source."

Sanskrit mantra: *Aham Brahmasmi*, the core of my being is the ultimate reality, the root and ground of the universe, the source of all that exists.



Good meditation and prosperous day!

### TASK DAY 3:

Good evening here is today's meditation ❀

I hope this group of daily exercises is as useful for you as it is for me. Taking a moment of the day to think about what I want in my life and moving forward with an idea of abundance, rather than scarcity, is a great opportunity, which I am happy to share.

Task of the 3rd day:

"Today's task is based on the law of giving and receiving, the law of energy movement. Steady energy does not flow and brings us nothing. Today's exercise is a turning point in this journey and I hope you will continue to move forward.

From now on you will be in charge of forming your abundance group! 😊 This group does not have to have many members, if it does all the better, but 3 people are enough. Every day, you will have the mission to pass the guidelines from day 0 (zero) to the end of 21 days, just as you received them and you will continue to receive them from me.

\* Guidelines for opening the group: \*

- Call the group "21 Days of Abundance" - Choose a profile picture that represents abundance for you.
- Invite your friends to participate with a short message (like the one received from me)

Invitation: It is important to explain the intention of the group and to clarify that there will be daily tasks and deadlines for delivery. The person must be willing to participate.

To make things easier, you can always use the previous messages I sent, such as rules, exercises, copying and pasting or adding your own touch.

Remember that you will have to send the exercise and the meditation every day and follow the people who have done the tasks (canceling from the group those who do not respect the deadlines if they do not cancel themselves).

For some this task can be a source of stress, because of the excessive commitment in life already full of things to do or because the ego is afraid of failing and being rejected ... Challenge yourself! Courage! Allow your love to expand by feeling that you can contribute to the growth of people. It seems difficult, but remember that you only need to copy and paste the messages that have been sent here by me. And remember the morning of the next day to check who did the exercise or not.

I want to encourage you to go on because it's worth it! but I will understand and respect those who do not believe it is time to move forward with this challenge. Good luck to all !!

IMPORTANT: the deadline for forming the group is Saturday night, so you will have more time to do it. When you have done it, write "Groups done" or "group", so you won't get confused with the exercise of tomorrow to which you will respond as usual.



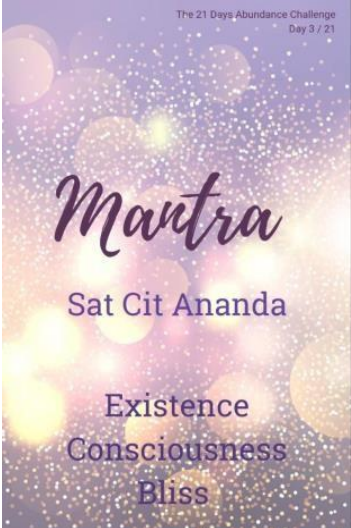
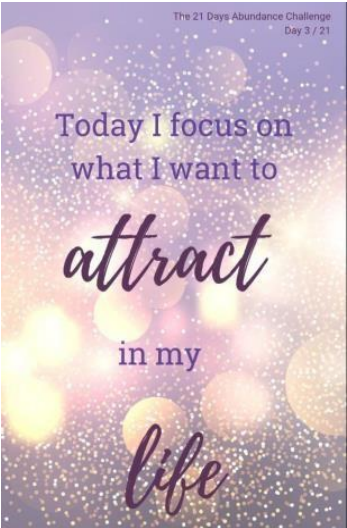
And now enjoy the 3 day meditation!

**Meditatie dag 3:** <https://www.youtube.com/watch?v=M4Js-QMbZJU>

*Day 3: "Today, I will focus on what I want to attract into my life."*

*Sanskrit mantra: Sat, Chit, Ananda, existence, consciousness, bliss.*





Good evening! 🌸🌸🌸

Here is tomorrow's practice. For some it can be very simple, for others less. If you find yourself in difficulty remember to remain without judgment, we are focusing on the issue of abundance in all its facets.

## TASK DAY 04

4. Write on a piece of paper all the debts you have, whether they are on your credit card, personal credit, natural or legal person. It is not necessary to enter the values, only the origin (eg: rent backlog, loans, car financing installments, etc ...)

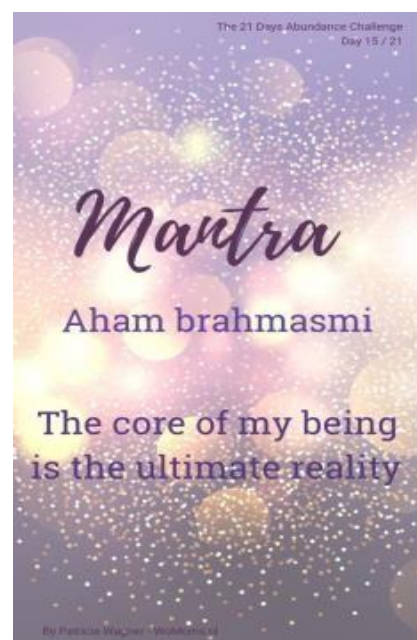
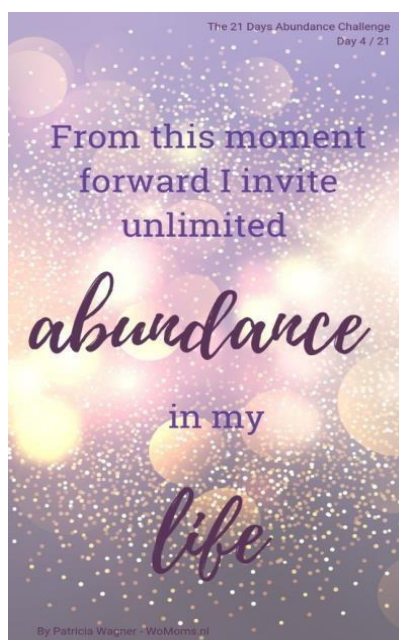
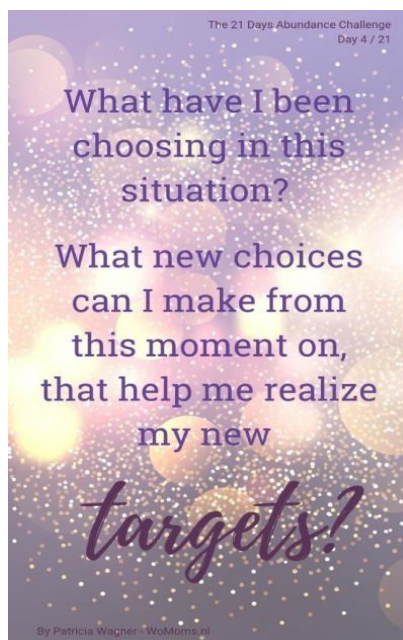
Then write down all the fixed monthly expenses (without the values, only the items). Eg: electricity, gas, water, gym, school fees, etc. All you have to pay in the month must be included. Make a general list of all your monthly expenses and debts.

"May the energy of the abundance of this fantastic group continue to grow and feed us all! Good practices! ✨"

**Meditatie dag 4:** [https://www.youtube.com/watch?v=ra3V\\_QRpFbE](https://www.youtube.com/watch?v=ra3V_QRpFbE)

**Day 4:** "From this moment forward, I invite unlimited abundance into my life."

Sanskrit mantra: *Aham brahmasmi*, the core of my being is the ultimate reality, the root and ground of the universe, the source of all that exists.



## TASK DAY 05

On a sheet of paper or in your notebook, draw checks, banknotes, or other forms of payment.

💰💰💰💰 We must pay all the debts and expenses listed in yesterday's activity, and now we have the freedom to create the solution!

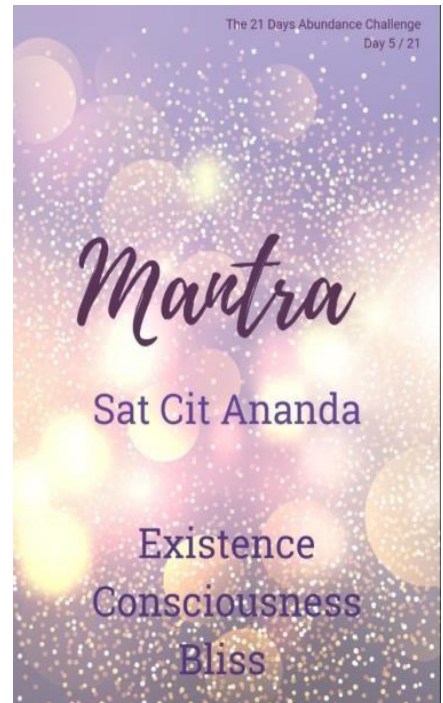
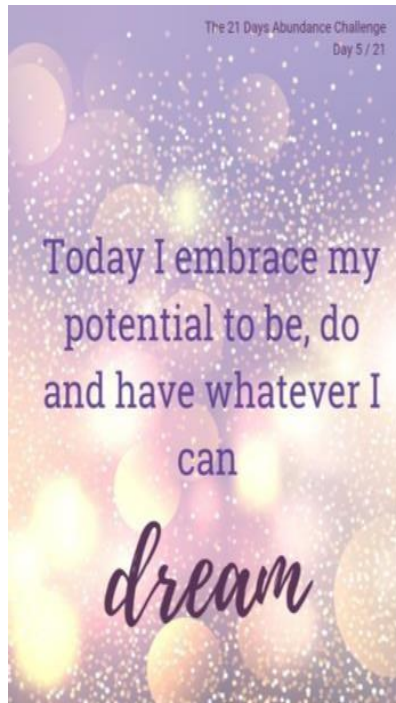
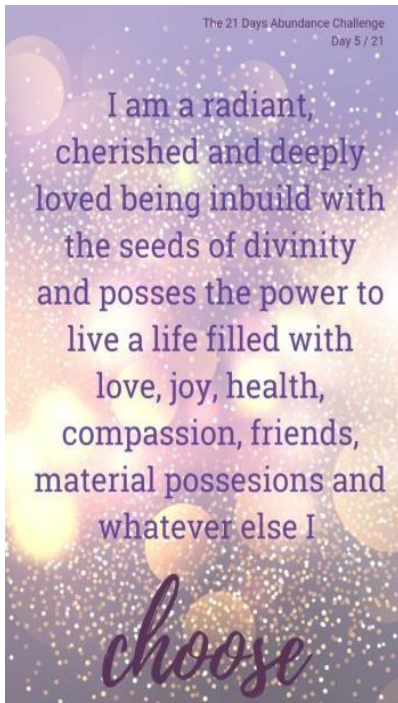
Use your creativity, colors and shapes freely. Whilst designing and coloring, feel the satisfaction of the balance of all your debts and expenses as if it were a real payment.

Good luck! 🌟

**Meditatie dag 5:** <https://www.youtube.com/watch?v=1qMc739s1DY>

**Day 5:** "Today, I embrace my potential to be, do, and have whatever I can dream."

Sanskrit mantra: *Sat, chit, ananda, existence, consciousness, bliss.*





## TASK DAY 6 Good evening ! ☺

Tomorrow we will continue on the line of today's exercise to change the beliefs that limit us in our relationship with money. This is important not only for the financial aspect, but also to help us accept and feel that we are worthy of the abundance of the universe!

### Lesson 06 Affirmation:

I (your full name, if there is sannyasin☺ include it also) today I begin to create a new relationship with money. Money is good, clean and useful for my growth, satisfaction and well-being. Money brings positive things to my life. The success I have brings money and wealth for me and for those close to me. I deserve to be prosperous and have plenty of money.

Money is my friend and the value of what I invest in, increases every day.

Success and money accompany me, here and now. I ask my ancestors who have had difficulties because of the lack of money, to bless me and to give me permission to live differently. And I ask my prosperous ancestors to inspire me.

This statement must be written 10 times by hand in your notebook.

Furthermore, it is necessary to record an audio with this statement.

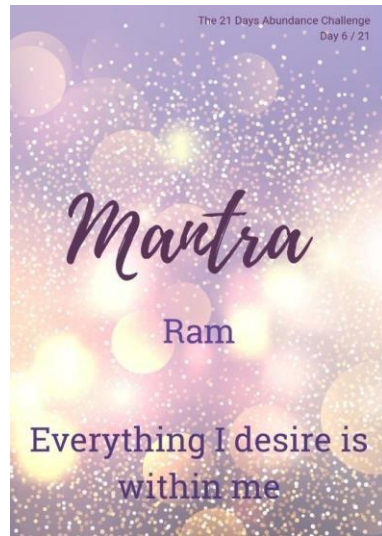
This activity is very important and is one of the longest. Calm down, control anxiety; our brain learns and records through repetition. So prepare your hand to write and connect with these words to harmonize your inner relationship with money.

Prosperous day and good meditation🙏

**Meditatie dag 6:** <https://www.youtube.com/watch?v=EkgpqrWpudc>

**Day 6:** "Everything I desire is within me."

Sanskrit mantra: Ram, ram, ram, everything I desire is within me.





## TASK DAY 7

Make a list of people (only name, no matter the surname) that in some way you feel they take away your energy.

The people who cause you discomfort when they are around.

You can repeat some names from the list on day 1, but don't go too much into conflict, we're talking about energy.

They can be people near or far from you now, the important thing is what you feel.

Examples: they can be neighbours, co-workers, bosses, family, people in government, someone who disagrees with your behaviour for some reason. Remember that these people, even if they take energy from us, are at the same time teaching us lessons ...

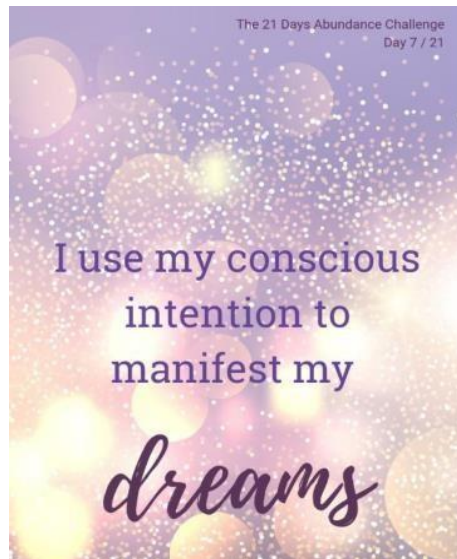
Write calmly and suspend judgment, just try to remember the people who take you out of your centre of peace. And finally send them a blessing.

Good practice for everyone and congratulations on getting here! 😊

**Meditatie dag 7:** <https://www.youtube.com/watch?v=LYzvXOWv7xE>

**Day 7:** "I use my conscious intention to manifest my dreams."

Sanskrit mantra: *Sat, chit, ananda, existence, consciousness, bliss.*



## Task Day 08✦✦

Find at least 5 receipts or invoices in which you have invested in yourself / and write on each of them:

EVERYTHING I HAVE INVESTED IN MYSELF,  
WILL COME BACK TO ME MULTIPLICATED 7 TIMES.

Receipts of any kind: supermarket, restaurant, personal items, car, health, hairdresser, travel expenses, etc.

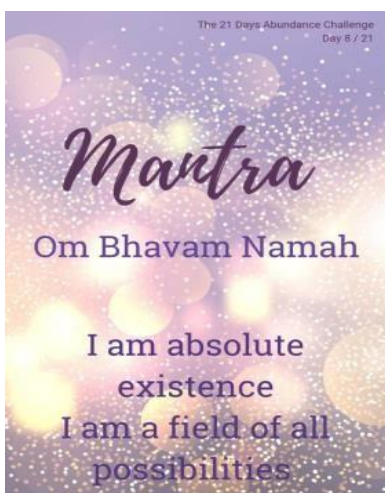
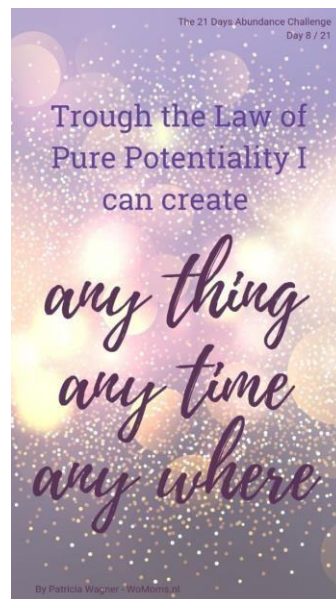
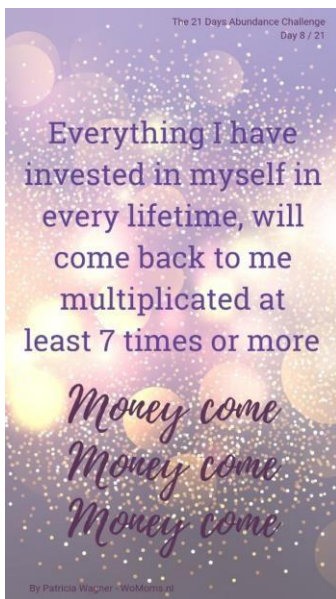
From now on, whatever you buy, you will write this statement on the invoice or receipt.

Remember to use the power of words.

A hug and a wonderful day 🌸🌸🌸

**Meditatie dag 8:** <https://www.youtube.com/watch?v=gqN0H8oSYf0>

**Day 8:** "Through the Law of Pure Potentiality, I can create anything, anytime, anywhere."  
Sanskrit mantra: *Om bhavam namah*, I am absolute existence. I am a field of all possibilities.



## TASK DAY 09

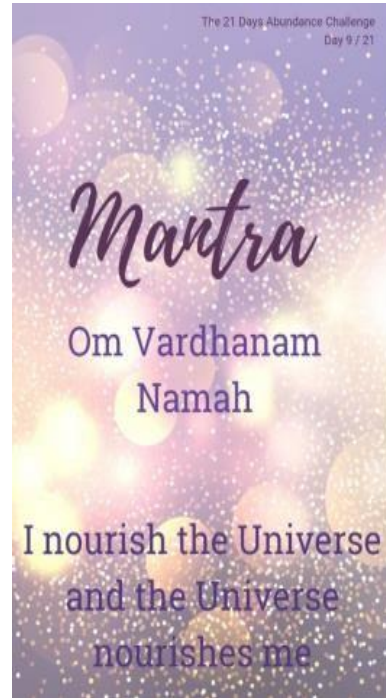
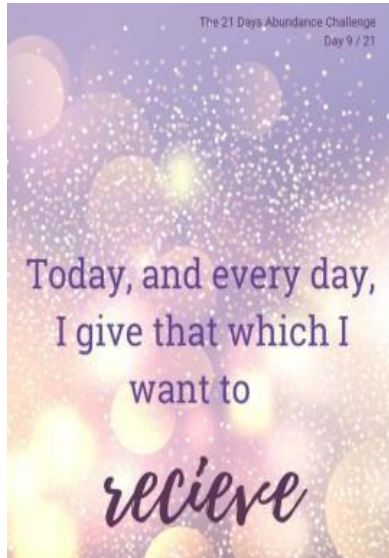
Write down 5 of your flaws that you think are limiting you. That won't let you get what you really want, whether it's material or not. Defects you want to improve and without which everything will flow better.

Try to concentrate and go as deep as possible. Feel in your heart what these limitations really are.

**Meditatie dag 9:** [https://www.youtube.com/watch?v=m\\_2qPQbkG9c](https://www.youtube.com/watch?v=m_2qPQbkG9c)

**Day 9:** *Today, and everyday, I give that which I want to receive."*

**Sanskrit mantra:** *Om vardhanam namah, I nourish the universe, and the universe nourishes me.*



## TASK DAY 10

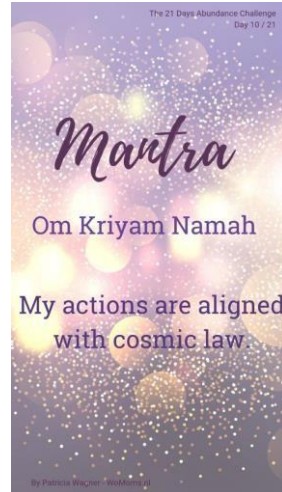
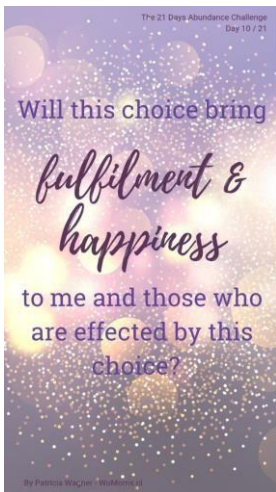
Of the 5 defects you listed in activity 9, choose 2 defects you want to work on. Define your action plan by writing at least two points (concrete actions achievable in daily life or short-term to improve them) for each of them and then put them into practice!

Good day!

**Meditatie dag 10:** <https://www.youtube.com/watch?v=ZlCt0m4BYrE>

**Day 10:** "Today, I make great choices, because they are made with full awareness."

Sanskrit Mantra: *Om kriyam namah*, my actions are aligned with cosmic law.





## TASK DAY 11

Describe your mother: The positive sides/negative sides What did you learn / do you learn from her?

What does she bring you / has she brought you?

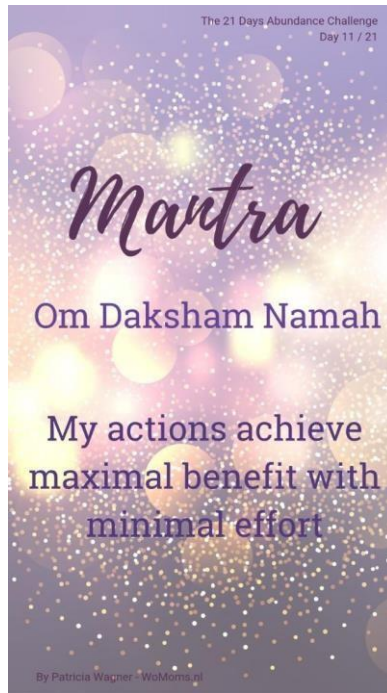
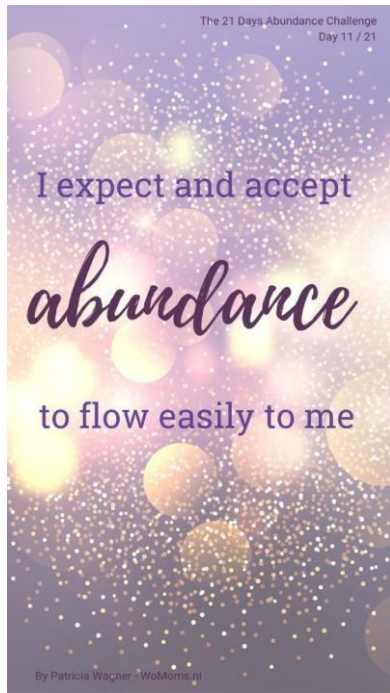
What does she take away from you/ has she taken away from you?

\* If your mother is no longer in the physical plane, concentrate, connect to her and write what you feel.

**Meditatie dag 11:** <https://www.youtube.com/watch?v=ttYlOF9S0IU>

**Day 11:** "I expect and accept abundance to flow easily to me."

Sanskrit mantra: *Om daksham namah*, my actions achieve maximal benefit with minimal effort.



## TASK DAY 12

Ask your mother what was the greatest pain of her life or the dream she hasn't realized yet and write it in your notebook.

\* If your mother is no longer in this physical plane, or for other reasons, you think it is better not to ask her directly, go into deep meditation and connect with her, ask her from the heart and listen. Then write.

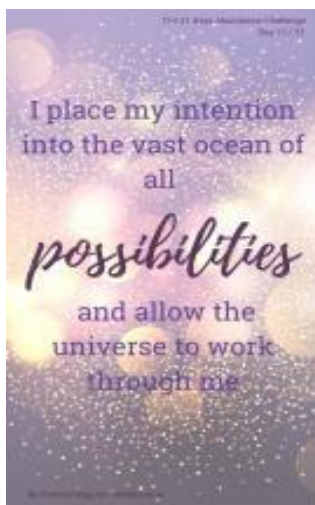
### Meditatie dag 12:

<https://www.youtube.com/watch?v=NbfDxK9JpJU>

**Day 12:** "I place my intention into the vast ocean of all possibilities and allow the universe to work through me."

Sanskrit mantra: *Om ritam namah*, my actions and desires are supported by cosmic intelligence.

Good day 🙏



## TASK DAY 13

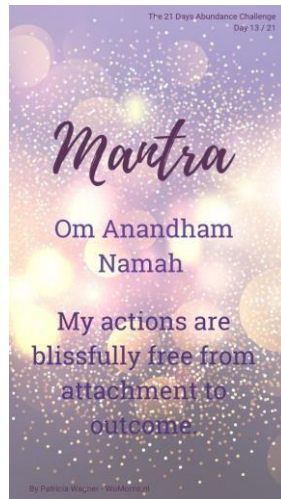
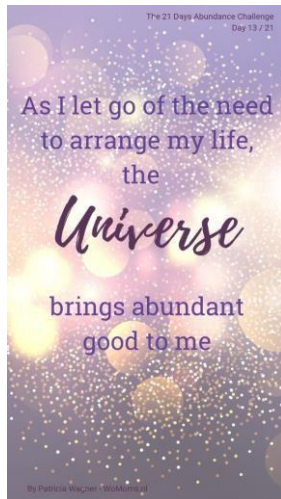
Reflect on the description you have made of your mother in the activity on day 11. Consider the situations you are experiencing and the patterns you are repeating in your life. Are there "copy and paste" or similarities between you and your mother?

What are they and how do they manifest themselves? Write these reflections in your notebook.

**Meditatie dag 13:** <https://www.youtube.com/watch?v=G9lc20Hq24c>

**Day 13:** "As I let go of the need to arrange my life, the universe brings abundant good to me." Sanskrit mantra: *Om anandham namah*, my actions are blissfully free from attachment to outcome.

🧘‍♀️ Divine abundance for all. ✨



## TASK DAY 14

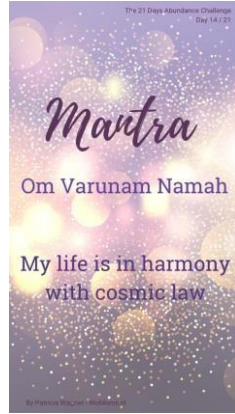
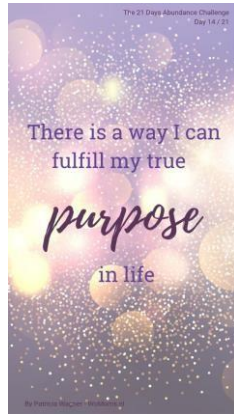
Today's lesson is to enjoy the day by noticing the gifts of abundance that surround us and come to us, and remembering to say THANK YOU for each of them 🙏. At the end of the day write at least 3 ways in which abundance has reached us today (even in small things).

**Meditatie dag 14:** <https://www.youtube.com/watch?v=w-72PUMb8oA>

**Day 14:** "There is a way I can fulfill my true purpose in life."

Sanskrit mantra: *Om varunam namah*, "My life is in harmony with cosmic law."

Have a nice day😊





Let's continue our inner work 🌱🌸🌻🌼

## TASK DAY 15

Write a letter of thanks to a person you think has hurt you at some point in your life.

✳ Before writing the thank you letter, clear all negative feelings about that person. If you still feel resentment, you can also write down all the negative feelings on a piece of paper and then burn it or tear it. The important thing is that when you write the letter of thanks, you no longer feel resentment against that person.

Think and meditate about who this person is. More than one person can come to mind, but we have to do the work with only one.

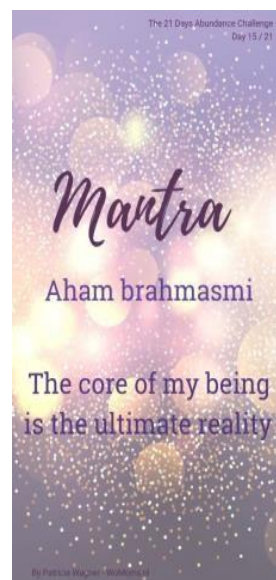
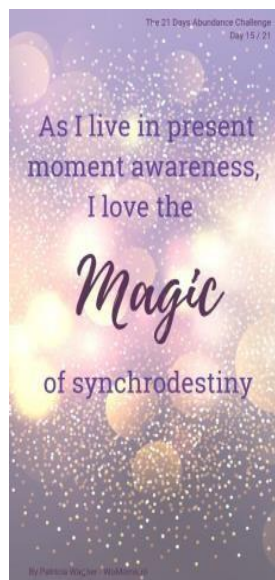
The letter must be written by hand. Good meditation to all 💎💎💎

## Meditatie dag 15:

<https://www.youtube.com/watch?v=Xw5Gz2ToQQA>

**Day 15:** "As I live in present moment awareness, I love the magic of synchrodestiny."

Sanskrit mantra: *Aham brahmasmi*, the core of my being is the ultimate reality, the root and ground of the universe, the source of all that exists.



## TASK DAY 16☀️

Write a list of things you still need to do in life.

Things you wanted to do but then set aside to give priority to others or for fear of hurting someone or failing. The idea of this list is to forgive ourselves for not doing these things. For each entry in the list write like this:

Examples:

I, full name, completely and lovingly forgive me for not finishing university.

I, full name, forgive myself completely and lovingly for not showing my vulnerability.

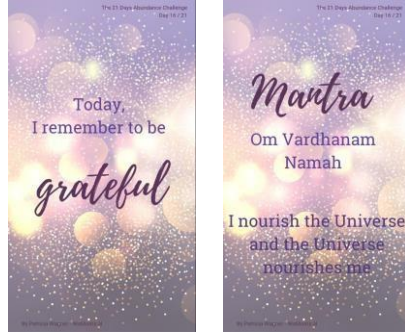
Make all the sentences you want, there's no limit.

Good Meditation🧘

**Meditatie dag 16:** <https://www.youtube.com/watch?v=8-sSw8MNIi8>

**Day 16:** "Today, I remember to be grateful."

Sanskrit mantra: *Om vardhanam namah, I nourish the universe, and the universe nourishes me.*



## DAY TASK 17

Good morning! Good awakening and welcome to day 17 🌻🌟💎 Today we have a very special exercise!

Lesson 17

Make a detailed list of things you have. Material, spiritual, tangible and intangible. Example: I have a smartphone to communicate, I have credit to send messages, I have great friends, I have a bed to sleep, I have food, I have love, I have peace, I have hot water in the shower, I have personal resources to take care of myself...

There is absolutely no limit to what you write and what you can include in the list.

Recognize all that you have 📁📁📁

**Meditatie dag 17:** <https://www.youtube.com/watch?v=8-sSw8MNIi8>

**Day 17:** "I move through my days light-hearted and carefree, knowing all is well."

Sanskrit mantra: *Sat, chit, ananda, existence, consciousness, bliss.*



We are entering the final days of our 21-day journey. Hooray 😊 Continue like this 🌈

### TASK DAY 18

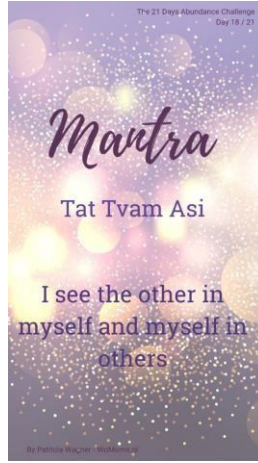
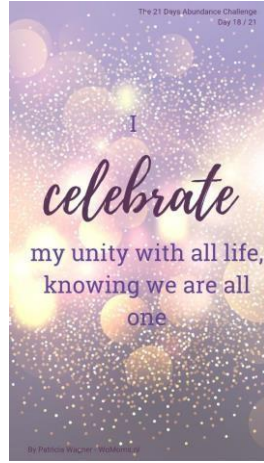
Write a letter to your country of origin where you express all your feelings towards your country. The sensations you have will be right and perfect. Write everything you want.

Meditatie dag 18: <https://www.youtube.com/watch?v=3OZVy0vZ6Ds>

**Day 18:** "I celebrate my unity with all life, knowing we are all one."

Sanskrit mantra: *Tat tvam asi*, I see the other in myself and myself in others.

Enjoy the beautiful meditation today 🧘💖🌟



.... getting closer to the finish line !!! What a thrill 🏁

Have a nice day and enjoy this

**\* TASK DAY 19 \*** ❤️🌱🌈🐱

Read the story you will find below at least twice and then write your personal thoughts in the notebook.

ALSO THIS WILL PASS from Malva Tahan

Once upon a time there was a king who told the court sages:

"I'm making a precious ring. I bought one of the most beautiful diamonds in the world. I want to hide in the ring a message that can serve in moments of desperation and it will be for my heirs forever. It must be a short sentence, which can come under the diamond of the ring.

All those who listened were wise and sages, they could write treaties, but a message with no more than two or three words that could have helped in difficult moments ...

They thought, but could not find anything.

The king had been raised by an old servant. The king's mother had died early, and this servant had taken care of him, and was therefore treated as if he were one of the family. The king felt an immense respect for the old man, so he also consulted him. And the old man said:

"I am not wise, neither scholar, nor academic, but I know a message. During my life in the palace, I met all kinds of people and, on one occasion, I met a mystic. He was invited by your father and I was at his service.

To thank me he gave me this message. The old man wrote something on a piece of paper, folded it and handed it to the king. "But don't read it," he said: "Keep it hidden in the ring and open it only when there is no other way out."

This didn't take a long time to come. His reign was invaded and the king lost the battle. He was running away on his horse and his enemies were following him. He was alone and there were many enemies. He arrived in a place where the road ended completely without exit. Before him a precipice with a deep valley, falling would have been his end. He could not go back because the enemies had blocked the path. He could already hear the sound of their horses. There was no way out.

Thinking, he remembered the ring. He opened it, took out the piece of paper and read the short but precious message, which simply was: "This too will pass."

As he read the message, he felt that a great silence was falling around him. The enemies that were pursuing him had perhaps been lost in the forest or had gone the wrong way. The horses were certainly not heard anymore.

The king was deeply grateful to the servant and the unknown mystic. Those words were miraculous. He folded the piece of paper and put it back under the diamond ring. He gathered his army and regained the kingdom.

The day he returned to the palace victorious, he had a great party with songs and dances, and he felt very well.

The old servant stood beside him in the carriage and said to him:

"Even this moment is appropriate, look at the message again."



"Why? Now I'm victorious, people celebrate my return, I'm not desperate, I'm not in a situation with no way out." said the king.

And the old servant said: "Listen to me, this message is useful not only when you are defeated, but also when you are victorious. Not only when you are the last, but also when you are the first".

The king opened the ring and read the message:

"This too will pass".

Again he felt the same thing, a silence that surrounded him despite being in the crowd that celebrated and danced. His pride and ego were gone. The king understood the message. He was enlightened.

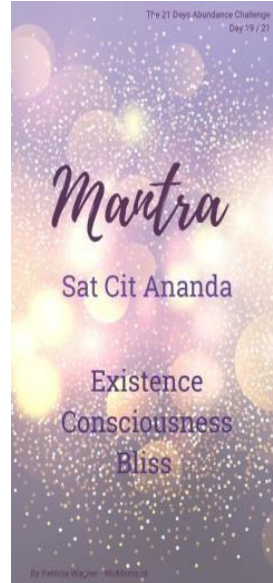
Then the old man said:

"Do you remember everything that has happened to you? Not a single thing or emotion is permanent. As there are day and night, so there are moments of happiness and moments of sadness. Accept them as a natural part of things, because they are part of life."

**Meditatie dag 19:** <https://www.youtube.com/watch?v=rok9-7a8O64>

**Day 19:** "Today, I remember to love everything and everyone I come in contact with."

Sanskrit mantra: *Sat, chit, ananda, existence, consciousness, bliss.*



## TASK DAY 20

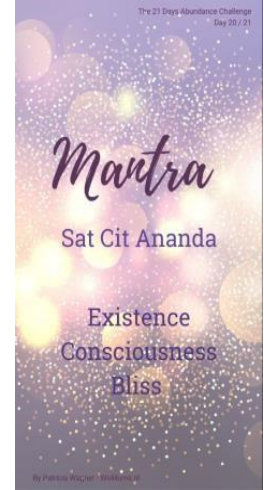
Choose a person that you think is not well, that always complains about life (it can be one of the people you entered in the list on day 7 or not) and share the story of day 19 with this person. Then write how the experience was and what aroused it in you.

Did the person thank you? Did he or she answer you? Have you spoken or not? How did this make you feel?

**Meditatie dag 20:** <https://www.youtube.com/watch?v=I>

**Day 20:** "Today, I treat myself to moments of luxury."

Sanskrit mantra: Sat, chit, ananda, existence, consciousness, bliss.



Good meditation

## TASK DAY 21 ♥

Send in this group a video or a written message (possibly a video) describing your experience of these 21 Days of Abundance (feelings, observations, what has changed in you and outside you, etc.).

After that, you also include a description of what you do in life, what you can offer or ideas and projects you have. This is important because in this group there may be people interested in what you do, in the services you offer or in your ideas / projects. Be creative and abundant when you describe yourself.

If you don't feel like making a video you can leave your testimony written here on the group, even if it would be nice to see ALL OUR FACES and the expressions of Joy in describing this moment!

Tomorrow, after receiving your testimonies, I will also send mine to the group.

**Meditatie dag 21:** <https://www.youtube.com/watch?v=I>

**Day 21:** "Every moment of every day,

I live my life abundantly."

Sanskrit mantra: So Hum, I am.



**Day 22:** "As I elevate my abundance consciousness, I do my part to heal the world."

Sanskrit mantra: So Hum, I am.