

meditation for money and success

meditation for money and success is a powerful practice that combines mindfulness techniques with the intention to attract financial abundance and personal achievement. This form of meditation helps individuals align their mindset with prosperity, reduce limiting beliefs about wealth, and cultivate a focused, confident approach toward goals. By integrating meditation into daily routines, practitioners can improve decision-making skills, increase clarity, and enhance motivation, all of which contribute to financial growth and career advancement. This article explores the foundations of meditation for money and success, practical techniques, and the psychological benefits that support wealth creation. Additionally, it outlines common challenges and how to overcome them to maintain a consistent practice that fosters long-term prosperity.

- Understanding Meditation for Money and Success
- Techniques for Effective Meditation Focused on Wealth
- Psychological Benefits of Meditation on Financial Growth
- Common Challenges and How to Overcome Them
- Integrating Meditation into Daily Life for Sustainable Success

Understanding Meditation for Money and Success

Meditation for money and success is a specialized form of mindfulness practice that emphasizes cultivating a mindset conducive to financial prosperity and achievement. It involves using focused attention, visualization, affirmations, and breathing techniques to reprogram thought patterns and increase one's receptivity to opportunities. The underlying principle is that success is not only a result of external actions but also the internal state of mind. By aligning subconscious beliefs with goals related to wealth, individuals can remove mental blocks and attract positive outcomes more effectively.

The Role of Mindset in Financial Success

Mindset plays a critical role in determining financial outcomes and career advancement. A growth-oriented and abundance-focused mindset enables individuals to recognize opportunities, take calculated risks, and persist through challenges. Meditation helps in cultivating this mindset by promoting self-awareness and emotional regulation, which reduces fear and anxiety about money. This shift allows for clearer thinking and better decision-making in financial matters.

How Meditation Influences the Law of Attraction

The law of attraction suggests that like attracts like, meaning that positive thoughts and emotions bring about positive results. Meditation enhances this process by helping practitioners focus on wealth-related intentions without distraction or negativity. Through regular practice, one can strengthen the ability to visualize success, maintain a positive emotional state, and attract circumstances that support financial growth.

Techniques for Effective Meditation Focused on Wealth

Effective meditation for money and success incorporates specific techniques designed to direct the mind toward abundance and achievement. Practitioners often combine mindfulness with visualization, affirmations, and controlled breathing to deepen focus and reinforce positive beliefs about wealth.

Visualization Exercises

Visualization is a powerful technique where individuals imagine themselves achieving financial goals in vivid detail. This practice helps create a mental image of success, making it feel more attainable and real. Visualizing receiving money, career milestones, or business growth activates the brain's reward centers and motivates action toward these objectives.

Affirmations for Abundance

Using affirmations involves repeating positive, present-tense statements related to wealth and success. Examples include "I am attracting financial abundance" or "I am capable of achieving my career goals." Affirmations help reshape subconscious beliefs and increase confidence, which directly influences behaviors that lead to financial improvement.

Breathing Techniques to Enhance Focus

Controlled breathing methods, such as deep diaphragmatic breathing or box breathing, help calm the nervous system and improve concentration during meditation. This heightened focus allows practitioners to maintain clarity on their financial intentions and reduces mental distractions that can undermine success-oriented thought patterns.

Psychological Benefits of Meditation on Financial Growth

Meditation for money and success not only affects external circumstances but also delivers significant psychological benefits that support wealth accumulation. These benefits contribute to a healthier relationship with money and more effective pursuit of goals.

Reduction of Stress and Anxiety

Financial stress is a common barrier to success. Meditation helps lower cortisol levels and promotes relaxation, which reduces anxiety related to money matters. A calmer mind is better equipped to make rational decisions and approach financial challenges with resilience.

Improved Emotional Intelligence

Emotional intelligence, including self-awareness and self-regulation, is enhanced through meditation. This improvement allows individuals to manage impulses, communicate effectively, and build strong professional relationships—all crucial factors for career advancement and business success.

Enhanced Creativity and Problem-Solving

Regular meditation stimulates creative thinking and problem-solving abilities. These cognitive benefits enable individuals to identify innovative solutions to financial challenges and seize new opportunities that others might overlook.

Common Challenges and How to Overcome Them

While meditation for money and success offers numerous advantages, practitioners may encounter obstacles that hinder consistent practice and results. Understanding these challenges and strategies to address them is essential for sustained progress.

Dealing with Skepticism

Some individuals may doubt the effectiveness of meditation in influencing financial outcomes. Overcoming this skepticism involves adopting an open-minded approach and

recognizing meditation as a tool for mental clarity and focus rather than a guaranteed shortcut to wealth.

Maintaining Consistency

Consistency is critical for meditation benefits to manifest. Scheduling regular sessions, starting with short durations, and creating a dedicated meditation space can help maintain a steady routine. Accountability partners or guided meditation apps may also support continued practice.

Managing Distractions and Restlessness

Distractions and a restless mind are common challenges during meditation. Techniques such as focusing on the breath, using a mantra, or practicing mindful observation of thoughts without judgment can improve concentration and reduce mental wandering.

Integrating Meditation into Daily Life for Sustainable Success

To maximize the benefits of meditation for money and success, integrating the practice into daily routines is essential. Consistent application reinforces positive mental patterns and supports ongoing financial growth and achievement.

Creating a Morning Meditation Routine

Starting the day with a meditation session focused on wealth intentions sets a positive tone and prepares the mind for productive actions. Morning routines can include visualization, affirmations, and breathing exercises tailored to financial goals.

Using Meditation Breaks During Work

Short meditation breaks throughout the workday can help reduce stress, recharge focus, and maintain motivation. These pauses allow for recalibration of intentions and improve overall productivity, contributing to success.

Combining Meditation with Goal Setting

Meditation works best when paired with clear, actionable financial goals. After meditation sessions, reviewing goals and planning next steps ensures that the mindset shifts translate into tangible progress.

- Designate a quiet, comfortable space for meditation
- Set specific, measurable financial goals
- Use guided meditations tailored for abundance
- Track progress and adjust techniques as needed
- Incorporate gratitude practices to enhance positivity

Frequently Asked Questions

How can meditation help attract money and success?

Meditation can help attract money and success by improving focus, reducing stress, and fostering a positive mindset. It allows individuals to visualize their goals clearly and align their thoughts with abundance and achievement.

What type of meditation is best for manifesting financial success?

Guided visualization and abundance meditation are often considered the best for manifesting financial success. These meditations focus on visualizing wealth, prosperity, and successful outcomes to reprogram the subconscious mind.

How often should I meditate to see results in money and success?

Consistency is key. Meditating daily for at least 10-20 minutes can help establish a mindset conducive to attracting money and success. Regular practice reinforces positive beliefs and reduces mental blocks.

Can meditation change limiting beliefs about money?

Yes, meditation can help identify and transform limiting beliefs about money by promoting self-awareness and encouraging positive affirmations. Over time, this can lead to a healthier relationship with wealth and success.

Are there specific affirmations to use during meditation for financial success?

Yes, affirmations like 'I am worthy of abundance,' 'Money flows to me effortlessly,' and 'I am successful in all my endeavors' can be repeated during meditation to reinforce a mindset of prosperity.

Is meditation effective for entrepreneurs seeking business success?

Absolutely. Meditation enhances creativity, decision-making, and stress management, all of which are crucial for entrepreneurs. It helps maintain clarity and motivation, leading to better business outcomes.

Can meditation help overcome fear and anxiety related to money?

Meditation helps calm the mind and reduce anxiety by promoting mindfulness and emotional regulation. This can lead to better financial decisions and a more confident approach to money matters.

What role does gratitude play in meditation for money and success?

Gratitude shifts focus from scarcity to abundance. Incorporating gratitude practices into meditation helps attract more positive experiences related to money and success by fostering an appreciative and open mindset.

Additional Resources

1. The Abundance Mindset: Meditation for Financial Freedom

This book explores how meditation can shift your mindset from scarcity to abundance, paving the way for financial success. It offers practical guided meditations designed to help you release limiting beliefs about money. Readers learn to cultivate gratitude, attract wealth, and make empowered decisions that lead to lasting prosperity.

2. Mindful Wealth: Meditative Practices for Career Growth

Focusing on the connection between mindfulness and professional achievement, this book provides techniques to enhance focus, reduce stress, and boost creativity. It includes meditation exercises aimed at aligning your intentions with career goals. Through mindful awareness, readers can increase productivity and open doors to new opportunities.

3. Success Starts Within: Meditation Techniques to Unlock Your Potential

This guide emphasizes the importance of inner calm and clarity as foundations for external success. It presents meditation routines that help clear mental clutter and foster confidence. By cultivating a strong inner foundation, readers are better equipped to pursue their ambitions and manifest their dreams.

4. *The Prosperity Meditation Handbook*

A comprehensive manual that combines ancient wisdom with modern meditation practices to attract wealth and success. The book includes affirmations, visualization methods, and breathing exercises tailored to increase financial energy. It encourages readers to develop a daily meditation habit that supports prosperity in all areas of life.

5. *Manifest Money: Meditation and Visualization for Financial Success*

This title focuses on the power of visualization combined with meditation to manifest monetary goals. It guides readers through step-by-step meditations that enhance focus on desired outcomes while cultivating positive emotions. The book also discusses overcoming mental blocks that inhibit financial growth.

6. *The Inner Entrepreneur: Meditation to Boost Creativity and Business Success*

Designed for business owners and aspiring entrepreneurs, this book shows how meditation can unlock innovative ideas and improve decision-making. It provides meditation scripts aimed at reducing anxiety and increasing resilience in the face of challenges. Readers gain tools to maintain a balanced mindset while pursuing ambitious business goals.

7. *Calm and Cashflow: Meditation for Stress-Free Wealth Building*

This book addresses the common stressors associated with managing money and growing wealth. It offers meditation techniques to cultivate patience, reduce anxiety, and improve financial clarity. Through mindful practices, readers learn to approach wealth-building with a calm and confident attitude.

8. *Abundant Living: Meditation Practices for Prosperity and Joy*

Focusing on the holistic aspects of success, this book blends meditation with principles of gratitude, generosity, and joy. It encourages readers to create a rich life experience beyond just financial gain. The meditations help foster a mindset where prosperity flows naturally and happiness is amplified.

9. *The Wealthy Mind: Transformative Meditation for Financial Empowerment*

This book presents transformative meditation strategies designed to empower readers financially and personally. It explores how subconscious beliefs about money affect reality and offers meditations to reprogram those beliefs. By integrating these practices, readers can establish a confident and empowered relationship with wealth.

Meditation For Money And Success

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meditation for money and success: 50 Guided Meditations to Manifest Money: A Practical Workbook DJ Cardin, Unlock the power of your mind and transform your financial reality with 50 Guided Meditations to Manifest Money: A Practical Workbook. This comprehensive guide offers fifty meticulously crafted meditations designed to help you attract wealth, abundance, and

financial success into your life. Each meditation is tailored to align your thoughts, emotions, and actions with the energy of prosperity. Whether you're new to meditation or a seasoned practitioner, this workbook provides step-by-step instructions, affirmations, and visualization techniques to enhance your manifesting abilities. Alongside the meditations, you'll find insightful exercises, journaling prompts, and practical tips to reinforce your mindset and create lasting financial change. Embark on a transformative journey that will not only improve your relationship with money but also empower you to achieve your financial goals with clarity and confidence. 50 Guided Meditations to Manifest Money is your essential companion to unlocking the abundance that awaits you.

meditation for money and success: Rich Habits, Rich Life: Daily Practices to Attract Money and Success Sreekumar V T, 2025-08-17 Wealth is not built overnight—it is built through habits. Behind every self-made millionaire lies a set of daily practices, mindset shifts, and strategic choices that consistently attract money, success, and freedom. This book is your guide to learning and applying those same principles in your own life. In Rich Habits, Rich Life, Sreekumar V T breaks down the timeless habits and proven methods that separate the wealthy from the average. From mastering money management and building multiple streams of income to networking with purpose, investing wisely, and developing high-income skills, this book shows you how ordinary people can create extraordinary results. Inside, you'll discover how the rich think differently, why success is more about discipline than luck, and how you can design a lifestyle where money works for you instead of the other way around. With real-life stories, practical strategies, and actionable insights, this book offers not just financial knowledge but a step-by-step blueprint to lasting prosperity. Whether you dream of financial independence, want to grow your income, or simply long for the freedom to live life on your terms, this book will help you build the habits that turn those dreams into reality. Wealth isn't reserved for the lucky few—it's a skill you can learn. Start today, and let your rich life begin.

meditation for money and success: Money Energy: Raise Your Frequency to Attract Abundance and Success Money energy, ☐ Alongside this book, I also offer a personalized Law of Attraction plan as an optional service. I'll create a custom booklet with daily rituals, affirmations, visualizations, journaling prompts, and a progress tracker — plus calming voice recordings, all designed around your unique goals, challenges, and lifestyle. This isn't a one-size-fits-all approach — it's a fully personalized path to help you stay focused, feel aligned, and manifest faster and more powerfully than ever before. ☐ Message me on WhatsApp to get started: ☐ [law-of-attraction.co](https://www.law-of-attraction.co)

Have you ever felt like there's a gap between where you are financially and where you want to be? Maybe you've worked hard, followed advice, or tried to save more, yet abundance and financial freedom still seem out of reach. The truth is, creating wealth and success isn't just about strategies or numbers—it's about energy. Money is energy. It flows to where it's invited, nurtured, and respected. Your thoughts, emotions, and habits form the foundation for how money enters and stays in your life. When you raise your frequency—your energetic vibration—you align yourself with the flow of abundance, creating opportunities and attracting wealth in ways that feel natural and joyful. This book is your guide to shifting your mindset, elevating your energy, and taking action to create a life of abundance and success. Why This Book Was Written Most people think of money in purely practical terms: how much they earn, spend, and save. But there's another layer that influences all of these actions—the energy and beliefs you hold about money. Over the years, I've seen countless people struggle with financial blocks rooted not in their income, but in their mindset and energy. They believe wealth is out of reach, they feel guilty about wanting more, or they're stuck in cycles of fear and scarcity. The good news is, you can change all of this. By understanding the energy of money and aligning your frequency with abundance, you can transform not just your financial life, but your entire experience of wealth, freedom, and success. What You'll Discover in This Book Money Energy: Raise Your Frequency to Attract Abundance and Success is designed to help you connect with the energy of money and use it to create lasting change. Through practical advice, relatable examples, and actionable exercises, you'll learn how to: Identify and release limiting beliefs that block abundance. Shift from a scarcity

mindset to an abundance mindset. Use powerful tools like gratitude, visualization, and affirmations to attract wealth. Take aligned actions that lead to real financial results. Celebrate your progress and invite more success into your life. Each chapter is a step on your journey to mastering money energy, helping you unlock your full potential and align with a life of prosperity. Who This Book is For This book is for anyone who wants to improve their relationship with money and create a life of abundance. Whether you're just starting your financial journey or looking to take it to the next level, the concepts and practices in these pages will empower you to: Earn more with confidence. Save and invest with purpose. Feel joyful and at peace with your finances. You don't need to have a background in finance or be an expert in personal development to benefit from this book. All you need is an open mind, a willingness to reflect, and the desire to create a life that feels truly abundant. A Note on Your Journey As you read this book, remember that abundance is a journey, not a destination. There's no magic shortcut or quick fix, but with patience, consistency, and trust in yourself, you can create the financial reality you desire. Some chapters will challenge you to reflect on deep-seated beliefs about money. Others will encourage you to try new habits and practices that might feel unfamiliar at first. Embrace this process with an open heart, knowing that every small step brings you closer to your goals. Let's Begin Imagine a life where you wake up feeling free, empowered, and confident in your financial future. A life where you attract opportunities, make decisions with ease, and celebrate the abundance that flows into your life. That life isn't just a dream—it's possible for you. Let this book be your guide to creating that life. As you turn the page, you're taking the first step on a transformative journey toward abundance and success. Your energy is powerful. Your potential is limitless. And your time to align with abundance starts now. Welcome to the journey. Let's get started.

meditation for money and success: *Science of Manifestation 2: Proven Steps to Attract Wealth, Success, and Happiness* Nokyoong Chutiyaphat, 2025-04-09 Awaken the hidden power within you. Science of Manifestation 2 merges cutting-edge neuroscience with timeless universal principles to help you unlock a life of clarity, abundance, and success. Discover how to: Rewire your brain with just 12-25 minutes a day Activate the law of attraction 10x through brain-heart coherence Use quantum field alignment to manifest faster Reprogram your subconscious for lasting transformation Turn procrastination into unstoppable action And meditate your way to rewiring your brain in just 8 weeks Backed by science and filled with real-life case studies, this book is your practical guide to becoming the most powerful version of yourself. Whether you're new to manifestation or seeking a deeper, evidence-based path, this is your energy tool for quantum-level change. The future you desire already exists—let's bring it into reality.

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meditation for money and success: *Money Magic* Prabhu TL, 2025-01-17 Are you ready to embark on a life-changing journey towards financial abundance and prosperity? If so, *Money Magic: Unlocking the Secrets to Abundance* is your key to unlocking the door to a world where financial

dreams become a reality. In the fast-paced and often unpredictable world of finance, understanding the secrets of money is a powerful advantage. This book, authored by a seasoned financial expert, is your personal guide to achieving the financial freedom you've always dreamed of. With *Money Magic*, you'll discover that the power to manifest abundance is not a mystical concept but a practical skill that you can develop and apply in your life. *What Awaits You Inside: Money Magic* is a comprehensive and transformative journey that takes you from financial uncertainty to a place of confidence and abundance. Each page is filled with practical insights, actionable strategies, and a wealth of knowledge that will empower you to take control of your financial destiny. Here's a glimpse of what awaits you:

- **The Power of Manifestation:** Explore how your thoughts, beliefs, and intentions can shape your financial reality. Learn how to harness this power to manifest abundance in your life.
- **Building a Strong Financial Foundation:** Discover the importance of budgeting, debt management, and savings as the cornerstones of your financial success. Gain the skills to create a robust financial base.
- **Entrepreneurial Spirit:** Unleash your inner entrepreneur as you identify business opportunities, overcome fears and doubts, and take the leap into entrepreneurship.
- **Vision and Strategy:** Craft a compelling business vision and develop winning strategies that adapt to the ever-changing business landscape.
- **Abundance in Action:** Leverage the law of abundance by building powerful networks, nurturing relationships, and collaborating for success.
- **Financial Literacy:** Enhance your financial education and decision-making prowess by understanding financial statements and making informed choices.
- **Money and Mindfulness:** Cultivate mindfulness in your financial habits, explore the connection between health and wealth, and unlock meditation and visualization techniques for financial success.
- **The Art of Sales:** Master the art of selling, build trust with customers, and turn leads into lifelong clients.
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- **Negotiation and Deal-Making:** Develop strategies for successful negotiations, close deals with confidence, and foster win-win approaches.
- **Financial Freedom through Investing:** Explore investment vehicles, create passive income streams, and master risk management in investing.
- **Innovation and Creativity in Business:** Foster a culture of innovation, think outside the box, and turn your ideas into profitable ventures.
- **Leadership and Team Building:** Cultivate effective leadership qualities, build high-performing teams, and lead with empathy and purpose.
- **The Power of Persistence:** Overcome obstacles and setbacks, embrace failure as a learning opportunity, and stay committed to your goals.

Money Magic is not just a book; it's your personal roadmap to financial empowerment and personal growth. Whether you're an aspiring entrepreneur, a seasoned business professional, or someone seeking financial transformation, this book is your companion on the journey to unlocking the secrets of abundance. Don't miss out on the opportunity to transform your financial reality and live a life filled with prosperity. Get ready to unlock the magic of money and manifest your dreams.

meditation for money and success: SIMPLE WAY TO RICHNESS MANJUNATH KAWADI, 2024-08-16 A simple path to richness begins with a foundation of financial discipline and smart decision-making. Start by saving consistently, even if it's a small amount. Budget your expenses to ensure you live within your means and avoid unnecessary debt. Invest wisely in assets that grow over time, such as stocks, real estate, or a business. Continuously educate yourself about financial opportunities and risks. Diversify your investments to manage risk, and stay patient—wealth grows with time. Finally, focus on building multiple income streams to increase your financial stability and potential for wealth.

meditation for money and success: Become a Magnet to Money Through the Sea of Unlimited Consciousness Bob Proctor, Michele Blood, 2008 This book covers the basics through to the highest levels of consciousness. This book is for the individual who truly wishes to learn how to manifest success and prosperity into their life, beyond the Law of Attraction and who also wish to delve deeper into their Divine Nature.

meditation for money and success: Manifesting Money Mastery: A Practical Guide to Financial Freedom , Unlock the secrets to manifesting financial abundance with Manifesting

Money Mastery: A Practical Guide to Financial Freedom. This transformative guide will show you how to harness the power of your mindset, beliefs, and actions to create the wealth and prosperity you deserve. Whether you're looking to overcome limiting beliefs, align your financial goals with your passions, or simply attract more money into your life, this book provides practical, actionable steps to guide you on your journey to financial freedom. Through a blend of powerful affirmations, money rituals, visualization techniques, and daily practices, *Manifesting Money Mastery* teaches you how to reprogram your mind for abundance. You'll learn how to let go of fear and doubt, cultivate financial confidence, and use journaling to manifest wealth. Dive into the process of creating financial vision boards, using meditation for abundance, and aligning your self-worth with wealth creation. This book empowers you to build wealth with purpose and live a life of financial security, prosperity, and fulfillment. Chapters include: The Power of Belief: How Your Mindset Shapes Your Wealth Understanding the Law of Attraction for Financial Success Clearing Money Blocks: Overcoming Limiting Beliefs Visualization Techniques for Manifesting Money The Power of Gratitude in Attracting Wealth Setting Intentions: Crafting Clear Financial Goals The Wealth Mindset: Shifting from Scarcity to Abundance Practical Affirmations to Attract Prosperity Manifesting Wealth Through Positive Action Creating a Financial Vision Board: Bringing Your Desires to Life 100+ Daily Mantras to Manifest Money And many more!

meditation for money and success: Beneath the Moon Rachel Patterson, 2022-01-28
Witchcraft and Moon Magic for a Deeper Practice The Moon: Living, playing and working in tune with her rhythms can change your life and the way you look at the world. She will help you to connect not only with her magic but your own, your intuition and every thread that it wraps around the world. She has the power to transform your life, you have the power within you to do the same...

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meditation for money and success: The Crystal Whisperer: Mastering The Language Of Crystals For Abundance And Joy www.crystalcollector.store, The Crystal Whisperer is a comprehensive guide that explores the power of crystals and how they can enhance abundance and joy in our lives. This book delves into the science behind crystal energy, explaining the different types of crystals and their properties. It also explores how crystals interact with energy fields and offers techniques for connecting with your crystals, including choosing the right ones for you and creating a personal connection. The book covers various ways to harness the energy of crystals, such as through meditation, crystal grids, and using crystals for healing and balancing energy. It then focuses on specific areas of life, including abundance and prosperity, emotional wellness, enhancing relationships, spiritual growth, and beauty and wellbeing, showcasing how crystals can play a transformative role in each. The book also explores crystal magick and rituals, crystal communication and divination, crystal gardening and earth healing, crystal crafts and DIY projects, and the wisdom and traditions surrounding crystals. Lastly, it offers practical tips for integrating crystals into daily life, from carrying them with you to using them to enhance your daily experiences. The Crystal Whisperer is a must-read for anyone seeking to unlock the power of crystals for abundance and joy.

meditation for money and success: A Witch's Craft, Book 1: Herbs & Oils for A Witch's Craft Viktorija Briggs, 2016-02-24 A newly updated and revised comprehensive book of herbal and oil correspondences for all of your magickal ritual and spell works.

meditation for money and success: Life Ritualized Phoenix LeFae, Gwion Raven, 2021-02-08
Make Every Rite of Passage Sacred and Meaningful Dozens of group and solitary activities for ritualizing life's changes Commemorate the moments that shape who you are with this book of rituals designed for rites of passage, no matter how big or small. Drawing on almost thirty years of experience in Witchcraft and Paganism, Phoenix LeFae and Gwion Raven offer powerful activities to honor everything from getting a driver's license to starting a coven to retiring. *Life Ritualized* offers clear instructions and inspiring stories to deepen your spirituality. Whether it's a weighty occasion like birth, marriage, or death, or a more private one like blessing a new house or changing jobs, this book provides everything you need to make it a moment of reflection and reverence. These rituals

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