

LIVING WITH ABUNDANCE

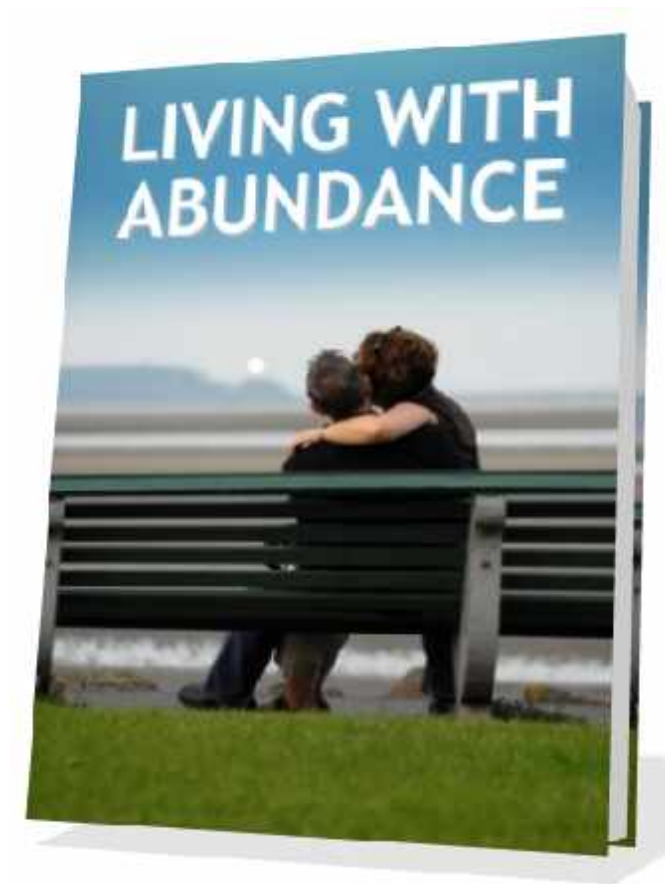


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INTRODUCTION

*“Abundance is not something we acquire. It is something we tune into.” -
Dr. Wayne Dyer*

According to Webster’s Dictionary, Abundance can mean a profusion, an affluence, wealth, a relative degree of plentifulness or a fullness to overflowing.

Some might think of money or possessions when considering abundance. It can actually mean different things to different people, and can apply to many different aspects of life.

Everyone has the possibility of abundance in them, whether they realize it or not. According to Eileen Caddy, “Expect your every need to be met. Expect the answer to every problem, expect abundance on every level.”

A lot has to do with how you attract the abundance in your life, not just money and possessions, but also people, relationships, and jobs. How you feel about what and whom you already have in your life has a great deal to do with the abundance you find yourself enjoying. According to Anthony Robbins, “It’s not what we get, but who we become, what we contribute...that gives meaning to life.”

Abundance, like success, is not a destination, but rather a journey; and up until now, there has been no map to guide you, no manual available to tell you how you’re doing. In the following chapters you will learn all there is to know about attracting abundance and how to manifest abundance in your life.

CHAPTER 1 - FINANCIAL ABUNDANCE: THE ABUNDANT UNIVERSE

*“There is only one success—to spend your life in your own way,” -
Christopher Morley*

Does it ever feel like you just never seem to get ahead? Do you ask yourself why you still seem to come up with nothing, even when you work so hard? Does it seem like you're always struggling just to get by? Even when you receive your weekly pay, the anxiety doesn't go away, and you're still left feeling frustrated and scared.

When most people think about abundance, they think of money and possessions. Abundance to them means a large house, complete with expensive furnishings, a fancy car, maybe a vacation home and a boat. Financial abundance might mean the ability to travel often, to be a part of what used to be known as the 'jet set.'

Some consider money to be a mere symbol, a simple piece of paper, while others see it as a fair exchange for goods and services. We do our job and we're paid those little pieces of paper in exchange. Then we use that money we've earned to purchase the needs of life: food, shelter, transportation, clothing, medicine, vacations, etc.

Unfortunately, some people have projected onto this simple resource their deepest fears and desires. Money takes on a larger image than just the ability to purchase what they need and want.

For some, money becomes the ultimate source of power. People feel they can get anything they want, if they have enough money. You've heard the expression, "money talks." For a great many people, it certainly does talk, it says "goodbye."

Money has been known to cause trouble in families, as well as in long-time friendships. It's a sad fact that oftentimes those you love the most - your dearest friends - are the ones who resent your good fortune the most.

Thanks to a generous group of people, known as philanthropists, their money seems to say, "Let me help you." They use their money, their "power," for the good of others.

For some, money represents a certain security, a feeling of safety. Money stands between them and poverty. It keeps the wolf from the door. This can turn into an obsession however, giving them the feeling that there is never enough to feel safe.

We were taught to put some money away for a rainy day, but the obsessive ones put enough away for a tsunami. They really just need peace of mind, freedom from money worries. Gandhi said, "The world has enough for everyone's needs, but not enough for even a single person's greed."

Then there are the intangibles. Money could mean freedom to be able to do whatever they wish, go wherever they want; they could travel and explore. Money could mean happiness - the ability to get their family whatever they need in life. It buys a comfortable home, puts the children through college, and keeps the family worry-free.

Some might consider a great deal of money a burdensome responsibility. It takes a great deal of time and energy to manage your money well, to make sure you don't invest in something foolish that might deplete your money. Learning to become a good steward takes time and effort, but the advantages are well worth it. It's yet another way you can aid your family.

For others, money is a wonderful opportunity. It's a chance to help yourself and your family live a better life. It feels like an acknowledgment that you're capable of caring for yourself and others in the world. Society smiles on you, the hard worker, approving of how well you take care of yourself and those you love.

These days, more and more people are asking, “What’s the point? I’m working longer and longer hours, yet I never have time to enjoy being with my family. I have many possessions that I’ve worked hard to attain, yet no time to enjoy using them. By the time I get to my two weeks vacation, I’m too tired to have any fun; all I want to do is sleep.”

By the time we get to where society has led us to believe we should be, we simply have to wonder why we were so anxious to get there.

What it all boils down to is not how much we have, but rather how we relate to what we do have. How much is enough? The answer will vary from person to person, depending on what we feel we need and want to have in our lives to make us happy.

Therefore, the real question of Financial Abundance is: what is your relationship to money? Do you control your money, or does your money control you?

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort,” said Franklin D. Roosevelt.

The first step to Financial Abundance is determining what you truly want and need. Does your spending really reflect your values and your goals for your life? Do you find yourself buying just for the sake of buying, or do you buy what adds to your life, what enhances your life?

If the problem in your life is a feeling of having nothing, and needing to spend money to feel better (to get a high), then there truly isn’t enough money in the world to satisfy you. You are experiencing a spiritual void. Try to discover what you are really missing in your life, and use that knowledge to help you fill the void. Money is often not the answer to what appears to be money problems. More on this in the next chapter.

Try keeping a money log for one month; record every penny you spend for each item purchased. Don’t be afraid and don’t lie about your expenditures. The idea here is to determine your values - what you want out of life - and your purchases will tell you exactly that. Also, make a