

**HOW TO  
FILL YOUR LIFE  
WITH  
UNLIMITED ABUNDANCE**

by

**PsiTek**

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**Chapter 1**

**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.

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## Chapter 2

### 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 record of your saving habits. Ask yourself what you're saving for. Is it for a grand getaway, a new car, a vacation vehicle, like a boat maybe, or a motorcycle? Be honest with yourself about why you're spending or saving money.

Once you know and understand what you need and want from your money, it's easy to figure out how much is enough. Now you just need to learn how to draw the natural flow of abundance into your life.

This is where the Law of Attraction comes in. You can actually create your own reality. Whatever you put out in your life is what will come back to you; whatever you focus on is what you'll receive. Many expressions reflect this belief. You reap what you sow; or whatever goes around, comes around. So, be careful what you wish for, you will indeed receive it.

And when it comes to asking, heed the words of Jim Rohn, who said, "Asking is the beginning of receiving. Make sure you don't go to the ocean with a teaspoon. At least take a bucket so the kids won't laugh at you."

Having said all that, let me remind you that just developing a positive attitude is not enough. All the affirmations in the world won't do a bit of good if you don't really believe what you're saying. You can't say outrageous things that you know your subconscious isn't going to believe. Moreover, it certainly isn't as simple as 'wishing on a star.'

It's also not as simple as throwing the desire out to the cosmos, then sitting back and saying, "Okay, I'm ready when you are, let's go!" You can't rush abundance; it comes to you at the proper time, and not a moment sooner.

And don't bother trying to figure out how it's going to come to you. You can't second-guess the universe's attraction program. Patience is a virtue, so now's the time to be patient and see how things will come around for you. Too many people try to second-guess the universe, in effect trying to force

things to happen their way. It's not going to work, not even a little bit. You can't force anything to happen, and things do not occur within your own personal time frame.

By the same token, you shouldn't just throw your desire out into the void, and then hide in your room, hoping your wish will be delivered by FedEx in the next six to eight weeks. While you certainly can't make things happen the way you want them to, you do have to get out there and be prepared for things to come your way.

Opportunity doesn't knock and it doesn't ring the bell. You must be out there in the world, and you must be ready to receive it. Roy H. Williams says, "Opportunity never knocks. It appears, flickering, like faulty neon at a nondescript fork in the road." So, get out there in the world and be available for that abundance to find you. Hang out at that fork in the road. Something or someone interesting is sure to come your way.

This is also where your little 'Doubting Thomas' syndrome could conceivably kick in. You say to yourself, "Well, it hasn't happened before, how do I know it's going to happen now?" or "Hey, I don't believe in magic tricks. I need to know scientifically how this could possibly work."

Just because it hasn't happened before doesn't mean it won't happen now. I know it's hard to believe, but it works. Like the little girl in "Miracle on 34th Street," you must repeat, "I believe, I believe, it's silly, but I believe."

Perhaps it's because of something that happened in your past, or something you were taught; but valid or not, you've come to believe that it's just the way life is and nothing can change it. And because this has been your experience so far in life, it has become one of your core beliefs, and from there it has become your reality. And if you do the same thing, the same way, you are guaranteeing the same results, time after time.

While it's important to be yourself, you may have to challenge your belief system. You do what you do because of a tape that plays constantly in your head. It may have started through well-meaning parents or other guardians. Maybe they didn't want you to be unhappy if things didn't work out as you hoped. They may have been afraid you'd fail or be rejected; and so, in an effort to protect you from disappointment, they may have convinced you that it's useless to even try.

That doesn't mean you have to continue the cycle of these beliefs. You can choose to change your beliefs, which will change the outcome and thereby change your world. Somerset Maugham said, "It's a funny thing about life; if you refuse to accept anything but the best, you very often get it." Always strive for the very best in life.

That brings us to the next problem you may be experiencing. You have no problem believing that good things come to those who deserve to receive blessings. You just don't think you are one of those who deserve the wonderful abundance that's possible. You may even have some deep-rooted misconceptions about money in general that's preventing you from receiving what is rightfully yours.

Maybe you have taken a look at the selfless, good people, like Mother Teresa for example, who lived a life of poverty and service. And you say to yourself, "See, good people just never have any money. It's just not possible to be good, as well as rich."

Would it make you feel guilty to have more than others, as if they deserved it and you didn't? Are you afraid that others will judge you for having wealth, that you might consider yourself better than them? This can happen with friends and families, unfortunately. Often, one person becoming wealthy can change the status quo between family members or friends.

Bad memories attached to the pursuit of abundance, in the form of wealth, might be holding many people back. It is not some memory or a force outside ourselves that keeps us from our dreams. Our own fears are doing a bang up job of keeping us from achieving all that we're capable of in our lifetime.

Often, we tell ourselves that perhaps it was never meant to be. Fear keeps us in our comfort zones because personal and individual growth is too much responsibility, or just plain too scary. Challenging

our beliefs and leaving our comfort zones just seems too risky somehow. Homeostasis, man's tendency to live with existing conditions and his desire to resist change, is reaching epidemic proportions in our world today.

Fear of failure stops many people. They're afraid to even get out there and try, for fear of humiliation and rejection. This can produce serious regrets in your life; because if you don't try, you'll never know for sure if you might have been a roaring success. There's a Jewish proverb that says, "A man who lies flat on the floor will never fall." And while this is true, it also means he'll never move forward, never achieve success, never grow, and never have any fun.

Yet another fear that keeps many people from getting out there and enjoying the abundance they deserve is oddly enough, the exact opposite. They fear succeeding. That's right, they are actually afraid of being a success. Strangely enough, it's usually because they don't want to be expected to do more than they've been doing. If they constantly fail, no one will expect more of them. Their feeling is that the more you succeed, the more others expect you to keep on succeeding. That's more responsibility, more pressure, and more tension in their lives. Somehow, it seems easier to just keep on being mediocre.

One of the problems many people face in their search for the abundant life is the job they do or their career. If you're unhappy with what you do for a living, that creates obstacles to the abundance you deserve.

You begin to focus on the dissatisfaction you feel concerning your job choice. Now your attention is on what you don't want, rather than what you do want. If you start each day by saying, "I hate my job!" then you're focusing on the wrong thing. Worse, you're blocking the flow of abundance in your direction.

Perhaps you start noticing all the things you dislike about that job. There may be difficulties with co-workers, or with your boss. You might not even enjoy the actual work you're doing. You find yourself staring out the window, wishing you were anywhere but where you are. That kind of thinking unfortunately leads to frustration and dissatisfaction. You want to move on; but at the same time, you're afraid to leave. You've run into that same brick wall.

Remember, no one else controls your destiny except you! By remaining stationary, trapped in homeostasis, you are blocked; and the abundance can't reach you. That doesn't mean you run right into your boss's office and quit your job, nor does it mean you tell off your co-workers and get yourself fired. You need to take action, but be sure it's the right course of action.

Look before you leap! Take stock of your situation. Find out what you're really looking for, what you really need, and what you really want out of life. Be specific. Don't say, "I just want to be happy." You need to dig down and discover what it is that makes you happy.

What do you need to do with your life? What is your passion? Michael Korda tells us "Your chances of success are directly proportional to the degree of pleasure you derive from what you do. If you are in a job you hate, face the fact squarely and get out."

Your choice of work may surprise you, but when you discover what you want to do, you will feel an immediate sense of rightness, of relief. If you enjoy what you do for a living, but feel unhappy about your workplace, maybe other changes are in order. Finding a new way to coexist with associates or the boss might be all you need to create a productive work environment. What you'll notice first though, is a sense that the blockage to your abundance has disappeared and the natural flow has returned to your life.

Wallace D. Wattles stated in his book, "The Science of Getting Rich" that there is nothing wrong in wanting to get rich. The desire for riches is really the desire for a richer, fuller and more abundant life and that desire is praiseworthy.

*"All you need is deep within you waiting to unfold and reveal itself. All you have to do is be still and take time to seek for what is within, and you will surely find it."*

*Eileen Caddy*

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### Chapter 3

#### **Mental Abundance - What Mental Blocks Are Holding You Back?**

*"What the mind of man can conceive and believe, it can achieve,"  
Napoleon Hill*

Are you constantly asking yourself why your life seems so hard, so unfulfilling? Do you sometimes wonder if this is all there is? Is there no way to gain control of your life? We've all asked those questions, but where do you find the answers? It's all in your mind, it always has been. You are in control, you just don't realize it.

The more success you wish for, the more abundance you need to enjoy. In order to enjoy more, you must think more abundantly. So, living abundantly must begin in your mind.

It's very important to develop an abundance mentality. There really are enough resources out there for everyone. There will always be enough out there to help you achieve your ultimate goal and still leave plenty for others as well. It's altogether possible that your success could insure the success of others you do business with, making it a win/win scenario for all parties.

A positive attitude is key for an abundant mentality. You see the glass as half-full, rather than half-empty. Instead of seeing nothing but problems, you see solutions and numerous possibilities. Rather than an obstacle in your path, you see the opportunities available to you. 'Can't' is not in your vocabulary and your motto is 'where there's a will, there's a way.'

With this attitude, you begin to realize that the more you give, the more you receive; the more you discover, the more there is to discover. It's a never ending well of abundance. If you need money for something, it appears, in one form or another. If you need people in your life, for whatever reason, they appear. Whatever you need, you find the answers. As Wallace D. Wattles said, "Nature is an inexhaustible storehouse of riches; the supply will never run short."

For many, the opposite mentality seems to be the norm. They are terrified that the supply of money, food, or whatever it is that they need, will run out and they won't be able to obtain any more. Oftentimes, this mentality causes them to hoard items in case of this imagined emergency.

Constant worry about paying bills could be a sign of a 'sense of lack' or a scarcity mentality. They are just certain that their lives will be better as soon as they pay off their bills and start bringing in more money. In this instance, money is not the answer to their problems.

They might also believe that they are not deserving of abundance and that they can't have everything they want. This kind of mentality can even bring about self-sabotage, even as they come near to success.

There have been stories of very odd reactions to impending success. Just as success is almost within their grasp, they experience profuse sweating, nightmares, panic attacks, and even illnesses. At the moment when they should be celebrating a victory, they want to flee in the opposite direction.

Once again, these blocks can be dealt with and even done away with; you just have to challenge your core beliefs and find out why you are keeping yourself from success.

If you've heard the old line about how you have to work hard and suffer through life to get what you want, or that you have to work for others, deny your own dreams and desires, and do what's sensible, stop right there! Push this lie away once and for all.

The way is easy. Decide what you want in your life, as well as what you don't want. Clear away the blocks that stand in your path to abundance and then take action. Dale Carnegie said, "Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit

home and think about it. Go out and get busy.” And Robert Ringer tells us that, “Nothing happens until something moves.”

Your conscious mind tells you that you do indeed want more money; but your subconscious is still telling you how you can't possibly have what you want, based on what it remembers from your past. It's time to override this bad habit and start a new one of reminding yourself of all you can have. Dr. Phil McGraw says you have to behave your way to success.

Remove negativity from your world, and that means in every form. Replace the negative thoughts with positive ones; replace negative people with folks that are more positive. Negativity has an enormous impact on your life. Friends and family might mean well, but you know what they say about the road to hell being paved with good intentions. Fill your mind with positive ideas. Tell yourself you can; never, ever say you can't do something.

“No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit,” said Helen Keller.

Positive thinking takes time to master. You must practice it until you can do it automatically. You may have to offer yourself a reward for positive thinking. People who are by nature positive thinkers don't often consider this because they have something inside them that always pulls them forward to another new thought. Donald Trump said, “Negative isn't on my radar screen.”

Be sure and see things in your world as they are; see each for its truth, its intention, and its influence. Don't wave things off as no big deal. “Undoubtedly, we become what we envisage,” according to Claude M. Bristol.

Whether we realize it or not, we are all creating our own reality every day; with every thought, we change a belief or try to cast that belief in stone. There is creative power in thought, one of the basic energies of our universe. You are constantly visualizing and creating your world. What you think about, you will produce in your life. According to Napoleon Hill, “All the breaks you need in life wait within your imagination. Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth.”

And your subconscious takes all that creative thought, real or not, and uses it to create your own reality. It's essential that you develop a healthy frame of mind. With it, you can be happy, regardless of your circumstances, money or no money. Without it, it won't matter how much money you make or what possessions you acquire; you'll still be miserable all the time. Doris Mortman said, “Until you make peace with who you are, you'll never be content with what you have.”

Developing a healthy frame of mind enables you to feel good about yourself and the world around you. You'll see people and situations more clearly, and will be able to make better decisions and choices.

Dr. Stephen Covey told us that “Effective people are not problem-minded; they are opportunity minded. They feed opportunity and starve problems.” Here again, these kinds of people don't make up their minds immediately that there is no way to resolve a problem. They know that a solution exists, it's just a matter of finding it. They believe there is an answer to everything, a solution to every dilemma.

Keep in mind that it's your thoughts coupled with your emotions that make you capable of obtaining abundance or chasing it away. You want to live a life of true worry-free abundance. Anthony Robbins said, “Put yourself in a state of mind where you say to yourself, ‘Here is an opportunity for me to celebrate like never before, my own power, and my own ability to get myself to do whatever is necessary.’” And Mohammed said, “Riches are not from abundance of worldly goods, but from a contented mind.”

Beware of self-sabotage! I can almost hear you asking indignantly how that could be possible. Of course, you'd never sabotage yourself. You want to succeed, you want to experience that abundance we keep on talking about; you'd never do anything that would get in the way of that natural flow.

But it happens, over and over. You have a great opportunity for a new job, All you have to do is show up for the interview and charm them. Yet you delay, and show up thirty minutes late for the interview. All the charm in the world won't help you now. They consider you irresponsible. All you had to do was be punctual. You don't even have an excuse for your tardiness; you just didn't have your act together.

And so, you sabotaged yourself. That niggling little voice in your head told you it wouldn't make any difference, you wouldn't get the job anyway, so what did it matter if you were on time? You even rationalized that you probably couldn't have handled that job anyway, why were you thinking of even applying for it?

How many times have you agreed to a particular project, only to continually delay it or to reprioritize your life, to put as many obstacles in the path of that project as you could find?

We're all guilty of self-sabotage at one time or another. Recognizing that you're doing it and then working to change that habit is the next step. Stop putting so many obstacles in your path; get yourself out of the comfort zone and try new things. Napoleon Hill told us, "If you do not conquer self, you will be conquered by self."

While your thoughts are powerful, so are your words. Listen to yourself speak in the course of your day; record yourself if necessary. Watch out for negative thoughts turning into negative words, spewing from your mouth. Curb the impulse to speak the first words you think of, in any given situation.

Most of us are more careful in social and business situations regarding how we phrase our thoughts and express ourselves. It's important to be just as careful with our families and friends. Words are powerful; they can heal or they can hurt. Negative thoughts allowed to escape from our mouths can damage a relationship, hurt feelings, even cause life-long scarring in our children. Dr. Phil McGraw said it takes a thousand 'atta boys' to make up for one 'you're worthless' kind of comment.

It's just as important not to listen to negative thoughts and words from other people in your life, either. Friends and family might mean well, but the negativity is damaging to your self-esteem, and once again, can cause a blockage in the natural abundant flow. They might not even be aware that they are using negativity; many think they are simply being realistic and passing on their wisdom to you.

Promise yourself that you will learn new words that will help you and others each day. Be positive, not negative in your responses to others. Make a commitment to personal growth in this area of your life, so that you may help someone else to grow as well. Be a good example to others.

The knowledge that thoughts are powerful and can affect our lives is an idea contained in many books, one of which is "The Science of Getting Rich" by Wallace D. Wattles.

While the short book contains much of interest to those committed to obtaining abundance, these are the three most important principles contained in his book :

1. There is thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.
2. A thought in this substance produces the thing that is imaged by the thought.
3. A person can form things in his thought, and by impressing his thought upon formless substance, can cause the thing he thinks about to be created.

Mr. Wattles went on to say that, "A person is a thinking center and can originate thought. All the forms that a person fashions with his hands must first exist in his thoughts. He cannot shape a thing until he has thought that thing." Thoughts are powerful tools in the quest for abundance.

*"If your everyday life seems poor, don't blame it; blame yourself; admit to yourself that you are not enough of a poet to call forth its riches; because for the creator there is no poverty and no poor indifferent places"*

*Rainier Maria Rilke*

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## Chapter 4

### Emotional Abundance - Happiness, Love, and Harmony

*“Doing what you love is the cornerstone of having abundance in your life.”*

*Dr. Wayne Dyer*

Dr. Stephen Covey told us that, “Every human has four endowments -- self-awareness, conscience, independent will, and creative imagination. These give us the ultimate human freedom...the power to choose, to respond, and to change.”

As we learned in the last chapter, it's thoughts that can help us change our world and our lives. Thoughts coupled with our human emotions pack an even greater punch when it comes to challenging our beliefs and changing our lives.

When it comes to money, for example, it's not really about what money you have, or wish you had, it's really more about how you feel about the money. Prosperity is a real hot button issue for many of us. Dale Carnegie said it best, “Success is getting what you want. Happiness is wanting what you have.”

Emotions about our choices in life concerning money present us with a real challenge when it comes to realizing our capability for abundance. There are emotions that can block the abundance from flowing in our direction. Fear, worry and anger, along with resentment, jealousy, self-pity and envy are all dangerous emotions that will positively shut off the flow of abundance to your life.

While negative emotions can be helpful in life-threatening situations, aiding in our survival, it can seriously impact our lives when used inappropriately. You need that fear to tell you to run away or that anger to save a loved one, but when applied in the normal course of events, these negative emotions can be detrimental to your health, or even the health of others. It's most assuredly detrimental to the flow of abundance in your life.

Eliminating these debilitating emotions, and showing forgiveness for yourself, as well as for others in your life, will re-establish the abundant flow back into your world. In the previous chapter, we talked about ridding yourself of negative thoughts and replacing them with positive ones.

And here, you must rid yourself of all negative emotions; push aside the pettiness and resentment, the fear, anger, and worry. Depression and doubt are extremely harmful to your body and your mind, and must be dealt with quickly and replaced with more positive emotions, before they can cause physical or mental illness. Jealousy, envy, and resentment hurt you as well as others and block the flow of abundance in your direction.

There is an Indian story of an old man and his grandson. The old man says to his grandson, “I have two tigers caged within me. One is love and compassion. The other is fear and anger.”

“Which one will win, Grandfather?” the boy asked.

The grandfather replied, “The one I choose to feed.”

Replace these negative emotions with positive reinforcement. Let your passions move you to show joy, happiness, and delight in everything you do in and everything you say. Words you speak to others, if based on negative emotions, can cause serious emotional scarring. Positive words will allow the abundance to flow naturally to you and to others in your little corner of the world.

Positive emotions such as love, happiness, peace, joy, and courage enhance our lives, give us energy, help us solve problems, and increase the happiness factor in our personal relationships. People with positive outlooks are more likely to be proactive in both their personal lives, as well as their professional lives. Having a more positive outlook seems to make it easier for them to make long and short-term plans for their lives.

You've probably noticed that optimistic people are just easier and more fun to be with than pessimists are. Their entire outlook on life is just more positive, upbeat, and happier. They don't constantly complain, moan, and groan about life. If they're not happy with their lives, they take some kind of action to change it. Optimists are very seldom depressed about conditions in their lives. They'd much rather search around and find a solution than be upset and depressed about the problem.

Pessimistic people, on the other hand, tend to look on life as just one more problem to solve. They don't spend a lot of time making plans, or setting goals. They just don't seem to see the point in the whole thing. Their experience tells them that it will all just fall apart eventually anyway, so why bother? Negative emotions literally sap the energy from them, leaving them unwilling or even incapable of taking action. No action equals no resolution; once again, they've managed to create a continuing destiny of failure.

Positive thinking leads to an upward turn of events, while negative thinking pulls you down into a spiral, from which it is very difficult to bounce back. Positive and negative reactions can also affect your physical health. More about that in the next chapter.

If you constantly look for the good in any situation you find yourself in, it will soon become a personal habit, influencing your life and even that of others you meet along the way.

"Look for the good in every person and every situation. You'll almost always find it," said Brian Tracy

Part of this positive flow is the ability to receive as well as to give to others. Allow them to send positive emotion in your direction too. Abundant emotional flow is a matter of give and take, back and forth. It flows from one person to another, and back again.

Another block to the flow of abundance is the mistaken belief that there simply isn't enough to go around. Believe me, there is enough in our universe for everyone. There's enough money, happiness, joy, delight, work, and relaxation for absolutely everyone. There is no end to abundance. The universe is constantly creating more of what we all need, all the time. When you allow the abundance to flow freely, you naturally attract everything you need, whether it's money, people, or help in any way.

You must also give yourself permission to have what you want. You are entitled to be happy and to live in abundance. Many times you might feel you don't deserve it, or aren't worthy in some way of having all that you want and need.

Perhaps you feel it would be greedy to want it. Learn to be kind to yourself. Give yourself permission to be happy and fulfilled. It isn't greed to want to better your own life and the lives of others.

You may not realize it, but you already have a great abundance in your life. Count your friends and family members as the blessings they are. Think about the contentment you feel at the end of the day. You've worked hard and have been highly productive. That's a very satisfying feeling. Consider how fortunate you are when it comes to your life.

Forget about making that list of woes or things you might be upset about. Just think about the abundance in your life already. Some days, it might be more difficult to find things to be happy about or grateful for; you may have to look for some very small things in your life, such as when the sun is shining, your car starts without a problem, and the traffic is not as heavy as usual. How about being grateful and happy that you have a car and a chance to get out into that sunshine?

Your life is of your own design; you create it with every thought, every emotion. That's your reality. You recognize it as yours. It reflects exactly what you think, what you believe to be true, and what you understand to be real. Everything you have, everything you are, you called to yourself and created yourself. "And the day came when the risk it took to remain tight in the bud was more painful than the risk it took to blossom," said Anais Nin.

Whatever thought you concentrate on, that will become a reality. Belief makes it appear even more quickly. Once you've turned your attention to a desire, it's as good as yours. You will create it. "Not what we have, but what we enjoy, constitutes our abundance," said Epicurus

As humans, we have a tendency to associate some emotions to certain events in our past, and we allow those emotions to dictate our actions. Our likes and dislikes are associated directly with our emotions.

It's important that we tend to our emotional health. Being self-aware is essential to our continued well-being, but emotions can cause us to act more impulsively than what is good for us. That's why it's important to set certain standards for ourselves, for what we'll accept. Anthony Robbins said, "If you don't set a baseline standard for what you'll accept in your life, you'll find it's easy to slip into behaviors and attitudes or a quality of life that's far below what you deserve."

There are many fears that human beings face. Some of these are:

- Fear of failure
- Fear of rejection
- Fear of being alone
- Fear of going broke
- Fear of success
- Fear of regret.

One of the most important human emotions is that of courage. It takes a great deal of courage to face your own fears and lay claim to what you know you deserve. Dorothy Thompson told us, "Only when we are no longer afraid do we begin to live." And that "Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow."

In order to be courageous, you must face your fears. This is very difficult for many people. It's so much easier to simply avoid the fear. The trouble lies in the fact that the more often you avoid a fear, rather than facing it, the more likely you will continue this avoidance behavior in the future, and probably for the rest of your life. Over time, this avoidance will spread out to all areas of your life, with your subconscious reinforcing all your fears.

Ambrose Redmoon told us that "Courage is not the absence of fear, but rather judgment that something else is more important than fear." So, we must make our lives, our personal growth, and happiness more important than the fear that holds us back.

In time, you'll realize that you've let your fears rule your entire life, which has predictably grown smaller and smaller, with fewer and fewer changes as the years go by. Anais Nin told us, "Life shrinks or expands in proportion to one's courage." If fears rule your life, then eventually, you'll discover that there is nothing new in your life, that you haven't grown and developed, and all you've done is just to avoid the fears along with everything you've associated with those fears.

If you face that fear and work through it, you reduce it immediately. Avoidance causes the fear to grow out of proportion, but facing that fear causes it to shrink down to manageable size. "Courage," John Wayne once said, "is being afraid, but saddling up anyway."

Developing your own courage shows a great deal of character and personal growth. Helen Keller was right when she said, "Character cannot be developed in peace and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

We learn more through adversity than through triumph. That's where courage is tested and character is born. Mark Twain told us, "Courage is resistance to fear, mastery of fear, not absence of fear."

Being resistant to fear, and eventually mastering that fear, can change your life. It can get you out of your comfort zone and make you feel powerful. You then have an abundance of courage.

What most of us are searching for constantly is security. It might be financial security or emotional security, but according to Helen Keller, "Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than

outright exposure. Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.”

And with everyone telling you to just accept your lot in life, make the best of things, play it safe, how can you find your way to personal growth and development? These well-meaning people tell you that you should keep that stable job (even if it doesn't begin to fulfill you in any valuable way). They ask why you should even buck the system. “Go with the flow,” they continue to say, “don't rock the boat, and don't take any risks.”

It takes a great amount of courage to deal with these naysayers, to take the risks that will allow that abundance to flow in your direction.

Into everyone's life, there will flow positive situations and negative ones. There will be happiness, as well as sadness; danger, as well as serenity. Sometimes, it may feel as if your life is one crisis after another, testing your fortitude on an almost daily basis.

The Chinese have a word for “crisis” which contains the characters for both “danger” and “opportunity.” That's what you must look for in each situation or in every crisis that you face - the opportunity that it presents.

In the midst of a crisis situation, it may not be clear just what that opportunity might be; but if you consider it long and hard, it will show itself. “It's not the crises that occur in our lives that shape our destinies; it's how we cope with those crises, what decisions we make, what choices we make that shape who and what we become,” said Alanna Parke Kvale

You've heard the Latin phrase, ‘carpe diem.’ It means ‘seize the day.’ Grab the opportunity; don't let it pass you by. You must live your life to the fullest, make each day count, and maximize the quality of your life. Remember, this is not a dress rehearsal; this is real life. Boris Pasternak said, “Man is born to live and not to prepare to live.”

What would you do if you could dispense with your fear? What would you want to accomplish? Would you travel extensively? Start your own business? Learn to paint or sculpt, or play the piano? If fear was not a word in your vocabulary, what would you do with your life?

*“Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives.”*

*Anthony Robbins.*

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## **Chapter 5**

### **Abundant Physical Health - Physician, Heal Thyself**

*“Look to your health; value it next to a good conscience; for health is the second blessing we mortals are capable of; a blessing that money can't buy.”*

*Izaak Walton*

Most of us would consider good health as simply an absence of disease or sickness, but it goes much deeper than that. Abundant health affects more than just your body. Without good physical health, the rest of you is affected as well. Your mind, your spirit, your emotional health, everything about you, everything that makes you “you” comes under the gun.

Illness causes your body to ache, or grow feverish. It diminishes your strength and vitality. But it can also cause you to feel depressed, fearful, and hopeless. The longer an illness lasts, the more damage it does to every single part of your body and mind. An illness that lasts for more than just a few days, can seriously affect your entire life.

This might yet be another fear you could have in your life – the fear of acquiring illnesses that last for long periods of time. What would you do if you have to spend weeks or even months in the hospital?

Here again, as with all other areas of abundance we've discussed, you must focus on what you want, not on what you don't want. All that you've learned about abundance can be applied here as well.

So, let's start over. You wake up in the morning filled with abundant health. Maybe you haven't felt this good in years. But this morning, you feel especially wonderful, because you've been learning about having a more abundant life. You've discovered how to draw abundance to your life like a magnet. You're completely focused on exactly what you want in all areas of your life.

Your financial life is on the mend; you feel happy, contented, and totally fulfilled. Even your relationships are blossoming. With things on a more even keel, you're sleeping like a baby these days, and awakening with zip and vitality, ready for anything your day throws at you.

Let's take the opposite case.

Maybe you had been experiencing some health problems. Your doctor told you stress was causing a possible stomach ulcer, not to mention those headaches every day due to tension at the office and at home. You just kept telling yourself that stress happens, that it happens to everyone, and that it's just part of life. Why should you be any different? And you handled it as well as the next person.

Except you didn't handle it well. You were developing ulcer, killer headaches, and insomnia; and you were getting more irritable by the day. Everyone around you noticed it and was affected by it too.

Then you learned about abundant living and how it could benefit you. You learned how to make all areas of your life work together in harmony, just by letting the abundance come to you naturally. You realized that you had literally been chasing that abundance away by your thoughts, your emotions, and your actions, or lack thereof.

When you begin to allow the abundance that's all around you to flow into your life, it starts a chain reaction. You focus on what you want and need, and it comes to you quickly. This causes you to relax just a little bit; a little of that tension leaves your mind and body. You begin to breathe easier, which allows more abundance to flow towards you. Things in your life start to ease up and even out. You have a need, so you focus on that need, allowing the abundance to flow even faster. There's no need to worry about things. You've learned that it's your thoughts and emotions that create your world. And it's begun to happen, on a daily basis. You see the changes with your own eyes, and all because you made it happen.

So, now that you know how worry, tension, and stress can affect your body and mind, you've decided to start taking better care of your health. And you've heard all the fitness gurus, doctors, nutritionists, and everybody else telling you what you need to do to ensure your continued good health. What do you do next? Who do you listen to?

Start by getting a simple physical examination, to make sure you don't have health issues that need to be addressed - perhaps something you're unaware of that's going on in your body. Listen to your health care provider, but also listen to your body. Pay attention to its needs.

Are you eating everything in sight, then popping antacid tablets like candy? Maybe your stomach is trying to tell you it needs a different lifestyle. Eat good, solid foods, like fruits, vegetables, and whole grains. Eat lesser quantities, but more often. Like constant stress, improper nutrition can be the cause of less than optimum health.

Drink lots of water to keep your body properly hydrated. Stay away from alcohol and sodas. Stop smoking and get some daily exercise.

You've heard all this before, but told yourself you just didn't have time to exercise. You're such a busy person. Besides, you really, really hate to exercise. And cooking was too much trouble, it was so much easier to run by the nearest fast food restaurant. Meals were crammed in between meetings or social events. "No big deal," you told yourself, until you started feeling so fatigued, so bloated, so out of sorts, so run down, and just generally awful every day.

Once again, you were focused on what you didn't really want, instead of what you did want, which was abundant good health. Thomas Jefferson told us that, "Health, learning, and virtue will ensure your happiness; they will give you a quiet conscience, private esteem, and public honor."

As for the exercise, a few minutes a day aren't that hard to schedule. Give up watching half hour of news; instead, go outside and take a walk. You don't have to join a gym, buy thousands of dollars worth of equipment, or invest in videos or DVDs of fitness programs. Walking is something just about anybody can work in to the day. It's low impact, so there's a very low risk of injury in just walking. Walk in the park or just around the block. What's important is that you get active at least a few minutes a day. As you become more fit, you might feel compelled to add more activity. Try tennis or bowling; it's even more fun to exercise with a friend.

What seems to stymie most of us is that one physical health problem seems to set off another, and another, in a domino effect. You're stressed at work and/or at home, working hard, not eating properly, which then affects your sleep patterns. Now you're experiencing insomnia and possibly even other sleep disorders. So, now you're exhausted from loss of sleep, and still working hard. Your nutrition has gone down the drain as well, causing constant fatigue.

You can also feel your irritation growing day by day. Everything makes you angry; nothing is going right. The stress and tension continue to build up. The stress makes your stomach hurt. Your head pounds every day and you're in great danger of blowing your top.

Stop right there. Take a deep breath and remember the abundance training we've been talking about. Remind yourself that your thoughts and emotions create your world. Is this the world you want to live in? Of course not!

It would be impossible to completely remove all stress and tension from your world overnight. It simply can't be done, much as we'd all like that. But by focusing on what's important, you can pull yourself back to the state of mind you need to allow that abundance to flow towards you once again. "Good health and good sense are two of life's greatest blessings," said Publius Syrus. Your good sense tells you that you must bring yourself back to the flow before the stress and tension can cause more serious health problems. And don't be fooled, extreme stress over long periods of time can and will adversely affect your health.

Become proactive right now. Before another moment goes by, make up your mind to do something to protect your overall health. Let the natural flow of abundance reach you. Locate and dispense with whatever is causing the flow to be blocked. Whether it's financial, emotional, mental or physical, discover what's keeping that flow from reaching you. Then take action. Thomas Jefferson said, "Exercise and application produces order in our affairs, health of body, cheerfulness of mind, and these make us precious to our friends."

*"Health is my expected heaven."  
John Keats*

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## **Chapter 6**

### **Spiritual Abundance - Finding Your Spiritual Sense of Purpose**

*"There is an inner world; and a spiritual faculty of discerning it with absolute clearness, nay, with the most minute and brilliant distinctness. But it is part of our earthly lot that it is the outer world, in which we are encased, which is the lever that brings that spiritual faculty into play."*

*E.T.A.W. Hoffmann*

First of all, let me explain that we are not talking about religion in this chapter; yet we all have our spiritual side. We care about each other; we care about our families, our society, our community, and our world. We're all connected in many ways. That's pretty darn spiritual. We have a certain responsibility to our families, our society, our community, and our world.

Joseph Campbell said, "What we are seeking is...the rapture of being alive." Perhaps that's it - we seek rapturous living. In our quest for abundance, we must believe in our own spirituality, our connection to every other living creature on the planet and our responsibility to each other.

As we go along this path towards that rapturous living, we have many ways to connect with each other and help each other. That's part of the spiritual lifestyle; many things and people will cross your path in the search for spiritual abundance. There are no coincidences and no accidents; everything happens for a reason. Everyone has a purpose on this planet, whether you realize it or not, believe it or not. Learning to look for that reason is part of the spirituality of human life.

In order to let that abundance flow towards you and resist blocking that flow, your passions have to be considered. You must enjoy what you do, and be passionate about what you do as a vocation. It should be something that delights your soul. When you allow that passion to surface, you'll find that the universe moves in your direction to help you in your quest.

When you're doing something that you love to do, the abundance has no blocks in its way towards you. As you radiate delight and joy in what you're doing outwards, the universe and abundance radiates back to you. It's part of the Law of Reciprocity.

The Law of Reciprocity is simple. Whatever you give out to the world, you will receive back. In essence, it's the Golden Rule - do unto others what you would like others do unto you. Try it for yourself. The next time you're out shopping and running errands, smile at someone and say thank you. Ninety-nine percent of the time, you will receive a smile in return, as well as a heartfelt 'you're welcome.' That's a very simple example of the Law of Reciprocity.

That's not to say that whatever you put outwards will always come back to you immediately. Sometimes, it takes a bit longer, but you will receive it back. It's a given; you can take that to the spiritual bank. What you give out should be considered a gift. What should we do with this gift? Mother Teresa said, "Give your hands to serve and your hearts to love."

The Law of Reciprocity is a blessing you give away and yet find is given back to you tenfold. In his book, "The Science of Getting Rich," Wallace D. Wattles said, "you do not have to get something for nothing, but can give to every person more than you take from him."

Brian Tracy also told us that "the more credit you give away, the more will come back to you. The more you help others, the more they will want to help you." And according to Jim Rohn, we must "learn to help people with more than just their jobs; help them with their lives." Even Albert Schweitzer said, "every person I have known who has been truly happy, has learned how to serve others." So, it's true that the Law of Reciprocity or giving back to our world is an essential element of abundance.

One way to work along with the Law of Reciprocity is to volunteer. You might ask where you would be most useful. How about a senior citizen home? Not everyone has a family that comes to visit; and those folks would be grateful for your thoughtfulness. Just taking the time to play chess with someone, or read a newspaper to someone with failing eyesight, or even just sitting and chatting with a lonely person, could well make the day a little brighter for these people. Knowing they haven't been forgotten is a blessing to them.

You could volunteer at the library and read to little children. Helping them with their reading lessons and showing them that you care could well make a huge difference in the molding of a young person's compassion for others.

Volunteering at your local hospital is a wonderful way to give back to your community. Visiting the sick is a worthwhile way to spend your free time and show the Law of Reciprocity in action. And while you're helping others, you're also expanding your horizons, learning new things such as other people's cultures.

Abundance actually starts with you, inside you, not outside yourself. You send it out into the world. In this way, you are increasing your own inner abundance by sharing it with others. It will be returned to you when you least expect it. As you practice this, you'll discover you've opened a window, letting in

amazing possibilities for yourself and others. The more you share, the larger your world will be, with more options than you have ever dreamed could possibly exist.

Another element of abundance, possibly the most important element, is a sense of gratitude. Without gratitude for what you receive, you will end up blocking yourself once again from the natural flow of abundance. There is energy in the universe, one that shows us the give and take of that natural flow. Your mind and heart need to be in harmony with that energy to truly enjoy abundance in your life.

Gratitude is necessary to keep your mind aligned with the thought that the supply of abundance is unlimited. It's very easy to slip into the mindset of scarcity or lack, rather than abundance; so endeavor to prevent it from happening. The moment you feel yourself slipping back into the abundance mindset, say thank you out loud, for all that you've received and all that you are yet to receive.

It's a good idea too, to sit down and write out all the blessings you are grateful for in your life. When you are feeling down, it is an especially good time to remind yourself of all you have, instead of constantly thinking of all you feel you don't have. Many people write in "gratitude journals" and record daily all that they are grateful for in their lives.

"Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow," said Melody Beattie

We all want to progress forward, better ourselves, make better lives for our families, and grow as citizens of this planet. Brian Tracy told us to "develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

Simply put, you give, you get back. That's not to say that you should perform some act of kindness simply to receive something in return. It doesn't work that way. It must be given freely, with no thought of repayment. You might also know this principle as 'pay it forward.' You give to others, possibly because someone else gave to you. Keep it going, keep the abundance flowing outward, and it will always return to you.

The most powerful element of constant gratitude is the way it prevents you from slipping back into dissatisfied thoughts - the thoughts of scarcity and lack. Another way to avoid this slippage is to stop drifting into the past or worrying about the future. "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment," said Buddha.

The past is over; you can't change anything that has happened before. Going over past mistakes or regrets is pointless, futile, and definitely a waste of time, energy, and emotion. Avoid the pitfalls of the "should've, could've, or would've" mindsets. Mistakes of the past are only important as long as you've learned from them. You can't go back and change anything that happened.

Equally pointless and futile is trying to foresee the future and worrying about what will happen in the years to come. That's not to say that you shouldn't make a few plans; just don't carve them in stone. You may have to go to Plan B occasionally. It's like they say: the past is over, the future isn't known yet, it's today that's important, that's why it's called the "present." The fighter, Joe E. Lewis said, "You only live once; but if you work it right, once is enough."

"It's only when we truly know and understand that we have a limited time on earth and that we have no way of knowing when our time is up, that we will begin to live each day to the fullest, as if it was the only one we had," said Elizabeth Kubler Ross

You've heard people say that we just need to have faith so that everything will be fine, or commiserate that someone seems to have lost their faith. Eric Butterworth told us, "there is no such thing as a lack of faith. We all have plenty of faith; it's just that we have faith in the wrong things. We have faith in what can't be done rather than what can be done. We have faith in lack rather than abundance, but there is no lack of faith. Faith is a law."

One of the important things you can do to prepare for abundance to come your way is to clean your house, literally and figuratively. You must re-evaluate what's important in your life. Get rid of unnecessary mental clutter that keeps new thoughts and opinions from being able to enter your mind. Get rid of old bad habits, those that keep you in the scarcity mentality; and then make way for new good habits, those thoughts and emotions that are drawing abundance into your life, rather than chasing it away.

Stop procrastinating! Never put off until tomorrow what you can do today. We've all heard that one before, haven't we? It may be a cliché, but it's still true. We do tend to think that tomorrow will be a much better day to start changing our lives. That's just fear talking. If you stop putting it off and jump on it right now, if you get started immediately, then tomorrow will seem a little brighter, a little more hopeful and full of promises.

Remember that facing the fear of change will make an immediate change in and of itself. It will become smaller and more easily managed. The longer you put it off, the larger and more menacing it becomes. Then you can pat yourself on the back for having conquered the beast; and that will do something for your self-esteem. "Finding out who you are is not simple. It takes a lot of hard work and courage to get to know who you are and what you want," said Sue Bender.

The biggest blockage keeping abundance from your life is clutter. That's right, I said 'clutter.' Look around you right now. Can you see some ruined furniture, stained clothing, the dented bits and pieces that make up your home? The more junk you have surrounding you, the less room you have in your life for the good things.

Replace that ruined mess with pieces of beauty that fuel your soul, with the necessities of life that make you comfortable, with the music that thrills your heart and makes you smile. You must clean out the old and ugly in order to make room for the new and beautiful.

When you decide to clean out your life, start by cleaning out your closets. You know that tastes or interests change; and even something that you enjoyed years ago might not be your taste now. Look back at the clothes you wore ten years ago. Maybe skirts were shorter then; maybe the neckties were wider. Can you honestly see yourself wearing any of that stuff now?

Of course not; you've grown as a person. You don't like the same things you did ten years ago. That's perfectly normal; all people change whether they realize it or not. So why do we hang on to things from our past? Is it as simple as thinking that one day we'll wear those clothes again? The style might return, but let's be honest and admit that we are never going to look the same in those garments as we once did. Are we afraid of letting go of the past? That's a real possibility; many people are. Maybe it's a memento of things that once were. If it's a good memory, why not hang onto it? If it's a painful one, time to let go of the pain and move on.

Now, it's only fair that we discuss the "pack rats." I'm not talking about keeping a few mementos of the past. I'm talking about the full out, no beating around the bush "hoarders." They don't hang on to a few items; they hang on to everything, and I do mean everything! They have garages full of stuffs, closets full of stuffs, boxes of stuffs, stuffs stacked on tables, piled in corners, and taking up every inch of space in their homes.

Have you ever really looked into the face of "pack rats?" They may tell you that they need all these stuffs, that they're all necessary and useful. Who knows when they might need them some day, they argue. But look closely and you'll see their faces say otherwise. There's pain, confusion, and a horrible burden. They are so weighed down by the crushing responsibility of having all these stuffs that they are miserable. They're embarrassed to have anyone over to see such a mess. There's no room to move; they'd have to go outside to turn around. Edna Ferber said, "Perhaps too much of everything is as bad as too little."

And it's not just the "pack rats" that suffer, but everyone else around them. Everyone who lives with them feels the burden too. There's no space left to move around; and most importantly, it's getting in the way of comfortable living.

The first move is to get help for the poor “pack rats.” Convince them of the necessity of clearing out their lives, starting with their homes. Then help them clean them all out. Either throw them out, or give them away to someone who can make use of whatever they are. Repair what needs fixing.

What criteria should “pack rats” follow to decide what goes and what stays? It’s simple really. Anything that’s really useful right now (not those that might be handy some day) should stay. If they can’t find a use for a stuff right this minute, then they should get rid of it. And they should keep it if they find the item truly beautiful to them; not someone else’s idea of beauty, but theirs. So if it’s honestly useful right now or truly beautiful to them, it stays. Otherwise, load it up and get rid of it. “Have nothing in your home that you do not know to be useful and believe to be beautiful,” said William Morris.

Now maybe you’re asking, “What does a house clear of unnecessary clutter got to do with Abundance?” It’s simple. Until you clear out the clutter, the broken, worn-out, stained old junk from your life, how can Abundance find you? There is no room for it until you clean your house - mentally, emotionally, and physically.

When your home is cleared of the clutter, then you can bring in what fuels your soul, delights your mind, and thrills your heart. Bring in the meaningful objects, the truly beautiful pieces. Add wonderful movies, music, books, and art. And when you’re finally done with the purging and the beautifying, you’ll be able to enter your dwelling, and think to yourself, “Ah, I’m home!”

It’s important that you decide what you want in your life, according to your own personal values, then make a decision to take action regarding those values. By living simply, you invite Abundance into your life. As long as your home and your mind are cluttered with junk, there is no room for the flow of Abundance. Simplify your life. Albert Einstein said, “Out of clutter, find simplicity.”

Not only will you begin to feel better about yourself, it will start to show in everything you do. It will show in how you interact with family and friends. You’ll be more relaxed, happier, less stressed, and much relieved in your heart and in your mind (not to mention your closets). Congratulations, the blockage is gone. Hold onto your seat, here comes Abundance!

*“Simplicity is an acquired taste. Mankind, left free, instinctively complicates life.”*  
Katharine Fullerton Gerould.

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## Chapter 7

### Abundant Dreams - Dream A Little Dream With Me

*“Dreams come true; without that possibility, nature would not incite us to have them.”*  
John Updike

Before we talk about your goals and dreams, let me ask you some questions. What is it that you’ve always wanted to do with your life? What is the most important thing that you want to experience? What have you always wanted to try or learn?

These are important questions, which must be answered before you can move forward. You wouldn’t start a long road trip without plans and a map, right? Well, this journey is even more important. Rainier Maria Rilke said, “There is only one journey - going inside yourself.”

This is the journey to discover your dreams, your goals, and your plans for what you really want out of life. Robert Browning told us, “Our aspirations are our possibilities.” So, what are your aspirations? What are your dreams in life? Until you discover what that is and take the necessary action, your life will be out of alignment. Work with your inner passions and the Abundance that flows will attract the situations, people, and/or money to make that dream a reality.

Before you set about making that dream a reality, ask yourself if this is truly your dream, and yours alone. You can’t fulfill the dream of your father, or your mother, or anyone else’s. It must be yours and

only yours. You must listen to your own heart and not be pushed, even by those with good intentions, into a life decision that doesn't fit in with that dream. There are enough regrets in life; and if you take action on someone else's idea of what your dream should be, you'll always regret it.

Are you sure this is what you truly want to do with your life? When you wake in the morning, do you drag yourself out of bed, dreading the day's work, or do you leap out of bed, eager to get started on that day's tasks? Do you say, "Good morning, God!" or do you say, "Good God, morning!" Your own true passion and only true passion will fuel you each day and make you eager to get started.

Do you feel that fear might be holding you back from having this dream? Do you feel that maybe you don't deserve it? Do you feel guilty about enjoying your dream, when you could be giving to others? You can't give to others from an empty cup. If you've ever flown with small children or babies, you may remember that the instructions the flight hostess gave for emergency situations is to put the oxygen mask on your own face first before putting them on your children. If you give it to your children first, you could die, leaving those children without their parent.

Don't be afraid of achieving your goal, of making that dream a reality. People often feel that they just can't have what they want, or that they somehow don't deserve the dream. Unfortunately, they often just bury the dream, shoving it way down in their consciousness. They figure that if they don't think about it, it won't hurt as much. They may even try to forget they ever had a dream.

Realization of your dream threatens everything you know, your whole life, and your belief system. You may have been unhappy with the old life, but it was familiar; you understood it. Don't let your dream be life-threatening. Embrace the new thinking, the new belief system. Don't be afraid of it.

You have every right to listen to your heart. By going with your passion and your dream, you are fulfilling an obligation. Only you can perform that particular task and make that specific contribution to the world. This is what you were meant to do with your life; this is your job on the planet.

So now you're positive that this is the dream of your heart. This is what you want to do with your life. This is your contribution to family, society, community, and the world. There's no doubt in your mind. How will this make you feel? Imagine that you've accomplished your goal, and your dream is in place. How do you feel about it? If your answer is, "I couldn't be more thrilled! This is the most exciting thing that's ever happened to me!" then you are living your dream.

If you knew today that your dream would come true in the very near future, what would you do? What would you do differently in your life right now? How would you approach that Abundance coming your way? If things are going your way, how do you think your family and friends will react? Will they be supportive or critical? Will they back you all the way, or try to discourage you and tear you down? What do you expect of them?

Your passion must be strong enough to withstand even the criticisms of loved ones. It must withstand their well-intentioned discouragement without falling apart. Then, you will know the dream is valid; the passion is real and unstoppable.

Now what do you plan to do with this unstoppable passion and dream? Let your mind take you wherever it will. This is important dreaming. How will this change your life?

It's important that you take whatever steps are necessary to move forward with this dream today. Even if it's just a small step, you must start now, today. Remember, action is vital. Don't put it off; don't let procrastination keep you from your dream. Set up whatever is necessary to kick this dream into overdrive and go for it! Don't miss a single opportunity that might aid you in making this dream a reality.

Keep up the momentum, don't let a day go by without making some move forward, anything that will move you forward, even just a little. If the dream is especially big, maybe you can break it down into smaller projects and do them a little at a time. Large dreams can be intimidating, unless you break them into smaller, doable chunks. Let yourself enjoy each step you take, knowing you're getting closer and closer to the ultimate goal. Start thinking of that goal in all caps--THE DREAM! Make it an event every day, make it happen.

Is this what you really need to be happy? Think of how your future will play out if you don't make this dream a reality. Now, return to the image as you want it to be. Does it make you happy? Then you have to go for it. Eric Fromm said, "Creativity requires the courage to let go of certainties."

"Whatever you can do or dream, you can begin it. Boldness has genius, power, and magic in it," said W. N. Murray

Finally, don't forget to add a gift for yourself each day. Add the gift of time - time just for you and time to spend with yourself. When everyone is down for the night, and the house is quiet, tiptoe into the kitchen, and make yourself a cup of chamomile tea. Sit down and put your feet up. Then put on some soft music (use the headset, so as not to wake anyone), close your eyes, and visualize your dream. Think about it in detail, exactly how you would like it to unfold in your life. Don't think in generalities; be specific.

If your dream is a home, design it in your mind, one detail at a time. Design it from the layout of the rooms to the color of the sofa cushions. Add everything to each room exactly as you'd like to see it in reality. If your dream is a job or career, imagine yourself doing that job, or having that particular career. See yourself working each day, enjoying that work. See yourself moving forward step-by-step, up the ladder of success.

Whatever your personal dream happens to be, give yourself the time alone to think and build that dream in your mind. Visualizing that dream, putting it out there in the universe, is the first step to realizing that dream. See it in your mind, build it bit by bit, until it is so real to you that you almost feel you can reach out and touch it.

Many people find it helpful to write down their dreams, or even make sketches, depending on the dream itself. Call this your creative journal. Anything will do: notebooks, sketchpads, or whatever is handy. Look at it everyday; add to it as the dream becomes more vivid in your mind.

Look through magazines and find pictures that help to develop your dream, whatever it is. You can keep these pictures in your creative journal, along with the sketches and notes.

Anthony Robbins told us, "I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret."

*"Your diamonds are not in far distant mountains or in yonder seas; they are in your own backyard, if you but dig for them."  
Russell Conwell*

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## **Chapter 8**

### **Lesson From Acres of Diamonds**

This story was told by Mr. Conwell more than 6,000 times between the years of 1877 and 1925. Upon publication, it became an immediate bestseller and a classic in inspirational literature.

The story is about a Persian farmer named Ali Hafed, who sold his farm and left his family to travel the world in search of wealth. He desired diamonds and looked everywhere, but could never find what he lusted for. He ended his own life, alone, destitute, a homeless pauper. His hopeless search for riches simply consumed him.

The man who had bought Ali Hafed's farm, however, worked hard, grateful beyond belief for every inch of dirt he now owned. He had his family around him, plenty of food, and total contentment.

One day, he made an amazing discovery. The backyard that Ali Hafed had deserted contained a diamond mine, quite literally acres of diamonds.

Mr. Conwell used this simple story to illustrate a point and to teach us all a valuable lesson. Abundance begins inside each of us and opportunities await us, right where we are, sometimes right in our own backyard.

We have to lavish attention, loving care, labor, blood, sweat and tears on our dreams; invest our passion to see those dreams come to pass.

*“What we are waiting for -- peace of mind, contentment, grace, the inner awareness of simple abundance -- it will surely come to us, but only when we are ready to receive it with an open and grateful heart,”*

*Sarah Ban Breathnach (author of Simple Abundance)*

End

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