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Abundance and Chakra Balancing

An important key to a happy and healthy life is abundance. Many people don't know the true meaning of abundance, however. It's not about simply having material possessions and money but it should also be about having strong, supportive relationships, a healthy body and mind and the ability to do something you love. Abundance comes from living a life in harmony with your own beliefs and personal values.

True abundance is not an accidental occurrence, even if some individuals seem extraordinarily lucky. You may harness the laws of the universe or enter it unconsciously to create abundance; how you do it, is not significant. However, you can attract abundance when you make the required changes.

You must feel grateful for what you do have when you want to attract an abundant life. You can block your own blessings with an ungrateful attitude. Some individuals live such a depressing and stressful life that it may be an insult to ask them to practice gratefulness. However, a thankful heart is a powerful thing. Searching for anything positive allows the door to open for even more positive and powerful experiences.

You can increase your awareness of gratitude while keeping a gratitude journal. Take the time to list those things you are grateful for before retiring to bed at night. It can be a minimal list, for instance you may wish to list five things you are grateful for each night before going to sleep. This helps you focus your attention on them. List things great and small, for which you are thankful.

Your emotional state will be one of the most important things in this process. So many people just don't realize what an impact their thoughts and emotions have on their ability to have abundance in their lives. You need to create a positive energy in order to attract more positive things into your life. If you feel fearful, anxious or stressed, you are attracting more things into your life that make you feel that way. Then of course, positive emotions attract more positive things into your life.

There is a tight link between your emotions and your thoughts. To bring abundance to your life, you will have to think positively. Negative thoughts need to be avoided as they cloud your life and block out the positive things that can happen. This is why you will need to watch what you think about and how you speak. Don't allow the negative to have a place in your mind or in your life. These bad habits can be difficult to change at first but it's possible.

Various methods of approach and accomplishment are beneficial to you. You may even consider combining different approaches to change your life and it is well worth the effort you put into it. By establishing new mental and emotional habits as well as new beliefs, you open the door for new harmonious opportunities to enter your life.

Hypnosis, applied kinesiology, neuro-linguistic programming, self-hypnosis, affirmations and more are methods used to create better, positive thinking patterns. You might want to try all or some of these techniques until you find the best ones for your needs. Since every person is different, it's a learning process.

It will take some time, since you must relearn old habits, but the effects are cumulative, and as you transform, your life will, too. You'll attract more abundance much easier as a grateful, positive person than by wrestling with emotions that are negative. It won't happen immediately, though, so you need to keep going with the changes as you await more abundance.

While you're changing yourself to attract more abundance in your life, you should also be preparing yourself to grab hold of the opportunities that arise. Get prepared. Hone your skills, continue your education, and get yourself ready to embrace opportunities as they come to you.

Yes, life can sometimes be very, very tough. But that doesn't mean you should give up on having a happy, abundant life. You can live and feel the abundance in your life by staying positive and grateful, correcting erroneous or negative thinking patterns, observing and changing your emotions, and adopting new 'can do' beliefs and attitudes.

You can also find this article published on [Abundance and Chakra Balancing](#).