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Abundance And The Power Of Positive Thinking!

Abundance is the plentiful supply of opportunity that is open to us all. But it is a state of awareness that only you can awaken in your own inner being. Abundance satisfies not only your material needs, but your mental and spiritual needs too. But the key is your own mental attitude and awareness to what is going on all around you. To appreciate abundance, you must first get to know yourself; all of your innermost thoughts, all of your innermost fears and doubts. Once you equate yourself with all of these imperfections, only then can you begin to join the ranks of like minded people, and see the abundance of opportunity that exists for you to exploit. Gaining abundance requires commitment and perseverance, but it will change your life forever.

If it seems like you're always unhappy about some part of your life, that's a clue your life is lacking in abundance. Abundance is about much more than money and possessions. Many people have more than they need in those areas, yet they don't know how to be happy. Everyone has heard stories of the lonely old rich man who only wanted one true friend or love. For them, it wasn't about the 'stuff,' and abundance never is about that. Lots of wealthy people are sad, lonely, worried, and miserable.

If you want to attract abundance, first you must be willing to rethink the way you process information and events and talk about them, as well. Instead of your old, negative mental and emotional reactions or responses, you must change your beliefs and thought patterns to get different results. It's all about how you approach your life, but you can change your life for the better.

Everyone lives in this abundant universe yet not all of them experience abundance in the same ways. Opening yourself up to the receiving channels of the developing abundance process is essential. Unresolved issues block positive vibrations. By focusing on the negative aspects and emotions of guilt, shame, anxiety and anger will blind you to those good things available to you. It can prevent you from experiencing positive occurrences.

If we are to experience abundance, we must first confront and defeat our own demons. It is a sad fact that victims become victimized. It's rather like a self fulfilling prophecy, whereby people expect to be badly done by. They open themselves up to wrong doing, and as a consequence, increase the chances of being wrongly done by. They always fear the worst, and very often, so, it happens. That is why one must be ready to forget the past, and past dealings, and be prepared to treat each new occurrence with a fresh and positive frame of mind, and in that way, true abundance can be achieved.

To develop abundance we must first develop our inner selves. We have to change all of our negative thoughts and reactions and instead think and act positively. Forget past failure, forget past disappointments; accept the dawn of a new appreciation. Seek out and embrace abundance.

Talking about mental and emotional changes and doing them are two different things. However, you can use several helpful and resourceful tools. For instance, you might like to try using energy therapies such as EFT, applied kinesiology or cognitive behaviour therapy. These are helpful for making the desired changes. While developing abundance inside and outside involves persistence and the willingness to do what you need to do in order to achieve it.

Not all of it centers on what happens inside, though. You also need to act externally; by taking some positive action steps. For instance, you will need to set goals for yourself and then take the actions necessary to move ever closer to those goals.

So creating an abundant life relies on both external action and also introspective healing and reprogramming of your thoughts. There are people who are good at the goal setting and achievement part, but they live in opposition to their internal belief system and core values. Or perhaps their values and beliefs aren't conducive to a harmonious life. To attract true abundance means you must look at every aspect of your life and make the necessary adjustments.

Developing abundance in your life will enrich not only your life, but the lives of others as well. In developing abundance we grow our appreciation of everything and everyone around us. We become part of the abundance of our universe and enable others to start their own journey on the road to an abundant life.

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