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Abundance Doesn't Work!

What is abundance? Actually, it is a state of mind. But it one that has many mental and emotional, physical and spiritual returns in your life. To develop abundance, you must start internally, not externally, with truthful, self-examination so you can restore your life and invite great opportunities, situations, and people into your life. It's definitely not always easy, but the rewards are tremendous.

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.

In order to develop a sense of abundance you have to change your approach to life. It's all about considering things in a different way. It's about learning to look at everything in a much more positive light, about seeing the good rather than the bad. If you sense the opportunities that abound in all situations, then you have it within yourself to change your life and to find abundance.

Abundance is all around us. It a part of the fiber of everything that exists. The first step along the way is to recognize this everyday manifestation of abundance and to welcome the opportunity that it brings. We must put aside the emotions that defy the existence of abundance; the anger and frustration, the jealousy and meanness, the guilt and sadness. Only when we set these negative feelings to one side can we expect to appreciate the existence of abundance.

Committing to the process of developing abundance requires your willingness to conquer your inner demons. Remember, a victim is always a victim unless they choose not to be and then take action. Do not allow any negative trauma or events to trap you in that cycle. The ability to forgive and forget any past injuries or insults is essential for living an abundant lifestyle.

You can't separate you own internal changes and development from the process leading to a life of abundance. First, you must take a good, hard look at your current life, your beliefs, and the thought patterns that dominate your mind. Only then can you set goals and work to develop and heal so you can become receptive to abundance.

One of the most difficult things is to welcome change. However, society today provides many avenues to achieve this change. There is cognitive behavior therapy, EFT, and practical kinesiology, all of which are in use in today's society to help us to achieve change. In essence, to find abundance we have to have determination and dogged persistence.

Developing abundance involves much more than handling your inner issues, it also requires you to act. While setting your goals and then outlining your action plan can aid you in getting from here to there.

The road to abundance is trodden via a combination of inner change and outer focus. There are many people who although they are good goal setters and achievers don't benefit from an abundant life because they simply do not believe or even see it. Having the benefit is no good if you do not know how to appreciate it. It is like having no benefit at all and cannot create happiness or contentment. To truly benefit from abundance you must first be able to recognize it, and second, you must be able to appreciate it.

When you learn to live abundantly, you can also help other people. You can share from your abundance and make their lives a better place. So creating an abundant life can be altruistic, too. It need not be all about you personally. But it will take some effort, work, and time to make the changes you need to make in your life to embrace abundance as it comes to you.

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