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# **Binaural Beats And Creating Abundance Secrets**

Healthy, happy lives experience the riches of abundance, although abundance is not the same as material wealth. It is enjoying your good health, living in harmony with your beliefs and values, experiencing strong and supportive relationships as well as enjoying the work you do.

True abundance does not come to you incidentally. You might meet other people who seem to have it all by pure luck but this is never the case. They may be using the laws of attraction to find abundance in their life even if they are doing so unconsciously. But the best news here is that anyone can learn to do this so you can apply this to your own life as well.

If you've always dreamed of having a more abundant life, it all begins with being appreciative of what you have. Even if you don't think you have very much, you need to be grateful for it. When you are ungrateful for what you have, it creates a barrier between you and future successes. This can prevent you from getting the blessings and rewards you desire. When you have a thankful heart, you will open the doors for more blessings to come your way.

A great idea to make yourself more aware of the blessings in your life is to write them down. Each evening, you could journal about the things you are thankful for or just list the blessings from that day. Try requiring yourself to write down a minimum of a specific number of blessings before you can quit for the evening, each and every day. Doing this at bedtime helps you direct your focus on these positive things, and soon you will find yourself looking for the positives. Even things that don't seem all that important to someone else could be very important to you.

Giving your emotional state some attention is essential for living an abundant lifestyle. Everything is energy; our emotional habits may attract certain events, individuals and occurrences that vibrate with your emotions. If you are anxious, depressed or full of fear, you attract these same experiences to yourself.

You must take note of all those negative thoughts and emotions and turn them into something positive if you want to draw abundance into your life. This includes those things you may think and say aloud or to yourself. When you learn to change your thoughts and emotions, your system of beliefs will change as well. This is a worthwhile and beneficial endeavor even if it does become challenging.

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.

Some of the tools others have used to change their unhealthy beliefs, thought patterns, and emotions include: applied kinesiology, affirmations, BSFF (Be Set Free Fast), neuro-linguistic programming, hypnosis, and self-hypnosis.

Keep in mind as you approach these changes in your life that it's a process. No one can expect to change these types of beliefs and thinking patterns overnight. It will be a process that you need to work on daily but soon the thankful and optimistic attitude will become a habit for you. Once it does, you will be far better prepared for attracting abundance than a person who is working with their negative emotions.

Preparation must meet with opportunity. Necessary changes open the flow of abundance. You must position yourself to grasp your opportunities. Making changes is essential as is taking any steps to gain new knowledge and skills. This will enable you to recognize your new and better opportunities and grasp them wholeheartedly.

It doesn't matter how hard your life is been, you will still be able to find abundance so don't allow this to discourage you. If you maintain a positive and thankful focus, replace your beliefs with more positive ones and overcome wrong thinking patterns, you can control your emotions and have a more abundant life. This is the first step to a better you.

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