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# **Creating Abundance Secrets - Just More New Age Rubbish?**

If you want to have a truly happy, healthy life you will need one of abundance. However, abundance doesn't have to mean material possessions but should also represent healthy relationships, good health and also to live a life in harmony with your beliefs and values. These are the things that really mean more than any physical possessions or money.

True abundance like this does not come by accident. You may sometimes seem like you have seen people who have it all by luck. But this type of abundance doesn't come by luck or karma alone. A person could be harnessing the laws of attraction to approve their life by accident or on purpose; which it is doesn't matter. The best part is that you can learn to do the same for yourself.

If you want more abundance in your life, first you should start by being thankful for all that you have now. Failing to be grateful for the blessings you already have can block you from receiving more good things. Now understandably some people are going through an incredibly tough time right now, so this can be very difficult sometimes. But learning to look for the positives, regardless of the circumstances, and being grateful for those positives, is the powerful key to experiencing even more blessings.

A gratitude journal is an excellent tool to help you develop your attitude of gratitude. Each evening, as your last action of the day, you could list a specific number of people, things, or situations you are thankful for from that day. Even if they seem like little things other people might find insignificant, write down anything that is meaningful to you.

One of the other most important things you can know about living an abundant life is how to take care of your emotional state. It's important to see that everything is energy and our emotions can attract people, things and even events that coincide with those emotions. This can work positive or negatively for you. For example, if you are fearful or anxious, you can attract the experiences that cause this.

Your emotions and your thoughts are very tightly linked. If you want to attract abundance to your life, it will be very important that you think positively. You will need to avoid negative thoughts in order to attract positive things to your life. For some people, this is harder to change than for others. When you've spent your entire life thinking and feeling one way, it can be difficult ' but not impossible- to correct this.

Some people find greater success with particular methods to help them change their beliefs. Many use a combination of methods. Regardless of the approach that works best for you, it's important to take the steps necessary to do this. The new beliefs you incorporate will help you develop new thought habits and patterns which will affect your emotions and start you on the path to attracting new and better opportunities more consistent with your new approach to life.

You can overcome any unhealthy mental and emotional patterns as well as unproductive beliefs. For instance,

you may be interested in applied kinesiology, affirmations, neuro-linguistic programming, self-hypnosis and hypnosis or even BSFF or Be Set Free Fast.

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.

In addition to making these changes to become receptive to abundance, you also need to get ready to grab your good fortune when it comes. You need to prepare in advance. While you change internally, it's wise for you to learn new abilities and techniques to help you identify and embrace the great opportunities when they come to you.

An abundant life is possible regardless of how hard life may seem. You must maintain a positive and gracious focus, replace any limiting beliefs with those that are positive, control your emotions and conquer negative thinking patterns. By doing this you can attract abundance into your life.

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