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Creating Abundance Secrets Will Amaze You

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 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.

Before you can attract more abundance into your life, you must first develop awareness of, and gratitude for, the blessings you already have. If life is really difficult and stressful right now, that can be a challenge, no doubt about that. But this attitude of gratitude is powerful, and it's the first step to attracting more positives and abundance into your life.

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.

To live and experience an abundant life, you also need to develop an awareness of your emotions. Emotions create energy and everything is ultimately all about energy; and the emotions we have often tend to attract the kinds of events, people, and things consistent with the emotions you are feeling. Therefore, fear, depression, and anxiety feelings and emotions will invite other experiences to maintain this feeling or what you have come to know as the status quo.

Your emotions are closely tied to your thoughts. What you think impacts your emotions. So if you want to change your emotions, you must first change your beliefs so you can change your thoughts, and your emotions will follow. Most of us spend our lifetime plugging along without conscious awareness of our thoughts and emotions, so this will require some work on your part, but it's worth it.

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.

If you want to change your unhealthy thoughts and feelings and the beliefs that led to them, you could try BSFF (Be Set Free Fast), affirmations, applied kinesiology, hypnosis, self-hypnosis, or neuro-linguistic programming.

Remember that it's a process for a person to change, especially if you've been this way your entire life. Negative thinking and emotions build over time so it will take some time to correct these thinking patterns. It won't happen overnight but it can happen for you if you allow it to and if you are prepared to attract the abundance in your life.

It will be required to make certain changes in your life if you want to allow this abundance to flow freely for you. But what's equally important is that you are in a position where you can allow these opportunities to work for you. It's important that you are able to take advantage of them when they come your way.

An abundant life is still possible for you no matter what experiences you may have had in the past. No matter how hard you think your life has been, true abundance can be yours. All you need to do is replace the negative thinking with positive thinking and be prepared for the abundance that will come your way.

You can also find this article published on [Creating Abundance Secrets Will Amaze You](#).