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# **Develop Abundance is an Amazing Process**

Developing abundance is something that only you, as an individual, and you alone can do. It is something that leads down the road to achieving not only physical benefits, but mental and spiritual satisfaction too. It's all in the mind as they say. But in order for anyone to achieve this feeling of abundance, they must first recognize their own honest needs, wants and ambitions, in order that they may pull opportunity, like minded people, and potentially beneficial circumstances, into their sphere of existence. Developing abundance takes hard work and determination, but the rewards are awesome.

Being continually dissatisfied with any area of life is one indication of the lack of abundance. Abundance does not necessarily mean material possessions. Even those of great material wealth suffer in misery without the ability to enjoy their life. Wealth is not an abundant life. Many wealthy, lonely hermits lack warm relationships. Actually, there is a multitude of well to do individuals suffer from anxiety, depression and dissatisfaction.

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.

Our world is filled with abundance, but many people never experience feeling that abundance. In order to experience it, you have to be open to receiving abundance. But if you have hatred, unforgiveness, worries, shame, anxiety, anger, and similar emotions, you are blocked by that negativity, and you can't receive abundance. You can't even recognize it because you have been blinded by your own negativity.

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.

It's not easy to change the way you think and feel, however, there are many ways to help people overcome their pain from the past and heal their hurts. Whether you select energy therapies, like applied kinesiology or EFT, or cognitive behavior therapies, there is a program that can help you change. But you need to be willing to do the internal work to make the changes, and you need to persist so you can begin to achieve abundance in your life.

But changing the inner person is in itself not enough. We have to see and shape the things that are going on around us. We need to be positive and develop a plan for progressing with our move from where we are now into a position of abundance.

This inner belief in abundance is essential. Without it we can never succeed. There are many goal setters, and many achievers. They get places, they meet their goals, yet without an understanding of abundance, they will fail to recognize it, and will therefore always be left wanting. It is a basic truth that in order to acknowledge the state of abundance, you must first understand its existence.

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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