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# **Develop Abundance To Make You Successful**

The state of abundance holds a foundation made of various physical, emotional, mental and spiritual benefits. The process of developing abundance is an external and internal progression. You will undergo an honest introspection in order to heal yourself and draw interesting and worthwhile individuals, opportunities and circumstances into your life. The process is challenging, however, the benefits outnumber any uncomfortable situation.

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.

If you want to attract abundance, first you must be willing to rethink the way you process information and events and talk about them, as well. Instead of your old, negative mental and emotional reactions or responses, you must change your beliefs and thought patterns to get different results. It's all about how you approach your life, but you can change your life for the better.

Abundance is all around us. It is 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.

To make ourselves worthy of experiencing the wonder of abundance, it is necessary to first recognize our own weaknesses, fears and prejudices. All too often people allow themselves to become victims. Once they become victims, they are exposed to victimization and this sparks off a chain reaction of self-perpetuating doom and gloom. Once we fear the worst, we are ready and expectant for it to happen, and all too often it does. We have opened the door. Whereas what we need to do is to ignore the past; ignore previous experience and open ourselves to new experiences with a free mind; unbiased and unfettered by previous outcomes. This is the beginning of the way to abundance.

Developing abundance is in fact developing one's self. We need to analyze the way that we think, the way that we react to events as they unfold. We need to spot the patterns that our past behavior has fallen into, and we need to be ready to change those patterns, to heal past hurts and open the door to abundance.

Talking about mental and emotional changes and doing them are two different things. However, you can use several helpful and resourceful tools. For instance, you might like to try using energy therapies such as EFT, applied kinesiology or cognitive behaviour therapy. These are helpful for making the desired changes. While developing abundance inside and outside involves persistence and the willingness to do what you need to do in order to achieve it.

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.

To create abundance in your life, you must combine introspective, personal work with visible action. Some people are great about goal setting and achievement, but they don't live according to their core values and beliefs, so they never achieve abundance. Sometimes, the beliefs or values they hold are not conducive to a life of harmony. For real abundance to come into your life, your life and how you live it needs to be consistent with your values and beliefs.

Developing abundance in your life will enrich not only your life, but the lives of others as well. In developing abundance we grow our appreciation of everything and everyone around us. We become part of the abundance of our universe and enable others to start their own journey on the road to an abundant life.

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