

File Created by [Blogging Rebirth](#) WP Plugin

If Your Life Is Great, Then You Don't Need Abundance

Want to be happy, healthy, and balanced mentally and spiritually? Sounds like you're looking for a life of abundance. But how do you begin? Developing a life of abundance requires internal changes and external actions. It begins with an open examination of yourself and your life as it is now and a willingness to heal the hurts in your life so you can begin to discover positive opportunities and experiences. It won't always be easy, but it is worth the work.

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.

So the way to begin toward a life of abundance is to look at your beliefs, thoughts, and emotions. If you can change the way you think (and talk) about whatever is going on in your life, and reprogram yourself with positive, more logical emotions, you can change your life.

Although, everyone lives in the same abundant universe, not all experience abundance similarly. It is vital that you are open to the process of developing abundance and connecting with the receiving channels to succeed. Remember, any unresolved issue can block positive influences. If you focus on the negative influences and feeling such as shame, guilt, anger or anxiety you block yourself to from all positive influences. This will prevent you from experiencing your share of universal abundance.

Committing to the process of developing abundance requires your willingness to conquer your inner demons. Remember, a victim is always a victim unless they choose not to be and then take action. Do not allow any negative trauma or events to trap you in that cycle. The ability to forgive and forget any past injuries or insults is essential for living an abundant lifestyle.

Positive self-development and developing abundance compliment one another. You will take a closer look at your life, evaluate your beliefs and notice any repetitive negative thought patterns. Once you honestly consider these issues, you are ready to set your goals of personal development and healing. This is essential for increasing your experiences of living an abundant life.

Change is never easy. But in today's modern society there are many ways that help can be gained. Things like CBT (cognitive behavior therapy), applied kinesiology and EFT are all methods currently being exploited by people in various walks of life. The essential basic to being able to develop abundance in your life is being determined to do so and to persevere.

Not all of it centers on what happens inside, though. You also need to act externally; by taking some positive action steps. For instance, you will need to set goals for yourself and then take the actions necessary to move ever closer to those goals.

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.

Once you achieve abundance in you life you will automatically become at part of the mechanism of the universe for creating more abundance, not only in yourself, but in others too.

You can also find this article published on [If Your Life Is Great, Then You Don't Need Abundance](#)