

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

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

Many mental, emotional, spiritual and physical benefits accompany the state of abundance. Developing abundance is an internal and external process. In order to heal your life and attract great opportunities, situations and individuals into your life, you will need to do some honest introspection. The process may be challenging; however, the benefits are insurmountable.

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.

Therefore, developing abundance focuses on the way you approach life, including your patterns of thought, your emotional habits and your inner beliefs. However, you can make a significant difference in your life when you are willing to change your manner of thinking and speaking. You will also benefit by developing maturity and emotional responses that are positive.

The universe in which we live creates abundance every minute of every hour. We all live in that same universe, but not all of us see or enjoy the abundance that is there. The first step is to recognize that the abundance is there, then one can begin to open one's mind towards it. The things that hide abundance from us, and blind us to its existence are: unresolved problems, feelings of anxiety or guilt, bad temper, shame, jealousy; all negative emotions that deny the opportunity to experience abundance.

No one can truly achieve a life of abundance if they do not honestly examine their past and heal the hurt they are still holding inside. Many people around the world continue to suffer, long after the original tragedy or trauma that shook them to the core has passed on. Those events elicited negative feelings and emotions and faulty beliefs and the baggage they carry from those events continues to cause them pain. They will remain stuck until they learn to release the past, forgive, and let themselves live the abundant life they really deserve.

Internal self-development is key to acquiring an abundance mindset. First, you must review your life truthfully and consider your beliefs, taking special note of negative thoughts that tend to recur. After an honest assessment, you can begin to create goals to help you develop personally and heal and thus begin moving toward more abundance in your life.

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.

Developing abundance involves much more than handling your inner issues, it also requires you to act. While setting your goals and then outlining your action plan can aid you in getting from here to there.

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.

It is never selfish to live an abundant life developing abundance is worthwhile. It enables an individual to be generous with others. It frees them from their focus of self, which is necessary for survival. Developing abundance is a process that can take time; however, you will find it to be satisfying as well as transforming for you and your community.

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