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# Investigating Develop Abundance Secrets

Abundance is the plentiful supply of opportunity that is open to us all. But it is a state of awareness that only you can awaken in your own inner being. Abundance satisfies not only your material needs, but your mental and spiritual needs too. But the key is your own mental attitude and awareness to what is going on all around you. To appreciate abundance, you must first get to know yourself; all of your innermost thoughts, all of your innermost fears and doubts. Once you equate yourself with all of these imperfections, only then can you begin to join the ranks of like minded people, and see the abundance of opportunity that exists for you to exploit. Gaining abundance requires commitment and perseverance, but it will change your life forever.

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.

To begin to grasp the fundamental meaning of abundance, we must first attune our selves to the concept. We must be prepared to view things in a different perspective. We must learn to discern the good, the positive, in all opportunities that are presented to us. Once we are able to see and understand this basic approach, we are ready to go about achieving the state of abundance in our lives.

Everyone lives in this abundant universe yet not all of them experience abundance in the same ways. Opening yourself up to the receiving channels of the developing abundance process is essential. Unresolved issues block positive vibrations. By focusing on the negative aspects and emotions of guilt, shame, anxiety and anger will blind you to those good things available to you. It can prevent you from experiencing positive occurrences.

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.

You can't separate your own internal changes and development from the process leading to a life of abundance. First, you must take a good, hard look at your current life, your beliefs, and the thought patterns that dominate your mind. Only then can you set goals and work to develop and heal so you can become receptive 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.

Changing our inner selves and the way that we perceive the universe and all that goes on in it is vital; but it is not all. We must also be prepared and able to spot opportunity, recognize it for what it is, and act upon it. This is the way to obtain abundance.

So creating an abundant life relies on both external action and also introspective healing and reprogramming of your thoughts. There are people who are good at the goal setting and achievement part, but they live in opposition to their internal belief system and core values. Or perhaps their values and beliefs aren't conducive to a harmonious life. To attract true abundance means you must look at every aspect of your life and make the necessary adjustments.

Living abundantly is not a selfish act. It is an honorable pursuit. A life lived abundantly is one that also empowers you to give back to others and releases them from some of their pain. To create a life that welcomes abundance is not easy and won't happen overnight, but beginning the journey will transform you, your community, and your

life.

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