

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

Please Don't Ignore Abundance

If you want to have a truly happy, healthy life you will need one of abundance. However, abundance doesn't have to mean material possessions but should also represent healthy relationships, good health and also to live a life in harmony with your beliefs and values. These are the things that really mean more than any physical possessions or money.

True abundance is never an accident. It may seem as though some individuals are especially fortunate, however, true abundance is never an accident. Whether you do it unconsciously or by harnessing the laws of the universe to experience your abundance is not important. Anyone can make the changes required for attracting abundance into their lives.

If you've dreamed for a long time of having an abundant life, it's time that you can do it for yourself. The first step is to learn to appreciate what you have. This is difficult for people, especially if you don't seem to have a lot. Not being grateful for the things in your life now can create a wall that prevents you from being open to new blessings that can be coming your way. You need to create a thankful heart so that you can open the doors to the blessings and gifts that could be coming your way.

There are even some things you can do to help increase your ability to feel grateful for the things in your life. For example, you can create a gratitude journal or 'thanks' journal. At the end of each day, you can write down the things that you have that day to be thankful for. You might also want to set a minimum number of things for each day. This is a great way to ensure you will always be on the lookout for these things, no matter how big or small they are.

Pay attention to your emotional state. This is a key to living abundantly. Remember everything is energy. Your emotional habits can draw to you specific events, things and people that vibrate to the same energy. Anxiety, depression and fear will attract the same type of energies to you.

Thoughts and emotions go hand in hand. So you also need to be aware of the thoughts you are thinking and the words you are speaking aloud in addition to watching your emotions. To change your thoughts, feelings, or emotions, you start by changing your beliefs about something. This can be a huge challenge especially if you've been living your life on autopilot, but the rewards make it worth the effort.

You can approach and accomplish this in many ways, everyone is different and each will benefit while using various methods. You may wish to use combinations of approaches for changing your life. It is well worth the effort. When you establish new beliefs, as well as emotional and mental habits you can attract new experiences into your life, these things will be in harmony with your new self.

Some of the tools others have used to change their unhealthy beliefs, thought patterns, and emotions include: applied kinesiology, affirmations, BSFF (Be Set Free Fast), neuro-linguistic programming, hypnosis, and

self-hypnosis.

Your efforts may not result in immediate or overnight changes. This is a process and you will evolve over time. And as you and your thoughts and beliefs evolve, so will your life. It's important to stick with your new policy of positive thinking and gratitude awareness and not to give up too quickly. Abundance will come. The mental and emotional changes you make will automatically draw greater abundance to you than the old negative you.

It will be required to make certain changes in your life if you want to allow this abundance to flow freely for you. But what's equally important is that you are in a position where you can allow these opportunities to work for you. It's important that you are able to take advantage of them when they come your way.

Yes, life can sometimes be very, very tough. But that doesn't mean you should give up on having a happy, abundant life. You can live and feel the abundance in your life by staying positive and grateful, correcting erroneous or negative thinking patterns, observing and changing your emotions, and adopting new 'can do' beliefs and attitudes.

You can also find this article published on [Please Don't Ignore Abundance](#).