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# The True Meaning Of 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 like this does not come by accident. You may sometimes seem like you have seen people who have it all by luck. But this type of abundance doesn't come by luck or karma alone. A person could be harnessing the laws of attraction to approve their life by accident or on purpose; which it is doesn't matter. The best part is that you can learn to do the same for yourself.

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.

There are various tools available to aid you in conquering any unhealthy beliefs as well as harmful emotional and mental patterns. These include the use of BSFF or Be Set Free Fast, neuro-linguistic programming, affirmations,

applied kinesiology, self-hypnosis and hypnosis.

Keep in mind as you approach these changes in your life that it's a process. No one can expect to change these types of beliefs and thinking patterns overnight. It will be a process that you need to work on daily but soon the thankful and optimistic attitude will become a habit for you. Once it does, you will be far better prepared for attracting abundance than a person who is working with their negative emotions.

While you're changing yourself to attract more abundance in your life, you should also be preparing yourself to grab hold of the opportunities that arise. Get prepared. Hone your skills, continue your education, and get yourself ready to embrace opportunities as they come to you.

It doesn't matter how hard your life is been, you will still be able to find abundance so don't allow this to discourage you. If you maintain a positive and thankful focus, replace your beliefs with more positive ones and overcome wrong thinking patterns, you can control your emotions and have a more abundant life. This is the first step to a better you.

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