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What Is Missing From 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.

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.

If we are to experience abundance, we must first confront and defeat our own demons. It is a sad fact that victims become victimized. It's rather like a self fulfilling prophecy, whereby people expect to be badly done by. They open themselves up to wrong doing, and as a consequence, increase the chances of being wrongly done by. They always fear the worst, and very often, so, it happens. That is why one must be ready to forget the past, and past dealings, and be prepared to treat each new occurrence with a fresh and positive frame of mind, and in that way, true abundance can be achieved.

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.

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.

When you learn to live abundantly, you can also help other people. You can share from your abundance and make their lives a better place. So creating an abundant life can be altruistic, too. It need not be all about you personally. But it will take some effort, work, and time to make the changes you need to make in your life to embrace abundance as it comes to you.

You can also find this article published on [What Is Missing From Abundance](#).