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# Wonderful Secrets of Creating 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.

But true abundance doesn't happen by accident. Sure, some people seem luckier than others, but it's not really all about luck at all. Whether they know it or not, in some way they are thinking and doing the things that attract abundance to their life. And you, or anyone like you, can do that, too.

You must feel grateful for what you do have when you want to attract an abundant life. You can block your own blessings with an ungrateful attitude. Some individuals live such a depressing and stressful life that it may be an insult to ask them to practice gratefulness. However, a thankful heart is a powerful thing. Searching for anything positive allows the door to open for even more positive and powerful experiences.

You can increase your awareness of gratitude while keeping a gratitude journal. Take the time to list those things you are grateful for before retiring to bed at night. It can be a minimal list, for instance you may wish to list five things you are grateful for each night before going to sleep. This helps you focus your attention on them. List things great and small, for which you are thankful.

To live and experience an abundant life, you also need to develop an awareness of your emotions. Emotions create energy and everything is ultimately all about energy; and the emotions we have often tend to attract the kinds of events, people, and things consistent with the emotions you are feeling. Therefore, fear, depression, and anxiety feelings and emotions will invite other experiences to maintain this feeling or what you have come to know as the status quo.

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.

Some people find one approach helpful for accomplishing changes in their beliefs and subsequently their thoughts and emotions. Others utilize a combination of methods to get results. Either way, it's worth the time to do what works. Developing new beliefs, thought patterns, and emotions will change your life for the better. You will begin to see new opportunities coming your way to match your new outlook.

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.

Remember that it's a process for a person to change, especially if you've been this way your entire life. Negative thinking and emotions build over time so it will take some time to correct these thinking patterns. It won't happen overnight but it can happen for you if you allow it to and if you are prepared to attract the abundance in your life.

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.

Regardless of how hard it may seem to be, living an abundant life is possible. However, you do have to maintain a fine focus on being grateful and staying positive. You will also replace any beliefs that limit you and replace them with productive beliefs, overcome any negative thoughts and learn to control your emotional state. When you do this, you will attract abundance into your life.

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