

Abundance

Today's world and our conditioned response to it create a lot of pressure and stress. There never seems to be enough time, money or energy to truly make it all work. It can easily feel overwhelming. You may feel like you're just barely surviving. I understand. I've been there before too. Yet we were not meant to simply survive. We are meant to thrive and to live in abundance, not scarcity.

Abundance is a mindset. It is how you see the world, how you approach it and how you respond to it. It is about seeing the good and being grateful. When we think of abundance we most often think of money. However, it penetrates all aspects of your life: relationships, money, health, and emotions. Consider the dozens of friends, family and colleagues you have in your life and the love and affirmation you get from them, the fun you have with them, your relationship; not just the fact that you may not have a romantic relationship in your life right now. Even if money is tight, take a look around and notice that you have a roof over your head, clothes on your back, the things you need to feel safe and secure. You may be making chicken surprise for dinner out of whatever you can find in the freezer when you would prefer to be eating out; however, you have nourishment to feed and sustain your body. The scab healing on your arm or the blemish on your chin may annoy you, yet 99 percent of your skin is healthy and the rest is healing in the miraculous way of the body. Certain parts of your life may cause frustration or sadness, but can you name all the things in your world for which you can be happy?

I'm not saying it is wrong to acknowledge frustrations, difficulties or wants. Dwelling on them will only create more of what you don't want. Have you heard the saying, "Energy flows where energy goes?" It is the law of attraction. Whatever you put your energy towards is what will come to you. Be careful what you focus on. Sometimes it is difficult to believe in abundance when all you can feel is lack. This mindset is coming from a place of fear instead of hope. You can shift your view from one of scarcity to one of abundance. Here's how:

1. Be Grateful – Focus on everything in your life that is going well. You can find something for which to be grateful in every situation. Even if your car broke down today, be grateful that you had a cell phone to call the tow truck company, the money to pay for repairs, and a friend that picked you up from the mechanic. There is always something in your day, in each moment for which to be grateful. I encourage you to keep a gratitude journal by your bed. Each night or in the morning, list all the people, experiences, things, feel-



ings, etc. for which you can be grateful that day. This practice will dramatically shift your mindset and improve your sleep and how you start each day.

2. Visualize – See it. Use your imagination to get as crystal clear as possible about what it is you want in your life. If it is money, then how much, how often, from where? If it is a relationship, then how does it feel, what do you do together? If it is your health, then what kind of energy do you have, what is it like to be without pain, what will you do, how is life different? Use all your senses when you're visualizing the ideal, when you are seeing what abundance looks like to you in each part of your life.

3. Believe – It doesn't do any good to want something if you don't really believe it will happen or that you deserve it. You can say you want something all day long, but the energy is actually coming from the true beliefs you have in your heart and mind. You were born to live as your highest, greatest self. The Universe will provide what you need. You have to know it in your core that you deserve it as a human and spiritual being.

4. Take Action – A bag of money is not going to magically appear on your doorstep. Nor are you going to wake up tomorrow 30 pounds lighter and without that pain in your left knee. You will need to take action to move towards your goals and receive the gifts of abundance waiting for you. Action supercharges the energy of your thoughts and amplifies the energy flow of abun-

dance. Being diligent about the three previous steps will positively change your attitude, willingness and even direction of action.

You were made to live abundantly and thrive. This is not only so that you can be your best and have your best life, but so you can give to others. When you share your blessings with others, even when they are few, they multiply. The more you engage the mindset of abundance, beginning with gratitude in all aspects of your life – the more you will have for which to be grateful.



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