

**Get in Touch
With
Your**
Abundance



by

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About Abundance

Okay, abundance is an old-fashioned term but so far no one's come up with a better one for describing the state of having a whole lot of whatever it is we're talking about. "A lot" doesn't really cut it. Neither does "plenty" or "loads". So for the sake of convenience, we'll use the word "abundance" to refer to the subject of this report.

Abundance is everywhere in Nature. You can see it most vividly in the spring when buds burst into being on previously barren branches and within a few short weeks there is color in every garden, park and woodland.

Some of us are so busy we barely notice these changes, which doesn't change the fact that they exist around us. This is similar to what happens in other areas of our lives. We spend so much energy lamenting what we don't have that we often fail to see what we do have, often in substantial quantities.

For example, Elaine often complained to her friends about how much trouble she had sticking to a budget. She was so caught up in the idea of herself as someone whose life was lacking that she failed to see the areas where she was successful. One day her new assistant commented, "Elaine, you're so popular. I can't believe how many messages I've taken this week from people inviting you to lunch!"

Elaine suddenly realized that she did have lots of friends, good friends who'd been with her through the ups and downs of her financial challenges, and were always there to lend moral support as well as share good times. When she decided to work on her financial mindset, she used focusing on her abundance of friends and family to help her attract more financial abundance. She's beginning to see positive results.

Hocus pocus?

Maybe. But why not put it to the test?

1. Do the abundance exercise that follows.
2. Then, for the next four weeks, read the resulting list every night and give thanks for every item on the list.
3. Take another look at yourself after compiling this list and see if you can detect a subtle difference in how you perceive yourself.

The Abundance Process

Ask yourself this basic question:

What people, places and things have I manifested in abundance at any stage of my life?

In other words, where have you attracted a healthy supply (or even an excess) of something you value highly?

Here's a short list of areas you can look at:

Family

Do you have a loving spouse? Children?
Do you have a large fun-loving family?
A small close one?
A colorful bunch of eccentric relatives?



What have they taught you?
What have they inspired you to learn or do? Or maybe what NOT to do?

Talent

How about talents? What can you do well? What are your gifts?

What skills have you acquired? What comes naturally to you?

These don't have to be traditional talents like playing the violin or being a sports champion. They can be simple things like putting people at ease or staying calm under pressure.

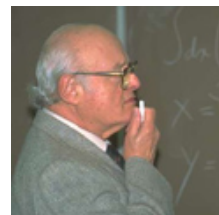


Intelligence

Are you intelligent?
Are you a quick study or do you learn through sheer persistence?

Do you have emotional intelligence?
Musical intelligence?
Problem solving skills?
Street smarts?
Good empathy skills?

Are you a quick thinker? A wit?
Someone who understands other people?

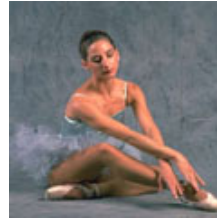


Health and Beauty

Do you enjoy good health? Or are you a fighter who beat the odds and is still here?

Do you have a healthy, well-formed body?
What aspects of your body are beautiful?

Is your beauty the inner kind as well as outer?



Friends

Do you have many friends?
Have you had many friends in the past?
Or do you have a small group of very special friends?

What about boyfriends?
Girlfriends?
Lovers?



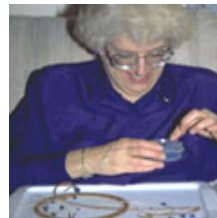
Pets

Do you have a pet?
Have you had a pet in the past?
Have animals been an important part of your life?



Learning

Do you love learning?
Do you collect books?
Information?
Courses?
Ebooks?
Have you had an abundance of learning experiences?



Income

Have you always had a job when you wanted one?
Have you run a number of businesses?
Do you enjoy an abundance of customers, good co-workers, great business relationships?
Have you always been able to provide for your material needs?



Travel

Have you traveled within your own country?
In other countries?

Have you explored your local area?

Do you enjoy short getaways?
Camping vacations?
Trips to the beach?



Collections

Are you a collector?

Do you have an abundance of music?
Movies?
Stamps?
Model cars?



Experiences

Do you have an abundance of great memories?

Are your photo albums or hard drives packed with lots of images
recording your best experiences?

Have you enjoyed many interesting, fun, weird, exciting, terrifying yet
worthwhile experiences in your life so far?



Fame or Fortune

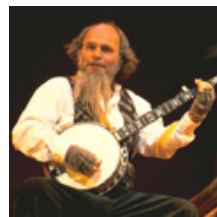
Have you earned the respect of your peers or the public for things
that you've done or accomplished?

Do you consider yourself lucky?
Have many things come your way without any seeming effort on your
part. Do you consider you live a charmed life in some ways?

Finally what kind of money do you earn?

Do you have savings?
Investments?
Your own home?
A trustworthy car?

Do you eat well?
Live well?



And . . .

What else do you attract easily into your life?

Fun?

Good luck?

Compliments?

Praise?



Keep adding to your list until you feel it's complete.

How to use your abundance list

1. Keep your list in a prominent place (on a notice board or beside your bed). You may want to type it into your computer so you can change it easily if something new occurs to you.
2. Read it at least once a day, preferably first thing in the morning or at night before going to bed.
3. Be sure to give thanks for each example of abundance in your life.

What most people find after doing this exercise is that they have more abundance in their lives than they realized, much of it in areas they didn't consider because they take them for granted. Is this true for you?

Give yourself a pat on the back for all those successes you didn't even know you'd achieved.

Resources

You may discover that financial wealth is actually the final frontier for you and you're now ready to tackle it. Here are some excellent aids to learning how to attract more money (and anything else you want) into your life:

- ❑ **What the Bleep Do We Know?**
If you haven't yet seen this film, get down to your local video store and rent it. And if you haven't already considered these ideas, you need to do it now. You can also find the DVD at [What the Bleep Do We Know?](#)
- ❑ **The Secret**
Another brilliant look at how we attract people, events and things into our lives. Lots of practical info on how to do it from some of the world's most respected motivational teachers. Just visit [The Secret DVD](#).
- ❑ **Your Instant Life Revolution**
Michael Norman's excellent CD and manual, *Your Instant Life Revolution*, can literally change your life. If you're serious about redesigning your financial future, take a look at this wonderful resource at [Your Instant Life Revolution](#).