

BE THE ENERGY OF ABUNDANCE



Considerations

You are abundance

We live in an abundant universe and you are an active and integral part of this abundant universe.

Energy follows intent / energy flows where awareness goes

Whatever you are focused on is what you are putting energy to; what you are empowering.

True abundance is a balance of giving and receiving

If you are really being the energy of abundance then you are in the flow of giving and receiving. When you are truly in abundance there is a balance and a trust of both.

Life is happening for you not to you

Everything that happens in your lives holds gifts and offerings. Whatever happens, there is a gift in it that your soul can't get any other way. Whatever is going on in your life the universe is inviting you to be more of the abundance of you, more of the richness of life.

Gratitude generates

Gratitude is a powerful energy. It changes your frequency. It expands your energy. It opens you up and invites more. It focuses your magnetic energy. When the blessings in your life become your focus you generate more. You become the creators you are meant to be and a more active part of the abundance of life.



Being the Energy of Abundance Practice

At night, before going to sleep, take a moment to feel the abundance of you. Feel it in your body. State to yourself, "I am abundance". Know you are the energy of abundance, regardless of any evidence to the contrary. Know abundance is your core state of being and the root from which you function. Feel this. Breathe it.

You are abundance.