

Abundance is An Inside Job

Recently someone asked me if being spiritual means giving up the luxuries of life. Not at all! To deny ourselves abundance is to deny our birthright. When we become our truest, most loving and powerful selves, abundance appears as naturally as a profusion of flowers in springtime.

What do I mean by abundance? Having something abundantly means having more than enough to satisfy. Experiencing abundance often means experiencing comfort, joy, grace, and gratitude. Right now I am blessed with an abundance of friendship, love, security, inspirational work, and pleasure. And oh yes, money!

But my life has not always felt so abundant. Looking back, my financial spreadsheets over my lifetime look like a roller-coaster ride—lots of ups and downs! So how did I create the abundant life I experience now? Did I work 80 hours a week? Did I hire an expert financial planner? Well, now and then I did both of these. But the true transformation in my money and in my life in general came through a transformation in my thinking.

For the last 20 plus years, I've been fascinated with the mind and its powers. I've read lots and lots of books, meditated, listened to many wise teachers, studied psychology, and talked with countless people about how they live their lives. And the most important lesson I have learned in my studies is this: How you think and feel inside has everything to do with how you experience the world outside. In other words, your world outside is a mirror of what you are thinking and feeling.

What does this mean financially? When I am feeling poor of spirit and am caught in destructive patterns of thinking about myself, my world reflects it, and my finances take a dip. Conversely, when I love, appreciate, and accept myself and everything in my life, my finances go up. Since this happens over and over again, I have become a believer. My exterior world is indeed a reflection of what is going on inside of me!

Can this be true? Is it possible that the secret to a prosperous life is not to work like dogs and feel guilty for taking vacations, but is actually to love, nurture, and feel good about ourselves? The only way you will know for sure is to try it out!

With the understanding I have gained from years of exploration and experience, I have developed strategies and practices for rising above destructive thought patterns and creating the feelings inside that will lead you to create an abundant life. For the next 30 days, experiment with some of these practices and see what happens!

How to Feel and Attract Abundance:

1. Let go of the critical voice in your head. Instead of putting yourself down, make a commitment to be kind and loving to yourself. If you have a habit of listening to the critical voice in your head (usually representing a parent), imagine that that parent is replaced by a caring compassionate cosmic mother and/or father who thinks you are perfect and can do no wrong.
2. Praise yourself often. It may take some time to develop this habit, but whenever you catch yourself being critical and judgmental, say something like, "You are magnificent just as you are."
3. Treat yourself like someone you are in love with. What would you do for someone you are wooing? Give yourself a gift of love, like flowers. Treat yourself to a lovely hot bath. See your good points and ignore your flaws.
4. Accept and appreciate others. What you give comes back to you. Also, what we judge in others is often something that we've yet to accept about ourselves. Treat others with love and respect, and you will be giving love and respect back to yourselves.
5. Rejoice in others' good fortune. Don't delay your own prosperity by being resentful or jealous that someone else has more than you. And don't criticize the way they choose to spend their money. It is none of your business.

Too often our culture separates spiritual values from material values. This limited view ignores the fact that the Universe has blessed us with a beautiful planet full of people, places, and things that we are meant to enjoy. What better spiritual practice is there than to love ourselves, love others, and to honor and appreciate our blessings?

In love and light,

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