

** ARTICLE ** Spiritually Abundant by Peggy McColl

Spiritually Abundant

Are you spiritually abundant? Everyone has the opportunity to be spiritually abundant, but not everyone chooses to experience it. To be spiritually abundant you simply have to know that you already are spiritually abundant, express the abundance that is your birthright and you will start to experience it.

This understanding of spiritual abundance could quite possibly change your experiences in life - it certainly changed mine.

When you are spiritually abundant, you are **being** abundant in spirit.

Being spiritually abundant includes so many aspects of abundance. There isn't a right or wrong description of what spiritual abundance is because it may be one thing for one person and something completely different for another. Being spiritually abundant means that your spirit is filled with abundance and you feel fulfilled in all areas of your life. Abundance can be found in many areas, such as: abundantly peaceful; abundantly joyous; abundantly passionate; abundantly generous; abundantly loving; abundantly prosperous, abundantly happy, abundantly blissful and abundantly grateful.

The motivation to write this article sprung from the "lack mentality" that seems to be a challenge for many. Lack mentality seems to be more common with money, but it rears its ugly head as a lack of love, lack of trust, lack of faith and causes a lack of life experience. But, does it have to be this way? No, you can change your experience by changing your mind about it and this can happen in an instant...the instant that you BEcome spiritually abundant. (notice the emphasis on the word BE)

Spiritually abundant is feeling an abundance of everything. You notice it, you see it, you touch it, you breath it in and you experience it. But, the burning question is, how do I feel abundant if I'm not experiencing abundance?

Abundance is everywhere. You only need to notice it, feel it (breathe it in) and you will feel abundant. Start to look around the room and notice the things there is an abundance of. Go head do it now. Life your eyes off of your computer screen and look around you. What do you see that there is an abundance of? Look out of a window and see the abundance. Pick up a magazine, turn on the television, listen to the radio, go for a walk, all things will lead you to abundance. What do you feel an abundance of? What are you experiencing an abundance of?

There is an abundance of opportunities. There is an abundance of information. There is an abundance of people. There is an abundance of so many things and we continue to focus on where there is lack, and recreate more of it.

Carry around an abundance journal and record all of the things that you notice an abundance of. Write down the abundant emotions that we have. Write down the things that you can't see and touch in addition to the things that you can see and touch.

And, another and very powerful way for you to feel abundance is to help someone else to experience abundance. Open up another's heart and eyes to see and experience the abundance around them. When you do this, you are being abundant. You will experience abundance too.

In the world today, the appearance (or I should say "illusion") is that there is a lack of certain things; lack of love, lack of available single men/women, lack of job opportunities, lack of prospects, lack of food, lack of money, lack of patience, lack of faith; and on and on we go. Although these things of lack appear to be real, it is only in the belief that they are real, that they manifest themselves. What you focus on will expand. Focus on lack, and you'll expand and create more of it, and that will re-enforce your belief about it. You create a circle - a circle of lack and you keep spinning around in this lack circle until you decide to break free from it.

Here are three, three word sentences to help you create a spirit of abundance.

1. I Am love.

You are loved. You are a child of God and you are loved. The love is never-ending. Your natural state is love. Your being is made out of love. There is an abundance of love waiting inside of you to be expressed (pushed out). There is no limit to the love that you have and can express. Be loving in everything you do. If you are faced with a confrontation or discomfort, simply ask this very powerful question: What would LOVE do now? When you come from love in everything you do, you'll be abundantly loving. There is no greater force in the universe than love.

2. Thank You God

Thank God for the many blessings, gifts and abundance that is your life. Keep a gratitude or a Thank You God journal and record all of the things that you are grateful for. Noticing and recording gratitude opens your heart up to receive more.

3. I'm The Source

You are the source of your happiness. You are the source of your joy, your peace, your bliss, your excitement, your abundance, your passion, your contentment. And, to experience any of these states of being all you have to do is help another to experience these emotions. If you want to have fun in your life, be the source of fun in another person's life. If you want an abundant life, help another have abundance in their life. If you want to have love in your life, give love away. Give freely, give joyously and give without conditions. Do not sit and wait for the good to come back to you, give and simply know that it will come back, in the most appropriate time.

Here are some evening questions for you to ask to help you to be more spiritually abundant: In what way did I give today? How have I touched another's life in a special way? Am I living my life beneficially?

Or, you can use the same questions and ask them in the morning. In what way will I give today? How will I touch another person's life in a special way? How will I live my life beneficially?

All of these are ideas for you to consider and use and you, too, will experience spiritual abundance.

One final comment in closing, many years ago when I attended Life Mastery in Maui, Hawaii I bought a hat, and to this day, it is my favorite hat and embroidered on this favorite hat of mine is this incredible saying: The secret to living is giving.

Live your life to benefit others.

Give love away.

Help another be abundant.

And, all of the things that you desire, will be returned unto you.

Peggy McColl

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On Being...The Creator of Your Destiny

The 8 Proven Secrets to SMART Success

On Being a Dog with a Bone

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