

SOUL LIGHT - Forty Six

Abundance – Part 5

There are at least 10 major attributes to Abundance.

This series of short articles looks at each of these attributes and attempts to simplify them for you so you can enjoy abundance in everything you do.

Abundance embraces far more than just money, material flow and love.

An important bounty is found in Gratitude.

Gratitude is the very essence of Happiness.
When we are grateful we are happy.

Happiness, like Love, gives freely of itself to others.
Yet what is this “self” of which we speak?
It is the very essence of who we are.

In other words, when we embrace our real Self we become filled with gratitude for our existence.

After all, how could it be otherwise when we realize we are safe, fine, okay, whole, loving, self-fulfilling, self-creating and endlessly evolving divine spiritual beings of infinite light and eternal life?

Such understandings – the internal ‘ah-ha’ of self-recognition – brings us into happiness.

Suddenly we realize that what we see outside our self is a perfect reflection of how we feel within our self.

If it's a great day ‘out there’ it shows we're feeling great about our ‘in here’.

If it's a lovely person we meet ‘out there’ it shows we're feeling loving toward the special light we find within ‘in here’.....

On the other hand, if it's a rotten day ‘out there’ we're reflecting ‘poor me’ feelings within our ‘in here’.

If it's a nasty person we meet ‘out there’ it shows we're seeing the reflection of some part of ourself that feels unfulfilled and frustrated ‘in here’.

“Out there’ is always a reflection of ‘in here’

This holds true for both the individual and society as a whole.

For us as individuals this translates into experiencing the kind of world we expect.

For society this translates into creating the kind of world which also reflects how we feel about ourselves, within.

The art of happiness and joyful living is therefore, obviously, the art of recognizing who we really are

'within' and then being naturally filled with gratitude for our existence and being.
This is living with grace.

And grace brings us abundance of happiness.

Take a moment to re-affirm your gratitude for such things as your family, your body, your opportunities, your challenges, each sunrise, your neighbours, the flowers in your garden, your home, your life, your partner, your children, whales, dolphins, eagles, butterflys, rainbows, the rain, the sunshine, money, work, laughter, smiles, dinner with friends, great books, your brain, movies, your relatives, the ability to walk, the ability to say "I love you" (and mean it), the ability to heal, passion for a purpose, love-making, your eyes, your feet, your kidneys, your heart, songs, trees, birds,, horses, kangaroos, lions, elephants, the wind, clouds, sunshine, crawling caterpillars that transform themselves into flying beauty and flying souls that transform themselves into walking beauty.....

This week, allow yourself to recognise, contemplate upon and affirm:

I AM ABUNDANCE.

I AM GRATEFUL AND APPRECIATE EVERYTHING I TRULY AM

Love and Blessings,

Les