

SOUL LIGHT - Forty Seven

Abundance – Part 6

The deeper we move into Abundance, the more we recognize that it is the true dance that abounds within us.

It is virtually every good and goodness that pervades our being.

More than money, jobs, opportunities or material things it also encompasses – as we have seen – love and gratitude and all they stand.

These include the power to give love to all we meet.

To hug people openly and warmly.

To give encouragement to others.

To give thanks and appreciation to everyone whose path crosses ours.

To give support whenever and wherever we can.

Such abundance empowers us as nothing else can.

This isn't the empowerment that requires us to have the right amount of money first; or be in the right place; or have the right friends; or have the right job; or enjoy the right opportunity.

This is the empowerment that lives within us all the time, anywhere and everywhere we go regardless of our seeming circumstances.....

We may find ourselves without funds - but we can still bask in our abundance.

We may find ourselves without a job - but we can still find ourselves buoyed by our opportunities.

We may find ourselves momentarily divorced from any number of seemingly desirable attributes of life on earth – but we can still be certain that abundance is ours.

When we see this level of abundance in others we tend to call it Self-respect.

That's because they're respecting their True Self, regardless of their momentary physical circumstances.

Here are some simple practices that can help all of us to engender greater self-respect, naturally.

1. Help others. This seems so easy when things are going well – but if we do it even when things have gone pear-shaped we'll find our self-esteem reaches high. That's because we'll be letting 'the god within' play in the fields of Life.. God's play is to help, to love, to support, to care... You and I are simply the tools for that play.

2. Help someone who is hurting. Forget your own hurts, instead place your focus on the other person. Watch how your heart and your enthusiasm will follow your focus and renew your spirit!

3. Help your community. Don't sit around bemoaning the local scene – help inspire it with your own activities! Join a community support group (or two!). Get involved in community action groups to improve services for those less able to support themselves.

You'll find a network of gods-in-action the moment you step out of your own shadows into the bright sunlight of community.

4. Help the world. Stop being part of the problem – and join those who are part of the solution! Find half a dozen ways to help the world – and watch what happens to your planetary pride! You might choose to clean up part of the neighbourhood/ reduce unnecessary power consumption/ eliminate excessive vehicular poisonous gas emissions/ join the state emergency services or the bushfire brigade as a volunteer/ join Volunteers Abroad and help those who are having difficulty helping themselves/ support overseas orphanages/ give aid to children's charities for education, housing and medicine. Or simply plant another tree.....

By helping others you help yourself – to a recognition of the abundance of Self Respect with which you have always been endowed.

This week practice accepting the Abundance of Self Respect which you already have.

Please respectfully accept this affirmation (and contemplation topic):

I AM ABUNDANCE.

I HAVE DEEP RESPECT FOR THE DIVINE WITHIN MYSELF

I HONOUR THIS DIVINE BY COMMITTING MYSELF TO DUTIFULLY SERVE ITS DESIRES TO SELFLESSLY EXPRESS ITSELF IN ALL WAYS AND ALWAYS.

Love and Blessings,

Les