

SOUL LIGHT - Forty Eight

Abundance – Part 7

Spirit's Abundance is absolute, complete, unchangeable and inclusive.

Not only is this Abundance the very flow of life but it is also the unimpeded flow of love, gratitude, happiness, courage, compassion, opportunity, movement and consciousness. Awareness of it brings deeper levels of self-respect and self-realisation.

It is an abundant attitude toward Time which makes this possible.

Without an abundance of Time, little is possible to be achieved.

Without Time, our best intentions get squeezed out in our rush of busy-ness.

With Time, almost anything and everything can be savoured.

Do you have time to read this short article?

To wash your hair tonight?

To phone a friend who is hurting?

To write a note of support for someone in need?

Do you have time to smell the roses?

To buy a bunch for your partner or friend?

To grow a bush to beautify your garden?

To deliver to someone in hospital?

Although there are over 10,000 minutes in a week – and many things take less than 2 minutes to handle – most of us believe we simply don't have time to handle them.

Ironically, it's the things that least matter that absorb our time the most – and the people who most matter who often miss out the most.

Not recognising our abundance, we sometimes behave like paupers.

We often deny ourselves the richness of relationships with our soul, our partner, our children, our work and our world. We often settle, instead, for bite-sized attention grabbing moments.

This week, allow yourself to consider: Where do I place my attention?

Where we place our attention highlights our intention. Notice how easily our attention wanes when we are disinterested; how focussed we can remain when our interest is high.

Ask yourself: How much of my focussed intention do I give to those people toward whom I am attentive?

How could I better attend?

Finding Time is as easy as developing your intentions.

This week I offer you this affirmation (and contemplation topic):

I AM ABUNDANCE; AND I AM ETERNITY ITSELF.

I GIVE MY FOCUS EFFORTLESSLY TO BOTH SELF AND OTHERS KNOWING THAT I ALWAYS HAVE AN ABUNDANCE

Blessings!

Les