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Ten Ways to Add Abundance To Your Mind, Your Life & Your World

By Catherine Franz

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Abundance isn't something you find from the outside. Abundance begins within and radiates outward. Find the ways that increase your abundance inside. Add time to your day, simplify, or make a difference in the world. Gratitude multiplies. Find something in these ten ways to add abundance to your life and enjoy the positive results it will attract.

1. Step up and become a world peacemaker. Volunteer to help keep peace in the world. Yes, even one hour this year will make a difference. Think about it -- if 2,000 people volunteered just one hour, that 2,000 hours that peace is closer in the world. It is like interest, it compounds. You can and do make a difference. Visit The 1,000 Years of Peace Project (<http://www.pledgepeace.org/>) and pledge just one hour in 2004 towards peace!

2. Be a blood donor. Never done it before or not sure that they want your blood. It takes just a few minutes by phone or visiting their web site to find out. Scared of needles, I was, let their experience walk you through the fear. Celebrate your freedom from the fear afterwards. Go with some friends or co-workers to support you. Visit AABA at: <http://www.aabb.org/Locator/Locator.asp> to find out

more.

3. Volunteer somewhere this year. Did you know that most employers encourage volunteering and will give time off to do so during business hours? Not sure, ask them. Organize an office group of volunteers. Visit Volunteer Match at: <http://www.volunteermatch.org/> to find the right place for you to volunteer.

4. Attend the religious ceremony of at least one different faith to observe how others connect with the Divine. Not into religion, that is okay. Expand your mind by attending

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different events or faiths. You do not need to join, just learn and expand your horizons. We have more similarities than differences. It is when we see those similarities that we learn our connections.

5. Take 30 minutes a day and connect with your higher self and spirit. Whether it is in meditation, sitting quietly and listening, or in prayer.

6. Eliminate any outside influences that don't feed your soul or life purpose. If you are challenged to let it go permanently, give it up temporarily for 30 days. Whether it is the newspaper, TV news, or books that you are reading that are "shoulds" instead of "wants." Revisit with what you are letting in. In exchange, abundance will have more space to enter. Fill your day with only positive people, things, and information. The Information Gurus have a saying, "GIGO" Garbage in, garbage out.

7. Look beyond the either/or decisions in life. Open the door and let the possibilities and options in. Don't be boxed in, just know there are other options, invite them in. Abundance appears when it is invited.

8. Ever wondered how much "nature" your lifestyle requires? Take the Ecological Footprint Quiz at <http://www.myfootprint.org/>. The Quiz estimates how much productive land and water you need to support what you use and discard. All this in 15 quick and easy questions. What footprint are you leaving on this planet and how does it

compare to others? Great revelation on what you are leaving behind.

9. Magnify abundance by simplifying your life. Visit Simple Living at: <http://www.simpleliving.net/> and find thousands of topics and great tools on how to simplify all areas of life. You will also find study groups to support you on your journey.

10. Have you written your own Personal Mission Statement? Visit this f*r*e*e easy-to-use online Mission Statement Builder to create one. Gain space to add abundance by reducing stress and increasing your focus on where you want to go. Post your statement on the bathroom mirror. It makes saying no easier the rest of the day.

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5 Key Ways to Attract Abundance and Prosperity

By Julie Plenty

When you hear the words "abundance" and "prosperity", what immediately comes to mind? Is it money, fulfilling relationships, a lovely house to live in, peace of mind, a career/vocation that expresses your gifts?

It may be all or none of those things. It may mean something else to you. But if you want to attract more prosperity and abundance into your life, no matter how you define them, then this article outlines 5 key ways to do so.

1. Understand Attraction Law

This is better known as the Law of Attraction, as defined by Abraham Hicks, states that "you attract whatever you give your attention and energy to, whether wanted or unwanted".

So, if you're curious about what you're putting out there, look at what you are attracting, the visible results in your life. Knowing about and working with the the Law of Attraction will help you in manifesting, creating and attracting more abundance and prosperity in your life.

Once you understand it, there's no turning back.

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2. You get what you focus on

One of the key concepts in the Law of Attraction is that you get what you focus on, whether that be money, relationships, employment etc). So when you focus on having less, that is the experience you create for yourself.

Saying that "I hate my job" will just draw even more attention to the aspects of the job that you don't like. Even if you look for another job, it'll be with that negative energy.

Just wanting something isn't enough, because you will still continue to think about what you don't have. Always focusing on what you lack means that you don't see the present and future opportunities, or begin to realise your true desires. You're getting in your own way!

3. Clear your head

.....to allow you to focus more effectively. Our minds are full of "stuff"; old, tired and limiting beliefs, which don't reflect who we are now, or who we want to become.

Set aside quiet time for yourself on a regular basis to get real clear about what you really want to attract in your life. Use this opportunity to ask yourself questions.

Ask yourself: "how can I create more prosperity and abundance in my life?". Once your head is clear,

you will allow the answers to come to you. Meditation is a great way to start clearing the mind.

4. Appreciate life's abundance

Appreciating life's abundance is another way to opening yourself up to accept more abundance and prosperity in your life. When you fully appreciate what you have in your life, the Universe has a way of giving you more.

Keep a gratitude journal and at the end of each day, write down everything that you appreciate in your life. You'll begin to change your energy and vibration and become more internally aligned with what you want to create in your life.

5. Use prosperity affirmations

As you write your gratitude journal, it is an opportunity to write down prosperity affirmations as well. Affirmations are statements of acceptance that you use to manifest your destiny or what you want to create in your life. They are powerful, positive thoughts and words sent out to the universe.

If you want to use affirmations to create positive changes in your life, then you must first BELIEVE that this is possible. It shouldn't be a half hearted "well, I'll give this a go and see what happens".

To make affirmations more effective, put as much positive energy in writing and saying them as

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possible. Visualise what you want to create and let this inform your prosperity affirmations.

When you cease operating from a position of lack, you start to create the fertile conditions to make more informed decisions, identify greater opportunities and attract more abundance and prosperity into your life.

Julie Plenty is a Personal and Business Coach who helps self employed creative professionals develop a strong personal foundation and therefore increase the success of their business. For more self growth articles, resources and free ecards, visit:

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