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**The Law of Abundance**

**By Judi Singleton**

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The Law of Abundance

This universe that we live in is a place of abundance. Look around you and you will see abundance everywhere. I planted a couple little cherry trees last year, this year they are bent over with cherries. The Grass in my yard grows faster than I can keep up with it. It grows thick in places I don't want it and little fruit trees are coming up all over the lawn. We too are abundant creatures we have been created with a multitude of ideas and talents to carry them out. There is a spiritual law that we must give to receive. It is in giving that things come back to us. So whatever you would increase in your life first give away.

Yet when many people try to manifest prosperity, they don't achieve their goals. What happens? Now we can't give away what we do not have. So say you want to give love you must first love yourself. This sounds like a paradox it is not. We must be the very thing we would give so to give love we must be loved and loving. This law works in reverse for us too. Say you are fearful that is just what you will give away and what you will receive back from the universe. So we want to monitor our thoughts and see what we are sending out.

If we are going to manifest true prosperity, we must first bring our consciousness into attunement with the Higher Power. When we are aligned with our Higher Power we are at peace knowing that all our needs will be taken care of in Divine Order. When we reach this point we then are at a place to ask for guidance in the silence. It then becomes easier to bring specific goals into manifestation. It is not uncommon for us to change our minds several times as we learn to listen to our Higher Power and begin to ask for our highest good and find it is not what we started out desiring.

We create our own reality. We attract those things in our life (money, relationships, employment) that we focus on. I wish I could tell you that it is as simple as stating an affirmation, but no affirmation is going to work if your mind hought is negating the positive.

When we focus on "the fear of scarcity" then we create that experience for ourselves. When we focus on "I hate my job" then we will never notice the aspects of our employment that might be satisfying. Basically, just wanting something isn't going to bring that to us when we continue to obsess on the not having of that something. We negate the very thing we are trying to manifest.

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Agree with the Law and accept the truth that you have been given everything. When we do this, our consciousness becomes the Law of Abundance. We take on the energy, power, and force of the Higher Power and become an open channel for our desires to manifest through us. What takes place when our minds agree with the law of abundance is an acceptance which is similar to a light being turned on in consciousness, and ideas begin to fill our minds. These ideas are in the form of helpful solutions, actions to take to bring manifestation of our desires. Then once the fear has been quieted through purposeful activity, the Higher Power takes the next step and begins to connect you, with the people, places, situations, and conditions to bring more of the already-present abundance into your life. From there you continue your upward climb until the gifts of the Law are fully recognized. Gratefulness speeds up this process.

About the Author: Judi Singleton publishes both the free edition and the paid edition of Jassmine's Journal you can subscribe at <http://www.motherearthpublishing.com>

### **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.

#### 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 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

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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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