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**Transforming Scarcity into Abundance**

**By Francoise Rapp**

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Financial abundance is an extension of our thoughts, emotions and beliefs. Are you struggling in your career or relationships? Do you complain rather than take action? Are you pessimistic and doubtful that life is full of possibilities and opportunities? If you are not fully satisfied or not enjoying prosperity right now, then you need to shift your perspective on your life.

The good news is you can transform your life and discover abundance simply by changing your inner state of mind. Scarcity is a habitual feeling that can be changed easily. But it requires some time and patience to shift your thought process. Here are few tips to help you:

- Pay attention to your thinking and actions during the day. How do you approach life? With fear and pessimism or the contrary?
- Express gratitude for all your possessions, including tangible items like money, as well as intangibles like your relationships, health, etc. Write them down.
- Share what you have with others. A simple smile may have a tremendous impact on someone.
- Appreciate what you have.
- Make a list of negative, passive and fearful attitudes or thoughts you have toward money, situations, wealthy people. Translate your list into one of positives.
- Indulge yourself.
- Behave like a wealthy person. Feel comfortable with richness.

The use of the aromatic blend below will support you through this process by calming your fears and enhancing positivism in all aspects of your life.

## Transforming Scarcity into Abundance

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Prosperity Blend:

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In a 10ml bottle, pour the essential oils first and then add an organic vegetable oil to fill.

- 4 drops Roman Chamomile
- 7 drops Basil
- 10 drops Orange

Anoint the solar plexus, third eye, sacrum. Pour 1/3 of the blend into your warm bath water and soak for at least 15 minutes. Carry it with you at all times, occasionally pouring a few drops into the palm of your hands and inhaling deeply.

Order what you need to create this blend yourself now:

==> <http://www.aromalchemy.com/aromatherapy/ouroils.html>

In Good Health,

Francoise Rapp

<http://www.aromalchemy.com>

(c) Francoise Rapp, 2002. Internationally renowned aromatherapist and alchemist, Francoise Rapp, shares her expertise in using essential oils to heal and revitalize body and mind at <http://www.aromalchemy.com>. Highlights include aromatherapy classes, pure & organic essential oils, recipes and aromatic treatments for health and wellness, and a free weekly newsletter. Discover the power of aromatherapy today at <http://www.aromalchemy.com>!

Internationally renowned aromatherapist and alchemist Françoise Rapp shares her expertise each week in her free ezine, the Arom'Alchemy Newsletter. To subscribe, visit [www.aromalchemy.com/education](http://www.aromalchemy.com/education).

### **The Principle of Abundance**

#### **By Mandie Crawford**

One of the first great things I learned when starting my business, is that there are two ways of thinking. You can believe that there is more than enough business to go around or you can have the scarcity mentality. Either way you believe you are probably right.

The principal of abundance promotes the belief that not only is there enough business to go around, and that the universe has room for us all to benefit equally, but also commands us to give away what we have. This means giving referrals, ideas, assistance and any other thing you can think of to help others. It means that we build people, relationships and help others because we know and believe that somehow, some day it will all come back to us. It also promotes win-win situations.

## Transforming Scarcity into Abundance

The scarcity mentality advocates holding onto whatever it is you have for fear that someone else may take it. That means holding onto your cash, your ideas, your time and your clients as tightly as you can. It means that when you find a client you do everything within your power to hold onto that client for fear that the `competition' might take them away. In fact people who operate under the scarcity mentality often base many of their decisions on what their competition and others do. And that is operating out of the fear that someone will get more than you will or will succeed before you do.

I have learned that the only shortages we face are in our own minds. And that the more we give of our approval, our time, our smiles, our energy, our wisdom and our ideas the more accepted, less stressed, happy, energetic, wise and creative we become. Building people and relationships can serve both the `giver' and the `getter'. There is enough for everyone!

One of the ways I practice abundance is by sharing leads, and information. I also try my best to promote others who may be in a similar business as I am. Forming alliances and strategies that work for both of us can increase both of our businesses. We may want the same clients, but if we pool our knowledge and resources, everyone benefits. In visiting our site you may begin to notice that there are several people who do similar or the same things. Yes, they know each other, and many of them share business. This helps both of them in that they practice what I call `co-opetition' instead of competition.

Changing our mindset about the principle of abundance is not always easy. It takes practice. I love the vision that was created through a book that I have read called, "The One Minute Millionaire". It says, `There is an ocean of abundance and one can tap into it with a teaspoon, a bucket or a tractor trailer. The ocean doesn't care.' Practice the principles of abundance this week. There is enough for everyone!

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Mandie Crawford is a Business Consultant, Entrepreneur and Expert on Women Entrepreneurs. Her website is

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The Principle of Abundance

Anger and Scarcity

At Thanksgiving, Tap into Abundance

The Law of Abundance

Afloat on A Sea of Abundance

Motivate Your Way To Success

Super Six PHP Scripts

Easy PDF Publisher's Toolkit

Inside The Minds of Winners

Niche Products Powerpack 3



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