

Answering “Abundance” When the World Cries “Scarcity”

The world is vast, old and complex, and we—our experiences in this moment—are but a blip in the big Universal picture. Stock market numbers rise and fall. Jobs begin and end. Addresses change. This is not to trivialize the loss and grief (which must be honored) that come with these experiences. These times are legitimately challenging. They are difficult, perhaps uncomfortable and inconvenient. In many ways, they just plain suck.

But they are here and we are here, and what can we do about it? Resist? Complain? Deny? Blame? How’s that working for you? It doesn’t really change anything, does it?

You have a choice of mentalities in life: scarcity or abundance. What you choose to dwell on, you will experience. The media forces want to sell us on scarcity. If we buy their argument, we’ll buy anything—clothes, electronics, cars—which is, of course, their aim. (Scarcity, by its definition, makes us want more.) If they can make us fearful enough, they can control and disempower us.

But scarcity is a lie. All one has to do is look at Nature. Look at the seasons. Look at the ways plants and animals adapt to the challenging seasons: animals slow down, maybe even hibernate; plants conserve their energy for next season’s growth. We are a part of these cycles, too. When you think about it, it is unnatural—and even a bit entitled—to think we are supposed to experience summer, endlessly. We must learn to honor the rhythms of life. There are times of expansion and times of contraction. There are times to leaf out and times to pull in. We don’t have to use labels like “good times” or “bad times;” times just are. And if we pay attention we will find, no matter what, there is enough.

So let’s talk about how we can pay attention...how we can create a habit of experiencing abundance. “Habit” is a little word with a lot of power. Your current outlook is a habit—one you may or may not have chosen consciously. You can consciously choose to create an empowering habit simply by practicing it daily for about a month. After that, it becomes almost automatic, replacing your old habit and giving you a new outlook.

10 Ways to Experience Abundance Each Day

- 1) **Notice who helped you today.** You are not alone. You are assisted directly and indirectly all day long. Someone served you in a store or restaurant. Someone held a door. Someone generated the electricity that powers your house. Someone made the shirt you are wearing. Who showed you kindness today?
- 2) **Notice beauty.** It is free and it is everywhere: the sunset, roses, a child’s smile, a cat’s purr, your lover’s touch, your own reflection.
- 3) **Pause and really appreciate the food that nourishes you.** It is a miracle, really, that the elements form exactly the nutrients our bodies need to function, and our bodies’ senses are tuned to the pleasure of seeing, tasting, smelling and enjoying their intake.
- 4) **Notice the opportunities contained in the void.** The shedding of things during times of contraction creates an open space into which new things can come.
- 5) **Surround yourself with others who focus on abundance.** Seek people, conversations, internet sites, periodicals, media outlets, etc that embrace and promote the abundance mentality.
- 6) **Notice that you have enough in this moment.** Pay attention to what you have—you are provided for. If you didn’t have enough, you wouldn’t be here.

7) **Notice your physical comforts and strengths.** Is your outfit soft and comfortable? Did your legs carry you effortlessly up the stairs? Listen to your heart beating. Be present for the inhale and exhale of breath.

8) **Really notice and appreciate the people in your life.** Each person is a jewel to behold—from the stranger on the street to your closest companion—tune in to them.

9) **Notice what goes right.** It is too easy to be sidetracked by what didn't work out the way we wanted when, really, most things go well, but unnoticed and unappreciated.

10) **Be grateful.** Constantly give thanks.