

How to Create Wealth and Abundance

People have always wanted to be rich. And why not? Financial problems are a drag! While most of us in the developed world aren't going hungry (unless we're on a diet!) we know what it is to have to budget in order to pay the house payment or rent. Many of us have overextended ourselves on credit cards and have problems paying all the bills even when we have a pretty good income. Yes, a bit more money would be nice! While money has always been a desired commodity, "abundance" has become a buzzword recently. Just having money is not the same as having abundance. Abundance refers to a satisfied, comfortable existence. Abundance is being able to share nice food and drink with guests. Abundance is having a comfortable bed and a happy marriage. Money can help you create abundance, but it doesn't take the place of it.

So how can we think and act to create a wealthy, abundant life for ourselves and our families? It all starts in the mind. Wealth happens to people because they think positively about money and expect success and riches. You can be a financial success. Develop a healthy respect for yourself, for your dreams and abilities. One simple exercise you can do is to say to yourself each morning, the first thing after you get out of bed, "I believe. I believe. I believe." Then start to verbally list the things you believe.

For instance, I believe there is enough abundance to go around. I believe I have the ability to do the things I must do today to insure that my business succeeds. I believe other people will respond favorably to me in most cases. I believe that those who do not have their reasons, and it doesn't need to threaten my confidence. I believe I can do it. I believe I deserve wealth and abundance as much as anyone does.

Abundance is a little different commodity than just wealth. Many people are wealthy without having a gracious, abundant style of living. To create abundance in your life, pay attention to small details. Many of the things that can be done to create an abundant life fall in the jurisdiction of the homemaker in the family. For instance, are things neat and orderly?

A real killer of abundance and peace of mind is clutter. In today's affluent homes, clutter can be a real challenge. The fact is, there is only enough time in life to enjoy a finite amount of stuff. Kids don't have time to play with and bond to more than a few select toys, so why own hundreds? You probably don't have time to enjoy all the books you might own, and most of them can be checked out of the library anyway. Similarly, you will probably never go through those stacks of magazines or wear many of the clothes that are choking your closet.

In many ways, less really is more. Get into the habit of getting rid of the extra things in your home that you really won't use and don't need. Having breathing space in your home is one of the first steps to creating an atmosphere of luxury and ease.

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