

## Abundance Mindset

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### What is an abundance mindset?

An abundance mindset is the feeling that there is enough for everyone, that available resources will flow as we need them, that we are connected to one another, and that what is good for you is good for me. Abundance enjoys possibilities for connection, collaboration, and prosperity. Abundance in relationship to ourselves looks like personal responsibility through self-care, planning, and thinking big. Abundance in relationship to others looks like celebrating the successes of our neighbors, working together, and serving our community. Abundance is being grateful for trusting and loving relationships, health and wellness, moments of rest, and time away from work or a clock.

Abundance does not worry about “not having enough,” that something will “run out,” or that we will be “left behind.” It is not concerned with competition. It is not desperate. It does not hold blame. We have a name for that mindset, too, and it is called *scarcity*.

When we choose to live with an abundance mindset, we free ourselves from the restrictions that limit our ability to be present, to create, to feel safe, and to feel calm. Being a human being is complex and offers challenges, but we are in control of what we allow our minds and hearts to hold, and the attitudes that we embrace. A scarcity mindset will avoid risk, tell us lies about what we can control, fear change, be selfish and greedy, and compete with other people to have more power or to simply have more. When we are reminded that there is enough for everyone—enough love, success, work, rest, and joy—we are authentically delighted for them and for ourselves. We see the truth that we can trust ourselves to create solutions for what we need. We can ask for help and receive support. We work and rest and love and focus on the positive elements of our challenges and goals.

### This is a mindfulness practice to increase your abundance mindset

Please take a moment to look around your space and notice if there is anything that brings up scarcity in your mind. This could be any object that reminds you of competition, not having enough, or running out of something you think is vital for your life. You may feel anxious as you look at this object. If you find such an item, feel free to remove it now.

Recall an object you have that brings up feelings of abundance. This could be a photo of someone you love unconditionally, something else that reminds you of collaboration or

partnership, or a celebration of the success of someone dear to you. It could also be an item that you look at and feel grateful for because it is beautiful or helpful in some way.

Find a comfortable position in which you are sitting with your legs crossed, or in a straight-back chair with your feet as close to the ground as possible, or lay back on a bed or soft cushion. Take a moment to look at and/or feel the object that brings up the emotion of gratitude for you and notice what you are feeling in your body:

Scan the top of your head and your face. Are you smiling? What does gratitude feel like to you? Hold your neck in a neutral position and maybe gently roll it from your right side to your left side, back and forth, just a few times. Let the gratitude into your breath with the words, "I am attracting everything that is good for me and those around me. I am ready for new opportunities, new energy, and a new mindset." Take a deep breath in through your nose, counting to 4, holding for 4, and breathing out of your mouth for 6 counts.

Observe your shoulders and your chest. Ensure that you hold your shoulders lightly and set them back and away from your ears. Do you feel comfortable? Are you breathing easily? Take another deep breath, recognizing that you are safe and secure in this moment. Say to yourself, "Abundance is all around me." Breathe in through your nose counting to 4, hold your breath for 4, and breathe out of your mouth for 6 counts.

Move to your chest and feel your heart glowing with the feeling of having everything you need. Envision a bright light surrounding your heart space and imagine connecting that light with other people you love. Send a person in your life a thank you and breathe deeply through your chest. Recognize that you are cared for and breathe in through your nose counting to 4, hold your breath for 4, and breathe out of your mouth for 6 counts.

Focus on your arms, hands, and fingers and notice how they feel. Notice if you need to change position or if they feel relaxed and at ease. Our hands are for service, so recall a time in which you helped someone. Feel what it was like to help and have another person receive. Remember that we all have a place in this world and breathe in through your nose counting to 4, hold your breath for 4, and breathe out of your mouth for 6 counts.

Concentrate on your belly and pay attention to the rise and fall as you breathe in what is right in your life. Take a moment to think about a goal you have and breathe deeply as you become aware that you can accomplish it. If fear or uncertainty arises, say "It is okay to fear the unknown. All I need to do is take one step. I can take one step." Think about another time when

you were successful with a goal and breathe in through your nose counting to 4, hold your breath for 4, and breathe out of your mouth for 6 counts.

As you begin to focus on your hips and legs, make any adjustments to feel most comfortable. Breathe in and consider the last time you were genuinely happy for a friend or family member's good fortune. Visualize the moment they told you their good news and how excited they were to share it. Bring to mind the joy you felt in hearing their news and breathe in through your nose counting to 4, hold your breath for 4, and breathe out of your mouth for 6 counts.

Reach your feet now and notice their position. Think about connection, about bringing together, about collaboration, and joining for a common good. You might bring your feet closer together, roll your ankles or wiggle your toes. Connect the feeling of your breath to these limbs. Think about how much support you have and that you are also supported by the earth. Feel the feeling of support in your body as you feel your weight on the floor, chair, or bed. As you consider the people and gifts you have in your life allow yourself to envision even more blessings. Thank yourself for this practice and breathe in through your nose counting to 4, hold your breath for 4, and breathe out of your mouth for 6 counts.

Think to yourself:

I am attracting new energy and opportunities

I am safe and loved in this moment

I have all of the resources and support that I need

I am helpful and feel happy when other people succeed

I will take the steps I need to accomplish my goals

The Light in me recognizes the Light in you and we are One