

ABUNDANT AT HEART

By Paula Pluck - Author of 'If I change so can the world'

I believe true abundance flowers in each and every heart. Those who radiate unconditional love share in the gift of abundance, we see abundance shine in their eyes and aura – people with abundance have a warm magnetism that just is. Trees do not try to grow, just as birds don't try to fly. Yet for many of us to be joyous and carefree is a constant quest! I wonder can we just be? Can we accept we are part of universal intelligence? Yes, we are only a very small part of the infinite eternal spirit but we are part of it and to limit ourselves is to limit the universe.

The majority of us have forgotten that we are connected eternally through our spirit and physically by our conscious choice. In our humanness we nurture our pain or fears and inflame the injustices we perceive in our lives. We forget we are manifesting what flows to us and from us. We can influence and be influenced by the energy around us, even if we are not aware of it. Our silent and spoken thoughts either keep away or attract conditions and people into our world. The world around us mirrors our inner thinking and feelings.

Beliefs and intention hold the power to create mental, emotional, financial, spiritual and personal success. If we intend to prosper purely for personal financial gain then we can never truly prosper. At best we get a short term emotional and mental high from our outer successes and at worst we place another layer of transient superficial happiness before the true needs of our inner spirit. Therefore for true abundance we need to listen to our heart and let that be the light that navigates us on a true path to affluence.

We know our thoughts and actions generate consequences or put more simply what we give out we get back. Swami Vivekananda tells us *'Karma is the eternal assertion of human freedom. Our thoughts, our words, and deeds are the threads of the net that we throw around ourselves. Therefore each time we wish happiness, wealth, good fortune, peace and success to others we are planting those seeds to grow in our own lives! Likewise when we show affection, care, love, appreciation and joy to others we are growing a lovelier life for ourselves through our words, actions and deeds.'*

The basic premise of creating abundance in our lives lies in the inner knowing that God is in us and we are in God. Naturally accepting and having our being in the Divine Source is trickier to sustain than simply mentally knowing this is the case. We all, at times, allow ourselves to become separated from universal love falling into unsupportive or negative emotional and mental patterns of thinking and behaving. It is at these times that we would benefit most from surrendering to our inherent birthright. Instead of impatiently resisting life we can choose to get in flow with nature and just be...

For most of us the pull of the material life, the habits and influences of the world around us, can prove a great challenge to overcome in our quest for personal freedom. I think this is because we view uncertainty in a negative light - we have forgotten how to let go. Yet to be truly abundant we must trust *'that what is for us will not pass us by.'* We can still create with lovely intentions yet the trick is giving up our attachment to the thought or need of it must happen! Control is in opposition to abundance it stops the flow of abundance instantly.

True affluence is not wasteful or grasping it is borne of a generous and discerning heart. Abundant consciousness is not about hoarding money or over indulging because both of these habits are really based on a fear that there is not enough. So the path of abundance calls for the ability to be wealthy in consciousness yet frugal in actual practice! When we live by the law of love, which is in infinite supply, all other forms of abundance will flow to and from us. When we allow universal love to flower within us we welcome abundance into our heart. When we wish for abundance in all hearts then our 'abundance' shines for all to see.

Ramana Maharshi reminds us 'All that one gives to others one gives to oneself. If this truth is understood, who will not

give to others?