

# An Attitude of Gratitude Creates Abundance

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BY CATHY WOODS



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**Contemplate and create a list of ways you are already abundant.** Perhaps you have friendships, a job, a place to live, food to eat each day, and so on.

**Create a list of ways you'd like to become more abundant.** Choices about what we seek are best made from a calm and clear place, rather than a scattered, fearful, grasping or doubtful place. We have the capacity to attain what we want by co-creating with the Universe and Higher Power (however you like to define those terms), so it is very important to be careful in our choices. A healthy lifestyle, meditation, and yoga increase clarity of body, mind, and spirit. These practices put us in touch with our intuition about what's wholesome and in our best interest. So before you begin, take some time to quiet your mind and body.

Examine the reasons and areas where you want to become more abundant. What is the *energy or intention* behind them? Are they coming from a place of clarity? Are your reasons ego-based or fear-based? Will they serve your highest good? Will they serve the good of others? Will they create more soul contentment in your life?

#### Facilitate and manifest your heart's desires.

- Visualize them clearly
- Write them down, stating them in positive and specific terms
- Affirm your intentions by reading them frequently, either silently or aloud
- Lightly introduce them into your meditations, perhaps reading them before meditating
- Practice gratitude for what is good in your life, rather than focusing on what is wrong (more about this later..)
- Contemplate what holds you back from fulfilling your heart's desires, and then, find creative solutions to alter what stands in your way
- Make an effort toward your desires, then let go and turn the results over to Higher Power with non-attachment to the outcome



**Practice GRATITUDE;** it actually creates more abundance and happiness. There's a saying, "an attitude of gratitude is a prayer in action." Feeling grateful for what we already have is essential in self-care and a spiritual life. Why are we asking for more if we are not already grateful for what we have?

Seek and notice things each day that you have to be grateful for. Keeping a gratitude journal is a powerful technique. Every morning or night, write down at least five things you are thankful for. This "homework" helps you notice how much there already is to appreciate in your life, from the blankets that keep you warm at night to the warm smile of a friend or family member.

If you're not the journaling type, making a gratitude jar can be a fun and creative practice. Craft or find a cheerful-looking jar and leave it in a place you will see it often (like on your kitchen counter or desk). Keep a small notepad next to it and each day spend a couple of minutes writing down anything that invokes gratitude. On days you are feeling down, pull out some of your entries and remember all that you have to give thanks for.

Now you have put your intentions "out there" by identifying the areas where you want more abundance, and you are practicing gratitude on a regular basis. Once these seeds are planted in the fertile ground of pure potentiality, step back with non-attachment and trust they will bloom *when and if* the season is right. Then, trust in Spirit's timetable, which may be very different than the timetable you have in mind.

May you enjoy the beautiful path of Gratitude and Abundance and love the life you live.

**Cathy Woods**, ERYT 500, Yogini, is a long-time yoga teacher & retreat leader (of 25 years) offering yoga retreats, life-skills enrichment programs and Body, Mind, Equine, nationally. Cathy teaches yoga as awareness practice to be used on and off the mat. An authentic, adaptable, clear teacher, assisting students to embark on their own inner journey. Though she maintains connected to Kripalu lineage, she teaches the "yoga of her heart."