

ABUNDANCE – [uh-buhn-duh ns]: an extremely plentiful or over sufficient quantity or supply

My son (Tony) graduated from college back in May from the University of TN. I was toasting him, my niece (Danielle) and a bunch of graduate friends at his college graduation party when I shared some comments and personal perspective about looking at their life ahead. The toast went something like “there are great opportunities out there to grow and advance yourselves and I feel a lot of you have a head start because I see you have a mind set of ABUNDANCE! This allows the things in life you want to have to flow to you much more easily!”

I recognize that mindset because I share it. I didn't always, however. See, I grew up with a mentality of scarcity. I think a lot of us do and it's caused by our culture, people, teachers and the world in general. We grow up hearing all the time that there is not enough of this or that. Ever heard someone say “Money doesn't grow on trees”? I have heard it and I have said it. This mindset is limiting and when we limit ourselves we don't open ourselves up to allow the circulation that occurs when we act abundantly! I am sure you have heard the saying “what goes around, comes around”. When you spend or love without creating some restricting thought or limitation around it you send out the signal to allow it to circle back to you. Does this make sense?

It took a long time for me to break away from a scarcity (poverty) mindset to one of Abundance (Prosperity). If you're wondering how I did it, it started with awareness that my beliefs were limiting me. I realized that there is not a limited amount of anything, so I changed my mind set to think

more abundantly, and in turn act more abundantly. Love for instance...if I give my love to someone, I am not going to run out. In fact, I learned that the more I gave, the more I received. Why had I been holding back? [The Secret](#) by Rhonda Byrne (also a movie) is a good example of recent intrigue into the laws of attraction...and it all begins with changing the way you think.

I now give love wherever and whenever I can. The same with money...I acted like every dollar was my last and would fight tooth and nail before giving it up. Now I give money away and spend money, without an ill will every time I swipe my card or write a check. To my own surprise, money keeps showing up in my life. It feels good to share my money with others in return for a valuable product or service they provide.

By now you've likely discovered I have a great love of reading and learning from other people. One of the best books I have ever read on this subject is titled [The Prosperity Paradigm](#), by Steve D'Annunzio. This book uses actions that "align with universal laws that naturally attract success as surely as gravity attracts objects to one another." It helps one to learn how to open up to the mindset of abundance – well worth the read.

Maybe this will help open your mind to see that abundance is something we can all have.