



CHAPTER 10

Life Means Abundance

‘**N**ot what we have but what we enjoy constitutes our abundance,’ says John Petit-Senn.

Every day is new. Every day brings new moments in our life. Every day is unique in its own way. The meaning of new is as unique as different feelings to previously known moments. No person can live without thinking for a single moment. Every thought coming to our mind goes away and is replaced by another thought and so on.

Thought can be a feeling of lack of something. This feeling of lack brings another thought of expectation in that moment. The expectation of something more, bigger, better, stronger, faster, and richer than the present moment makes the mind agitated. The expectation of happiness itself brings grief.

When a thought does not expect anything from the moment, we live in that moment, and we live a fulfilled life. We should not have the desire to have a fulfilled life. As we live in this moment, it is filled with our presence, and that makes our moment fulfilled. We are at the present moment, not that moment which has passed by. When we live in this moment, we feel like living a spirited life. Practicing to live at the moment keeps us happy and

cheerful. We do not try to live a happy life. We live a happy life by living in this moment. Our life is fulfilled by our presence in this moment. We are flowing in this moment, so there is no comparison with the previous moment or with the other person.

Money cannot give us peace and bliss. With money, we can buy comforts and convenience for a better lifestyle, but money cannot assure us the joy of contentment. Many times, it keeps us running after more and more for the things which we already have. We have been programmed by our society in such a way that we have given utmost attention to money in our life. We assume that with money, we can even buy opinion, respect, and honour from others and buy power to rule on others. Many times, in chasing up money for the whole life, we lose the connection with our self. We become more like robots without having any feelings towards others. When we are connected with our self, abundance flows from us. This saves us from the trap of running after money. It gives us the option not to believe that we lack something. We become free from our continuous run after money or any other material goal. We get back to our normal transcendental peace.

The beautiful thing is that our existence itself is an inspiration to live our life moment by moment. This growing inspiration comes from within. This inspiration creates enthusiasm, vigour, and self-trust in us. Then our whole journey becomes creative and spirited in the present moment.

When we don't have any expectation in our present moment, we feel peace within us. Creativity is possible only in peaceful moments.

This makes us aware to stay away from gossip, criticism, and hatred for any person. Our energy is drained in negative and non-creative ways. The reason for this is that it does not help anyone. When we are in peace, we get new ideas from our reflection. We get the confidence to move on to new ways which have not been explored yet in our life's journey. Every breath we take is new, and in nature, everything is being created new all the time.

Action taken with self-trust and self-confidence leads us to self-transformation. This transformation leads us to a higher side of success. The higher side of success does not compete with anybody. The higher side of success is with higher awareness. This success is for everyone who wishes to become part of the celebration. This success is significant as being generous and compassionate to share with others. It is for all, and nobody is rejected or neglected. Everyone is welcome to share in the celebration. Let everyone dance and sing. Let everyone show compassion for others to grow.

When we start giving blessings to others, they inspire to give it to others. People become more friendly and considerate towards others. Helping others becomes a regular part of our living every day. Charity becomes a daily habit. This multiple generosity with compassion towards others creates a caring and nurturing society. The joy and peace grows. That is how happiness around the globe grows.

Not only does it make us cheerful, but it also makes others cheerful. Life flows as an abundance of bliss. Now, there is no more lacking and expectation from this world, so the mind becomes calm in all situations—no more agitations and anxiety on what will happen next. This is called a spirited life.

Awareness on surviving or growing

Surviving means stuck or being in constant struggle. Growing means flowing. Growth comes followed by creating and giving to others. Nature is flowing and growing in spite of many obstacles and disasters. Growing means continuing our journey. Growing means not being stuck somewhere. Growing means living a spirited life. Growing is natural, loving, and caring for future.

When you follow a pattern with an autopilot attitude, you are stuck. This happens as you are not willing to bring awareness in your present moment. You have a fixed mindset with limited beliefs without even reflecting whether they are current to serve the purpose. With reflection, we keep moving with a flow of our own purpose and priorities. Opposite to this, we react through our autopilot attitude and by following others by compromising our purpose and priorities.

Inspiring quotes on abundance

‘Once, when we were discussing a world peace project with my teacher, Maharishi Mahesh Yogi, somebody asked him, “Where is all the money going to come from?” And he replied without hesitation, “From wherever it is at the moment.”’

(Deepak Chopra)

‘Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend . . . when we choose not to focus on what is missing from our lives but are grateful for the abundance that’s present—love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure—the wasteland of illusion falls away and we experience Heaven on earth.’

(Sarah Ban Breathnach)

‘In order to live a rich life, everything about who you are must be one, in alignment, and in pure harmony.’

(Suze Orman)

‘Honor your integrity and you will be repaid many times over with increased prosperity.’

(Sanaya Roman and Duane Packer)

‘The law of abundance is that everything replicates after its own kind. Like is attracted to like. If you want more wealth, concentrate of wealth; think thoughts of abundance and wealth.’

(Delfin Knowledge System)

‘How do we keep our inner fire alive? Two things, at minimum, are needed: an ability to appreciate the positives in our life—and a commitment to action. Every day, it’s important to ask and answer these questions: “What’s good in my life?” and “What needs to be done?”’

(Nathaniel Branden)

‘I can change. I can live out my imagination instead of my memory. I can tie myself to my limitless potential instead of my limiting past.’

(Stephen Covey)