



HOW NOT TO MAKE ABUNDANCE A SELF-INFLICTED CURSE

by Johanna Kern

Abundance is a process which gives us the possibility and power to experience the vast richness of the creation at work.

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There is a reason why we cannot live an abundant life or why we cannot maintain comfort in life. There is a reason why while affirming Abundance, we may, in fact, push it away.

Why do we strive for Abundance? Is it something we feel entitled to, or is it a self-inflicted curse that makes us think we don't have enough?

We are living in an abundant planet, where every single person and every single being can live their life happily and abundantly. There isn't any legitimate reason for hunger, poverty, and abuse.

Yet, there are some people who by trying to grab the most, deprive others of living in comfort and peace. Are they really the privileged ones? Are they happy, or are they miserable?

There are two points of view when it comes to Abundance:

1. Possessing things equals wealth. Material wealth is a prize which can be won but also taken away from us.

Therefore, we need to strive to maintain it at all cost.

Those who subscribe to this point of view may tend to make money and material possessions their main focus in life. In the most extreme cases, they take from others everything they can, whether it is land, resources, or life itself. They are disconnected from the power of Universal Love, therefore experiencing inner poverty. It makes one become a hollow well, which can never be filled with enough goods, money, power, or success. It becomes their self-inflicted curse.

2. Living in Abundance doesn't necessarily translate to material wealth. Living in Abundance means being in tune with the whole creation and knowing that its richness is always available to us. Spiritual Abundance cannot be taken away, and it comes for free. Why? Because it is a gift.

Experiencing Abundance differs for everyone, and it depends on our personal preferences and needs. There is no right or wrong when

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it comes to choosing your experience of abundance. As long as we are not consumed by materialism – which leads to letting things control our life. There isn't anything wrong with enjoying material possessions, as there is nothing wrong with striving for other aspects of Abundance in life. What Abundance is to you – is your personal choice.

How NOT TO make Abundance a self-inflicted curse:

Whether we live in a palace, or in a one-bedroom apartment doesn't matter– we experience fullness and happiness. We realize that all the Abundance in the Universe is available to us at all times. We know we have enough.

Receiving the Gift of Abundance is three-fold: Accepting, Affirming, Activating:

- First, we need to accept the fact we deserve it.

The Gift of Abundance is everyone's birth-given right. It cannot be claimed only

by some, as it belongs to everyone.

- Second, we need to understand that Abundance surrounds us and that our generous planet has enough riches to offer to everyone.

Notice that no matter what your situation, there is always at least one aspect in your life where Abundance has expressed itself in one form or another. If not wealth, you may have an abundance of joy, health, friendship, love, experiences, ideas, or realizations. You have an abundance of possibilities, and you have an abundance of choice.

- Third, we need to become friends with Abundance and welcome it into our life.

To do so – we need to reach deep down, into our subconscious, to change the internal imprinted beliefs that stop us from living in tune with the whole creation.

Our inner poverty, our inner fear that we don't have

enough – could be our cultural or religious background, or the influences of our caregivers or teachers in our childhood and early youth, or – our own convictions of not being worthy, or believing that living an abundant life is simply not right in the world where so many still suffer.

Guess what? When your life gets better, you can decide to help others to stand on their own feet, in any way you want. Becoming wealthy does not mean becoming selfish. We always have a choice of who and how we want to be.

Making Abundance Your Privilege:

- You and only you can give yourself the gift of Abundance. It can be done. You can find a way to activate a new program in your subconscious and find the tools that help you do that and are right for you (CDs, books, affirmations, etc.).
- Trust your Heart. Its wisdom will always guide you to what's best for you.

You deserve the best in the world, and nothing can change that simple fact – not even your own contrary beliefs.

You are precious, and your life is precious. Let yourself experience the Abundance that is already awaiting you.

Johanna Kern is a transformational teacher, filmmaker and multiple award-winning authors of "365 (+1) Affirmations to Create A Great Life", "Secrets of Love for Everyone," "Master and the Green-Eyed Hope," etc. She practices and shares the Master Teachings of HOPE, helping people to find their own power and progress in all areas of life. Her story received international attention, winning praise by readers in North America and Europe, and endorsement by three world-renowned experts: Stanley Krippner, Ph.D., Jerry Solfvin, Ph.D., and Brian Van der Horst.

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