

## Mastering Abundance by Sheila Radha Conrad

Many of us spend our lives afraid we will not get what we want or afraid we will lose what we have. When we value ourselves by what we earn, who we know, how others feel about us, we condemn ourselves to living in fear and worry of losing these things. Fear limits our abundance and keeps us stuck in scarcity. By understanding how our beliefs are creating scarcity and blocking abundance, we can begin to release these negative and limiting beliefs and replace them with positive beliefs about abundance and wealth.

It is not how much money we have that makes us feel wealthy. It is our ability to be grateful and to acknowledge all we do have. Comparing what we have with what wealthier people have makes it difficult to experience joy for the health, wealth, love, and happiness we already have. Comparing ourselves or our situation to someone else's is a losing game. Remember, there is always someone who will have more than us and there are many people who have less than us.

We all have some negative beliefs about money. For example, "I don't deserve it," can easily become a self-fulfilling belief, this will limit how much abundance we allow into our lives. We acquire our beliefs from our experiences and from imitating the behavior of influential adults around us when we were children. We needed these beliefs to explain the world and survive in it. Now that we are adults, these beliefs usually do not reflect our true abilities or experiences.

"I can't get what I want in life," is a false belief. If we feel certain we will never have enough money, we will create scarcity in our lives, which will justify our beliefs about money. Once a belief is established, we do not question its validity and are no longer aware of the possibilities beyond that belief. The truth of who we are and of what we might accomplish is then not available to us.

We can fulfill our desires and have what we want in life if we are willing to take positive action to release negative and limiting beliefs which undermine us. We can put ourselves in charge of our thoughts, rather than allowing our thoughts to be in charge of us. We can choose new self-affirming beliefs that begin taking the place of self-defeating thought patterns.

Take a few deep breaths. Let a feeling of peace and quiet gently relax your body. You will feel a sense of balance returning. Make an effort to become aware of your thoughts. Begin to shift your thoughts from scarcity and negativity to those of gratitude for all you have. This process will focus your energy towards the positive and you will see this reflected in the abundant life you create.

When we evaluate ourselves based on other people's opinions, we are always under the influence of those opinions. Our sense of value must come from within

if it is to withstand the changes of life. When we are not doubting ourselves, we are free to experience the bounty we already have, which will create more abundance in our lives. We will see that we are living the life we want to live because we are investing time and energy in creating the abundant reality we desire.

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From her book, "Self Recognition", counselor and trainer, Sheila Radha Conrad offers free Life Mastery Skills exercises on her web site at <http://www.lifemasteryskills.com>