

Living in Abundance

Are you becoming worried about the cost of living crisis? Are you feeling a tad less abundant than in the past? Maybe you would love to win a million pounds with just one lottery ticket? I think most of us would think that this would be an amazing piece of luck. But would it really be that fabulous to be a millionaire, or better still, a billionaire?

Of course, if you were fortunate enough to be a billionaire in our world, you could lead an incredibly luxurious and comfortable lifestyle compared to the vast majority of human beings on this planet. If you fancied a trip to London for example, you could fly there in your own private jet and then stay in a suite at a hotel like The Lanesborough that costs a minimum of £5000 per room per night.

If you were to stay at the Lanesborough by the way, instead of finding a kettle and tea bags in your room with little pots of UHT milk that always spill when you try to open them, you would find your own personal butler (one butler per room!!) Your butler would make your tea within minutes of you asking for it and then pour it for you from a silver tea pot into an ultra-fine bone china tea cup.

Now to some people, that kind of hotel stay may sound like heaven on earth. But just think about it for a little longer. If you were a billionaire, staying in a hotel like this would not be any kind of treat, it would just be part of your everyday reality – and this is where the trouble starts.

What could possibly go wrong with an extremely luxury lifestyle such as this? A lot!!

First of all, you would no longer have any special treats to look forward to. So once you had enjoyed extreme luxury for a while, you might well start to feel bored or dissatisfied; longing for a new thrill that maybe money just cannot buy. You might decide to go for a thrill that only unbelievable wealth can buy like a week's trip into outer space for 40 million dollars – but what next after that??

Second, rather than becoming terminally bored with your uber-luxurious life, you might start to feel really anxious that something might come along and destroy your wealth at any time. You might become so attached to your extremely luxurious life style that you could not even bear to imagine having to go back to flying first class on commercial airlines after flying everywhere in your

own private jet. You know that would feel like really slumming it and the real fear of it might even lead you to feel suicidal at times.

Third, being ultra-wealthy might lead to you becoming an extremely spoiled brat. Once you believed that you were entitled to the very best this material world can offer you might begin to find fault even with the most luxurious goods and services. You might burn with resentment for example at one slightly rude waiter who totally spoilt your evening meal in your 7 * hotel.

Does any of the above sound like living in infinite abundance to you? It certainly does not to me.

But possibly your version of infinite abundance is not extreme wealth, but an infinite abundance of love in your life. Perhaps you do not long to win the lottery, but you do still long to meet your soulmate or twin flame. However, most of us are now old enough and wise enough to know what happens to even the most all-consuming romantic relationships. Sooner or later the thrilling romance begins to fade. Or even worse, twin flames get together and burn each other so badly they spend the rest of their lives not forgiving one another for the pain they once inflicted on each other.

So if winning millions of pounds or finding our soul mate is not the ultimate solution to our deep down sense of lack and loneliness, what can we do? Well I do have one or two suggestions for cultivating abundance this month. First of all, it is crucial to recognise the power of our own mind to create a sense of constant lack or a sense of abundance in our everyday life.

If we spend too much time bemoaning our lot or resenting those who seem to have so much more than us, we will simply reinforce our deeper sense of lack. On the other hand, if we deliberately spend just a few minutes each day giving heartfelt thanks for all the abundance we already enjoy in this world, including all our lovely friends and relations, the universe will give us more and more.

It is a universal energetic law in this world that like attracts like. So if we cultivate joy and gratitude within our own mind and then extend that very bright, life-supporting energy out into the world, we will definitely attract more and more wonderful people and events into our life. Eventually, we will begin to feel

incredibly abundant regardless of how much money we may or may not have in our bank account.

This has certainly been my own experience in the last decade or so as I finally began to give up the life-destroying habit of constantly complaining about my life and in particular moaning about never finding 'Mr Right'. For several years now, I have really made an effort to replace all that negative energy with the positive energy of cultivating gratitude and an infinitely abundant state of mind. The result has been quite spectacular because these days, I am almost constantly amazed at how many wonderful people and events lift my spirits sky high on an almost daily basis.

For example in April, I had the best birthday I have ever had and then in June I went to the very best wedding I have ever attended – partly because the bride and groom are two of my favourite people in the whole world, but also because the champagne, the buffet lunch and the cake were all beyond scrumptious. OK, I know that may sound a little shallow, but I now truly believe that whilst I briefly have a physical existence, I should do my very best to enjoy every aspect of life on this planet, including occasionally quaffing a glass or two of champagne.

The key to enjoying all this infinite abundance though, is to remember not to be attached to any particular form of abundance. It is so important to avoid getting into any kind of strop when the universe does not give you exactly what you think you need or want. If you go to a wedding for example and there is no champagne on tap, you might simply choose to enjoy a glass of Prosecco or even a glass of sparkling mineral water instead!

If you break your favourite mug, thank the universe for having given it to you to enjoy for however long you had it. Then choose to move on to find a new mug that you really love.

Now when it comes to people we love, I do realise that it is much harder to let them go when the time comes for whatever reason. However, it is crazy to believe that never being happy again is the best way to honour a departed loved one. When someone we love dies, we should certainly grieve our loss for as long as it takes for the grieving process to run its course. But at the same time, we should do our best to open to receive all the little, comforting joys to be found

in our daily life, such as a warming cup of tea with a buttered scone in the winter or a cooling ice-cream cone on a hot summer's day.

So please, even if your life seems pretty challenging at the moment, focus on noticing all the joys that come your way each and every day. At the same time, do your very best to cultivate heartfelt gratitude for those exceptional days in your life that are filled to the brim with love and joy way beyond the norm.

Please don't demand that your life, or the world in general, should unfold in a very specific way that you believe will suit you best. Surrender thankfully to whatever joys or comforts life brings you moment to moment without being too attached to any particular experience or outcome and you will definitely be one of the happiest and most abundant individuals on this planet - even if your bank account is virtually empty.

Peggy Foster
July 2022