



The Juice

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“Abundance is not something we acquire. It is something we tune into.”

Wayne Dyer

An ABUNDANT life!

Stop for a moment and consider what abundance means to you. Think it's just about having more money? Think again. In this expanded issue, we're going to explore some refreshing ways to look at abundance. And what better time than now with the Christmas season upon us!

In this issue

- Searching for Abundance
- Simple steps to Abundance
- Ask an Abundance Expert
- Alternatives to Christmas Shopping

The Search For Abundance

Plentifully supplied; rich. That's it. That's the definition of “abundance” according to Webster. Not exactly abundant, is it?

I just spent the morning investigating further. I explored the dictionary, the thesaurus—even the Bible. Abundance has been popping up in conversations, books and web sites lately. A google search on the internet reveals 7 million results. Why all the fuss? Undoubtedly, much of the fascination comes from hoping that abundance means more **things**—money, cars, toys, houses, etc. (“keeping up with the Jones”). But have you ever noticed how quickly the allure of new things is replaced by boredom, or even worse, buyer's remorse? These feelings are no fun, so we rush off in search of something better.

This merry-go-round spins and spins until our hearts starts speaking to us about something called fulfillment.

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“Not what we have, but what we enjoy constitutes our abundance.”

John Petit-Senn

“The universe is full of magical things patiently waiting for our wits to grow sharper.”

Eden Phillpotts

The Search For Abundance cont.

Inevitably, the journey to abundance involves an internal pit-stop where we pause to reflect on who we are and what we truly value in our heart. It's a time of letting go of our preconceived ideas about how life *should* be. We need to be willing to stand out from the crowd. Yes, it takes a little bit of daring to appreciate life in all its messy, imperfect excellence. Want to see abundance in action? Spend an afternoon with a small child. After sitting on a sidewalk watching ants for an hour, you may gain some insight into what abundance entails. Open the door and see what flows in.

Simple steps to Abundance

Count Your Blessings Nothing shifts us into an abundant state of mind faster than gratitude. Start every morning by focusing on 5 things you are grateful for. Write them down. Start a gratitude journal.

Make space for “no.” No matter how committed we are to a particular outcome, we can't control situations or other people. Let go and allow things to unfold on their own. Accept that “no” is a possibility. If you create the space, you'll be open to different and possibly better solutions. (Psst. Sales people—imagine what would happen if you actually made friends with “no” instead of running away from it in terror?)

Adjust your thoughts. We create the life we lead by the thoughts we think. What you focus on is what you attract to yourself. Try focusing less on the co-worker who annoys you and more on the one who delights you.

See life through a wide-angle lens. Imagine yourself in a helicopter looking down on your life from 300 feet. Perhaps you're in a difficult spot right now, but what riches exist over the horizon? Imagine the possibilities.



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“Grace and peace be yours in abundance.”

1Peter 1:2

Ask an Abundance Expert

Q: Can I harness this abundance thing to get rich?

A: Judging from the bookstores, there’s a lot of interest in this question. Just check out all the holistic “get rich quick” books competing for our attention. But abundance doesn’t really work this way, fortune hunters. Although abundance will impact every aspect of our lives, if we focus strictly on money, we’re missing the lion’s share. Time and again, abundance shows up in unexpected packages at unexpected times. Like it did for the student who couldn’t afford tuition for a course she desperately wanted to take. By accident, she discovered that her next-door neighbour was extremely versed in the subject she wanted to study and was available as a mentor. Abundance will impact your pocketbook. It just doesn’t look like what you might expect. Does that make it any less valuable?

Alternatives to Traditional Gift Giving

We go into the Christmas season expecting more from gifts than they can ever deliver and yet, if we’re honest, most of us admit that whatever we spent all our money on last Christmas isn’t really remembered by the recipient after the holidays are over.

This year, what if we spent half as much money on our family and friends and took time to write them a loving note? We could donate the other half to more needy people. What if we decided that whatever food, clothing or toys we purchased for a personal recipient, we would buy the same item for someone who really needed it, like someone living in a shelter? And finally, what if we only bought fairly traded food products or checked the labels of imported goods and made sure that they weren’t made in sweatshops? What kind of a difference could you make this year?

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