

Acceptance, Appreciation and Abundance Part 1

Until my twenty second year as a Life Coach and counsellor I had been uncomfortable with the word “abundance”, and the way it was used in the “personal growth” community. Perhaps it was because of the mixed messages that we gave each other about the concept around the word. We would remind each other that abundance was not just about money; that, in fact, money was just one small part of a larger experience that included achieving your goals and realizing your Vision for your life by discovering your individual wealth of unique gifts and talents. However, for many of us, abundance meant financial wealth. It was great to know we had all these wonderful qualities, but, well... *show me the money! Once I have the money, I can do whatever I want to do and help make the world a better place, etc.*

Then there was the other message; that to reach the experience of true prosperity you simply had to recognize that you already *were* infinitely wealthy. This was followed by a multi-step program, or a book and its sequels, for how to reach the place where you already supposedly are. Since many of us looked around and saw no evidence of this supposed wealth in our lives, we relied on the steps and philosophies provided by other teachers who had apparently mastered the art of True Abundance (i.e. they were rich). Swept up by their charisma, dedication to helping others, and their inspirational words, we did our best to follow in their footsteps, achieving various levels of success. Few ever reached “The Promised Land”

I have many fond memories of those days, being filled with the fiery passion that only desperate belief can provide, and feeling certain that, although I was not feeling prosperous or personally wealthy, I was on the path and would eventually reach my destination. While feverishly searching, I often reminded myself that really, the only success and fulfilment I can ever have is available to me in the present moment – the NOW. How true, I thought. I can’t wait ‘til I can be here now. I hope it happens some day. In the meantime, I’ll just keep cleaning out the false beliefs I hold in my subconscious mind, keep reading books that can tell me how to increase my financial I.Q., awaken the Giant within me, practice the Laws of Attraction, etc, etc. After all I had to get my finances stable, as it didn’t sound like there was any way to support my family in the here and now.

Then, after twenty-two years I woke up, and discovered the amazing power in appreciation. I realized that I never really knew what it was, often equating it with the experience of gratitude for something that was given to me. There were very few times when I realised what appreciation really is, i.e. recognising the perfection and beauty of the Truth within a person, place, thing or experience, while at the same time recognising the creator of such. In appreciation there is no rationalising, analysing, judging, or evaluating. There is simply the bliss of appreciation.

End of Part 1