

THE BOOK ON INFINITE INTELLIGENCE
10 Understandings of The Brain, The Mind and The Energy

DR SHIRISH PATIL

CHAPTER 10
ALL ABOUT ABUNDANCE

"Abundance is not the result of external events. It is an internal state of mind." — Louise Hay.

TRUST IN GOOD TIMES

"You must assume abundance, not scarcity, if you are to succeed." - Deepak Chopra.

Many of us struggle with feelings of scarcity, believing that opportunities and resources are scarce and that we must fight to secure our slice of the pie. This mindset can hold us back from reaching our full potential and living fulfilling lives. But the truth is that abundance is available to us all, and there is no reason why we can't experience prosperous lives. Abundance is a state of mind. It is the feeling of having more than enough, of feeling fulfilled and satisfied in your life. This feeling may be elusive for some people, reserved only for those who seem naturally talented or lucky. However, the truth is that abundance is available to everyone. It is a mindset that can be cultivated and developed over time. In this Section, we will explore the concept of abundance and why learning to trust that it is available for you can change your life and how you can overcome a scarcity mindset to unlock prosperity in your life.

Understand Abundance:

To trust in abundance, we need to understand what it means. Abundance is a mindset that focuses on the possibilities in life. It is not just about having wealth or material possessions but an attitude recognising that opportunities are everywhere. It is a belief that infinite possibilities are open to us and that we have the power to create our reality.

Trust The Universe:

We must believe that the universe is on our side to trust in abundance. The universe is abundant, and an endless supply of resources is available. Trusting in the universe means letting go of limiting beliefs and understanding that there is enough for everyone. Believing in abundance means trusting that everything happens for a reason and that challenges are growth opportunities.

Believe In Yourself

The first step to trusting abundance is to believe in yourself. You deserve a lot, and your actions can attract it into your life. Believing in yourself creates a powerful and positive magnet for abundance. Cultivate optimism, self-confidence, and a "can-do" attitude. Practice affirmations that reinforce your worthiness for plenty. In time, you will believe in your inherent ability to create prosperity.

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Let Go of The Scarcity Mindset

The scarcity mindset is pervasive and can be hard to let go of. It is born from the concept that resources are finite and that we must compete with others to get what we need. But this perception needs to be revised. The world is abundant, and there is enough to go around for everyone. Instead of looking at life as a zero-sum game, focus on abundance. Instead of fearing lack, celebrate your potential for abundance.

Practice Gratitude:

Gratitude is a powerful tool that can help us trust in abundance. Focusing on what we have opened ourselves up to receiving more. Gratitude also allows us to appreciate the small things and recognise that we are surrounded by abundance daily.

By practising gratitude, you increase your energy, attracting more positive experiences and opportunities. Each day, take the time to give thanks for everything you have. Be grateful for both the big and small things in your life. When you focus on the good, you open up to even more positive experiences. We are more likely to attract abundance when we feel grateful.

Take Action:

Trusting in abundance requires taking action towards our goals. When we trust that plenty is available, we feel more motivated to take risks and try new things. We are not afraid of failure because we know limitless opportunities await us. Taking action also means letting go of the fear of lack or scarcity and focusing instead on the potential for abundance.

You don't wait for opportunities to come to you; you create them. You must be willing to take risks and step outside of your comfort zone to attract abundance. Identify your goals and create an action plan for achieving them. Ensure that your actions align with your values and vision of prosperity.

Embrace Abundance:

Finally, embracing abundance means letting go of the belief that we are not enough. It recognises that we already have everything to create the life we want. Embracing abundance means accepting ourselves as we are and believing that we are worthy of success and happiness. When we adopt a lot, we attract more abundance into our lives.

Trusting abundance means believing in yourself, letting go of the scarcity mindset, focusing on gratitude, taking action, and surrounding yourself with like-minded people. When you trust that abundance is available, you create a powerful and positive energy that attracts prosperity. Remember that your thoughts and actions create your reality. Are you ready to trust abundance and develop a life of wealth? Start by taking small steps towards your goals today.

ACT FOR A RICH LIFE

"Abundance is not something we acquire. It is something we tune into." - Esther Hicks.

Many of us have dreams and aspirations for an abundant life. However, often, we get stuck in a cycle of dreaming and never taking action. While we may believe in the power of manifestation and positive thinking, it's important to remember that taking action is equally significant to bring about the life we truly desire.

Manifesting abundance requires intentional action, a positive outlook, and a willingness to take risks.

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This Section will explore the steps you can take to manifest the abundant life you want and deserve.

Define Your Vision

The first step to manifest an abundant life is to make a clear and specific vision for yourself. This involves identifying your desires, setting goals, and creating a roadmap to follow, which will help you stay on track and motivated—having a clear direction to make informed decisions and take purposeful steps toward manifesting your dreams. Consider where you want to be, create a vision board, and revisit it often.

Get Clear on Your Goals:

The next step to manifesting the life you want is to get crystal clear on your goals. Take a pen and paper and think about what you truly want. Write down your goals, dreams, and aspirations. Be specific about what you want and try to connect with the emotions attached to each plan. Remember, the more specific you are, the more likely you are to manifest your desires.

Believe in Yourself

Believing in yourself is an essential aspect of manifesting abundance. You need to have unwavering faith in yourself and think nothing is beyond your reach. When you have confidence in your abilities, it moves you away from a place of fear and doubt. Remembering that we can all achieve anything we put our minds to is essential. You can cultivate self-belief by practising affirmations, positive self-talk, and celebrating small wins.

Take Risks

Creating an abundant life requires taking risks, stepping out of your comfort zone, and embracing uncertainty. Taking risks doesn't mean being careless; it means putting yourself out there and acting on opportunities as soon as they present themselves. Remember, fortune favours the bold, so don't hesitate to take chances.

Visualise Your Future:

Once you have a clear idea of what you want, it's essential to visualise it. Visualisation is a powerful tool that can help you manifest your goals quickly. Spend time each day visualising your future self, living your desired life. Please take note of the details of your visualisation, such as the sights, sounds, and feelings that come with it. Incorporate your five senses to create a vivid picture of your future.

Manifestation is a powerful tool that can help you create your desired life. However, it's essential to remember that manifestation is about positive thinking and taking action towards your goals. Get clear on your goals, visualise your future, take action, believe in yourself and practice gratitude.

Remember, nothing is impossible, and you can live a life of abundance if you put your mind to it. You deserve the abundance that you desire.

JOY OF GIVING

"Abundance is not something you acquire; it's something you become," said Dr. Wayne Dyer.

Giving is an act of kindness that benefits both the receivers and the givers. Giving generously can significantly impact people's lives, whether it is your time, money, or resources.

In a world filled with self-centeredness and materialism, giving generously of your time, money, and resources can help positively impact the lives of others and society.

Giving does not only involve helping those in need, but it also provides a sense of fulfilment and purpose.

In this Section, we will explore why giving generously is essential and how it can positively affect our lives and the world around us.

Giving of Your Time

People often undervalue the importance of giving their time to volunteer or help others.

However, time is one of the most valuable gifts you can provide. Volunteering at your local shelter, hospital, or church can create a sense of community and belonging. It can help you connect with people who share similar values and goals. As a volunteer, you can make an impact on others' lives, and you can also gain new skills, experiences, and friendships. Giving your time can make a significant difference in the life of someone struggling or lonely.

Giving of Your Money

Although many of us assume that wealthy people are the only ones who can give financially, we can all give to charity, even if it's just a tiny amount. Financial giving can support organisations making a difference in the world. For instance, donating to a food bank, disaster relief fund, or educational program can help improve people's lives and give them hope for a better future. Your financial contribution can help improve the world, even if it's small.

Giving of Your Resources

Another way to give is by sharing your resources, skills, talents, and connections. Sharing your knowledge, experience, or mentorship can help someone struggling in a particular area achieve their goals. You could also donate your unused items, such as clothing, books, or furniture, to charity or someone in need. Giving your resources can create a ripple effect that inspires others to do the same, creating a chain reaction of kindness and generosity.

Supporting Causes and Organisations That Align With Your Values

Giving generously to causes and organisations that align with your values and beliefs can be incredibly rewarding. Whether you are passionate about environmental conservation, social justice, or education, contributing time, money, or resources to groups that share your views can help to make a significant impact in the world and create positive change. Knowing that your contributions are helping to support and advocate for the causes you care about can give you a sense of purpose and fulfilment.

Building Connections and Relationships

Giving generously can also help to build connections and relationships with others. Whether volunteering at a local charity, donating to a cause, or simply listening to someone in need, these actions can help foster meaningful connections with others. Giving can also form a sense of community as you work together with others towards a common goal.

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Achieving Personal Growth and Development

Giving generously can also lead to personal growth and development. It can widen your perspective on different issues, deepen your understanding of various situations, and increase your empathy towards others. Volunteering, for instance, can help you develop valuable skills such as leadership, teamwork, and problem-solving. Additionally, giving generously can help you feel more connected to the world and increase your sense of purpose and meaning.

Improving Mental Health and Well-being

Giving can also have a positive impact on your mental health and well-being. Studies have found that giving to others can stimulate the release of oxytocin, a hormone associated with happiness and social bonding. Additionally, giving can help alleviate feelings of stress and anxiety and increase feelings of joy and fulfilment. By providing, you can create a sense of satisfaction and happiness that can positively impact your overall health and well-being.

Making A Positive Impact on The World

Finally, giving generously can help to make a positive impact on the world. Whether it is through donations to disadvantaged communities, volunteering at a local shelter, or simply being kind and compassionate towards those around you, giving can create ripples of positivity that can spread far and wide. By providing, you can contribute to creating a better world for yourself and others.

The Benefits of Giving

Giving generously of your time, money, and resources can positively impact the lives of others. However, it also has several benefits for you. Firstly, it boosts your mood and creates a sense of connection and fulfilment. It can also strengthen relationships and develop a sense of trust and teamwork. Giving can even have physical benefits, such as releasing endorphins and reducing stress. Additionally, giving can create a legacy of kindness and inspire others to do the same, creating a positive impact that lasts long beyond your life.

Giving generously of your time, money, and resources is an act of kindness that benefits both the giver and the recipient. It creates a sense of purpose, community, and fulfilment. Whether you donate time, money, or resources, your contribution can significantly impact the world. It can create a ripple effect of kindness that inspires others to do the same, creating a legacy of positive impact that lasts long beyond your life. Reach out and give a helping hand because giving is the most accurate form of Love. So go ahead and give generously – you never know how much of a difference it can make!

TRACK GOOD THINGS DIARY

"You must learn to be satisfied with the abundance you have to achieve the abundance you want." — Darren Hardy.

Do you ever feel like everything is just going wrong in your life? It's easy to get caught up in the negative aspects of your daily routine. However, it's essential to focus on the positives. In this fast-paced world where everything appears to be going wrong, we must step back and notice everything in our lives going right. During challenges, we often focus on the negative

and forget the positives. However, incorporating positivity into our lives through an abundance journal is a game-changer.

Starting an abundance journal is a great way to remind yourself of all the good things in your life. Keep reading to learn more about creating an abundance journal and how it can improve your life.

The Benefits of An Abundance Journal

An abundance journal records everything positive that happens in your life. Writing down things you are grateful for and happy about daily allows you to focus on the good rather than the bad. This can lead to improved mental health, better relationships, and a more positive outlook on life. An abundance journal can also help you attract more positive experiences because you'll be more open to them.

Starting Your Abundance Journal

The key to starting an abundance journal is consistency. Try to write in your journal daily or at least a few times weekly. You can use any notebook or journal that you like, or you can even create a digital journal using an app. Start by writing down things that you are grateful for each day. This can be anything from having a good cup of coffee in the morning to spending time with a loved one.

Maintaining Your Abundance Journal

It's essential to keep your abundance journal up to date. Take a few minutes each day to write down things you are grateful for or experiences that made you happy. You can also use your journal to reflect on what you could do better or what you learned from specific experiences. Don't worry about making it perfect or writing a novel each time. Just a few sentences daily can make a big difference in your perspective.

It Gives You a New Outlook on Life

An abundance journal provides a place to document the positive things in your life. Getting into this habit can drastically change your attitude by shifting your focus on the good things in your life instead of the bad. Having a gratitude mindset leads to an abundant life.

It Increases Self-Awareness

Writing down moments of abundance every day can help you become more self-aware. You will start to notice the subtle moments of abundance surrounding you, such as the kindness of strangers or the beauty of nature. This shift in your awareness will lead to a deeper appreciation of life.

It Helps You Set and Achieve Goals

If you're currently going through a tough time, writing about your positive experiences can help you gain new insights and ideas. This can inspire you to take action towards a better future. An abundance journal serves as a tool to help you understand what you truly want and how you can go about achieving your goals.

It Improves Your Mood and Well-being

Research suggests that gratitude can increase happiness, sleep, and overall well-being. By writing down 3 to 5 things you're grateful for each day, you create a positive and happy atmosphere within yourself, which increases your confidence and overall mood.

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It becomes a Source of Encouragement.

Opening up your abundance journal can be a source of encouragement when you're feeling down or need a reminder of the good things in your life. Read through your entries on the tough days as a reminder that good things are still happening in your life.

Using Your Abundance Journal

Your abundance journal can be a great source of motivation and inspiration. When you're feeling down or overwhelmed by negative experiences, flip through your journal to remind yourself of all the good things that have happened. You can also use your journal to set goals and track your progress. Seeing your progress written down can be incredibly motivating and help you stay on track.

Starting an abundance journal is a simple but effective way to cultivate a more positive outlook. By focusing on the daily good things, you'll experience improved mental health, relationships, and greater happiness and fulfilment.

By taking the time to acknowledge the great things that happen, you can improve your mindset and overall well-being. Making an abundance journal part of your daily routine is a simple yet effective way to cultivate gratitude and see the good in every situation. Start creating your abundance journal today and change your life for the better!

What are you waiting for? Grab a notebook, start writing, and see how your life transforms.

THANKFUL LIVING

"Gratitude builds a bridge to abundance." — Roy Bennett.

We often perceive abundance as something out of reach, reserved only for those who have achieved great success. However, the truth is that abundance is present in all areas of our lives. It's just a matter of training our minds to see it.

Gratitude is the key to a happy life. Recognising the good in our lives makes us more comfortable and content. However, it can be challenging to focus on the abundance present in our lives when we are constantly bombarded by negative news and the struggles of daily life. That is why it is essential to appreciate the little things and the good in our lives.

In this Section, we'll explore the concept of abundance and the importance of gratitude in recognising the abundance present in your life right now.

Focus on What You Have

Gratitude starts with acknowledging what you have in your life right now. Think about your relationships, your home, your work, your health, and your possessions. Even if you experience challenges in these areas, finding something to be grateful for can help you maintain a positive outlook. Start by making a list of everything you are thankful for, and then try to write down one thing each day that makes you feel grateful.

Gratitude is the Key

We've all heard the phrase "count your blessings," and there's a good reason why it's such a common saying. Gratitude is the key to recognising the abundance present in your life. When we focus on what we have rather than what we don't, we open ourselves up to seeing the lot surrounding us. Please take a moment each day to practice gratitude by reflecting on what

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you're thankful for or writing it down in a journal. You'll be amazed at how quickly your perception of abundance shifts.

The Little Things Count

Abundance doesn't have to be something grandiose or monumental. It's often found in the small, simple things we take for granted. The taste of your morning coffee, the warmth of the sun on your face, and the laughter of a loved one are all examples of abundance that are often overlooked. Make a conscious effort to notice the small joys in your life, and you'll begin to see plenty everywhere.

Let Go of Comparison

One of the most significant barriers to recognising abundance is constantly comparing ourselves to others. The more we focus on what others have or what we don't have, the less able we are to see the abundance right in front of us. Everyone's journey is unique, and we have different blessings and challenges. Instead of comparing, shift your focus inward and recognise your unique gifts and abundance.

Gratitude Leads to Resilience

Another powerful aspect of gratitude is its ability to help us build resilience. Focusing on our blessings makes us more resilient in facing challenges and setbacks. We can recognise that even in difficult times, abundance is still present. Research has shown that gratitude can improve mental health and lead to greater life satisfaction, making it a powerful tool for building resilience.

Share Your Gratitude with Others

Finally, don't keep your gratitude to yourself! Sharing your gratitude with others spreads positivity and reinforces your awareness of abundance. Take the time to tell loved ones how grateful you are for them, or even express gratitude to strangers who have positively impacted your life. You'll be amazed at your appreciation's ripple effect on the world around you.

Give Back

Giving back is one of the best ways to recognise the abundance in your life. When you volunteer your time, donate to charity, or give to others, you see the value of what you have and appreciate it even more. Giving back can also help you develop a sense of purpose, increasing your happiness and satisfaction.

Make Gratitude a Habit

Gratitude requires practice, like any other habit. Journaling, meditation, and affirmations are great ways to make gratitude a part of your daily routine. Take a few minutes each day to reflect on what you are thankful for or write down three things that make you happy. Over time, this practice will help you develop an attitude of gratitude that will positively impact your life.

Be Patient

Gratitude is a skill that takes time to develop, so keep going if you see the results immediately. Instead, focus on the process and enjoy the journey of cultivating gratitude.

Remember that gratitude isn't just a once-a-year activity during Thanksgiving. It's something you can practice every day to increase your level of happiness and satisfaction in life.

Abundance is not something reserved for the lucky few; it's present in all of our lives at all times. We can recognise the abundance surrounding us by practising gratitude and shifting our perception. Remember to focus on the little things, let go of comparison, and share your appreciation with others. Embrace gratitude, and abundance is always present, from the simplest joys to the grandest blessings.

CARING FOR YOU

"When you are grateful, fear disappears, and abundance appears." - Tony Robbins.

Do you remember the last time you took care of yourself? The moments when you felt loved, cherished, and happy? It is when you take a break from the hustle and bustle of life and pause to reflect on the little things that matter. Have you ever wondered how these moments can bring abundance to your life?

Many people think the key to happiness and success is in the external factors of their lives. They believe they need more money, recognition, or friends to lead fulfilling lives. However, the truth is that self-care can significantly impact your overall well-being, leading to greater abundance in all areas of your life.

Self-care is generally associated with physical, emotional, and mental well-being. It helps maintain good health, balances personal and professional life, builds positive relationships, and enhances quality of life.

In this Section, we'll discuss how practising self-care can attract abundance.

Self-Love is Key

Practising self-care means to love yourself unconditionally. Love means expressing your thoughts and emotions positively. When you care for yourself, you develop self-love, which is crucial for creating a positive mindset to attract abundance. Self-love and care help establish self-worth and self-esteem that can enhance your life. It helps you build self-awareness and confidence to overcome challenges and achieve success.

You Need a De-stressor

Stress is something that comes with life. It's often the underlying factor for all the problems we face in life. Self-care helps relieve stress and anxiety that can inhibit productivity and creativity. You develop resilience when you give yourself time to heal physically, emotionally, and mentally. You cultivate a sense of peace and calm, enabling you to tackle difficult situations more clearly and easily. This approach helps you attract abundance by opening doors and opportunities that would otherwise go unnoticed.

The Power of a Balanced Life

Often, people get so caught up in their work that they must remember the importance of a balanced life. Life is not just about earning money; it is about every experience and feeling that comes with it. Practising self-care helps establish a balance between work, family, and social life. A balanced life allows you to appreciate the little things and be grateful for everything you have. Gratitude is the starting point for inviting abundance into your life.

A Healthy Mind in a Healthy Body

Physical health, like emotions and mental state, is crucial for a healthy and happy life. When you cultivate healthy habits, you create a positive environment that impacts your physical and psychological health. Eating healthily and exercising regularly builds a solid physical foundation, boosting your mental and emotional well-being. A healthy mind is essential for creating a positive life and attracting abundance.

Put Yourself First

One of the most important self-care practices that can lead to abundance is prioritising your needs. Do you constantly say yes to others, even when you don't want to? This can lead to burnout and resentment, hindering your ability to attract abundance. Instead, take time each day to focus on your own needs. This could mean taking a relaxing bath, walking in nature, or meditating for a few moments.

Get Enough Rest

Sleep is essential for good health, both physical and mental. However, many people neglect this aspect of their well-being, leading to various problems, including fatigue, irritability, and decreased productivity. By ensuring you get enough rest each night, you'll be better able to focus on your goals and attract abundance into your life.

A Positive Mindset is All You Need

When practising self-care, you will develop a positive mindset that will change your life significantly. A positive approach to life helps maintain focus, clarity, and a sense of purpose. It's the key to attracting abundance in your life. Your positive attitude radiates and affects everyone and everything around you. When you're optimistic, you can appreciate the journey more, including the ups and downs.

Pursue Your Passions

Finally, one of the best ways to attract abundance is to pursue your passions. When you're doing what you love, you'll naturally attract more opportunities and a lot into your life. Whether a hobby or a career, pursue something that brings you joy and fulfilment. This will lead to greater abundance and a greater sense of purpose and meaning in life.

Self-care is essential when you want to attract abundance in your life.

Practising self-care can profoundly impact your ability to attract abundance in all areas of your life. By prioritising your needs, getting enough rest, practising gratitude, surrounding yourself with positivity, and pursuing your passions, you'll be better able to attract the abundance you desire.

Remember, the key to happiness and success is not found in external factors but in how we care for ourselves and our mindset. With these self-care practices, you'll be well on your way to a more abundant and fulfilling life.