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# Foreword

Abundance as depicted by many would imply plentiful or wealth & Spirituality would imply to live in the spirit or to be inclined toward a religious mental attitude toward life. What my observance has been that most individuals when on a spiritual journey shun abundance. They believe that to be blessed with abundance would block their spiritual advancement. I for one totally take issue with this concept. Get all the info you need here.



## ***Abundance: Spirituality***

The greatest collection of words that will lead you to enlightenment  
and a higher purpose

# Chapter 1:

## *About Spirituality And Abundance*

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### Synopsis

Other people might have their own belief and you're most welcome to state it. Extravagant desire for wealth and things which you can't have leads to misery I concur.

Extravagant hoarding of money or the pursuit of money alone and not of enjoying it or the simple things in life too leads to sickness and depression. Latterly I had a deeply spiritual individual state that she doesn't want any cash, which I thought according to the law of attraction was that of a horrible mental attitude toward life.

To deny abundance in your life is to block off all avenues of advancement. And this got me thinking of this subject on when to draw a line on spirituality or how to strike a balance with the 2 areas in your life. How do we recognize our assigned role in life or in this world, what if our role was to bring in cash in order to do good with it for other people, like the role of a philanthropist?.

## **The Basics**

If all the individuals in the world ostracize abundance from their life to go after spirituality who'd feed the hungry and heal the ill? I know a few of you might think this is conflicting to making life simple. abundance is part of our life. we require abundance in our lives ( it's in giving that we receive ...) however don't give only with the aim of getting alone however to make another's life better.

However don't be so unattached as to ostracize fortune when it raps on your door. Even if it might not do you any good or you might not have the desire for it as you've developed to higher levels of spirituality, still there exists a lot of deserving, suffering humans who require your assistance.

To whom you are able to donate what you might not need. It's the healthy balance of the 2 areas in your life which leads to real happiness; in my opinion they're like the 2 parallel lines of a railroad track.

In order for the train known as life to run swimmingly we need both lines intact and parallel and thus life would reach excellent heights. It's our duty toward ourselves to live a great life, not to wish for lack. I don't believe in quantity however

I'm a solid believer in quality. So I choose a short however a spiritually rich life filled with great health, abundance and service toward other people. This reminds me of the prayer, "Lord give me

the strength to change things which I can and the courage to accept the things which I cannot change and the intelligence to know the difference.” I can change myself however I can't change other people in knowing so I rest my case.

Firstly, let me explain that we're not discussing religion in this book; yet we all have our spiritual side. We care about one another; we care about our loved ones, our society, our community, and our Earth. We're all connected in a lot of ways. That's pretty dang spiritual. We have a particular responsibility to our loved ones, our society, our community, and our Earth.

As we continue on this path toward that rapturous living, we have a lot of ways to connect with one another and help one another. That's part of the spiritual life-style; many things and individuals will cross your path in the hunt for spiritual abundance. There are no coincidences and no chance events; everything occurs for a reason. Everybody has a purpose on this earth, whether you know it or not, trust it or not. Learning to seek that reason is part of the spirituality life.

In order to allow that abundance to flow toward you and resist deflecting that flow, your passions have to be weighed. You have to love what you do, and be passionate about what you do as a job. It ought to be something that delights your soul. If you let that passion surface, you'll discover that the cosmos moves in your direction to help you in your pursuit.

When you're executing something that you love to accomplish, the abundance has no blockages in its way toward you. As you beam delight and joy in what you're doing outwards, the cosmos and abundance beams back to you.

Whatever you hand out to the world, you'll get back. Basically, it's the Golden Rule - do unto other people what you'd like other people do unto you. Try it for yourself. The next time you're out and about, smile at somebody and say thanks. 99 % of the time, you'll get a smile back, as well as a earnest 'you're welcome.' That's a really simple illustration.

That's not to say that whatever you put outwards will constantly come back to you instantly. Occasionally, it takes a little longer, however you'll get it back. It's a given; you may take that to the spiritual bank. What you hand out ought to be considered a gift. What should we accomplish with this gift? Mother Teresa stated, "Give your hands to serve and your hearts to love."

This is a blessing you give away and yet discover is handed back to you tenfold. giving back to our world is an necessary element of abundance.

Abundance really begins with you, inside you, not outside yourself. You send it out into the cosmos. In that way, you're increasing your own inner abundance by sharing it with other people. It will be sent back to you when you least expect it. As you practice this, you'll find you've opened a window, letting in astonishing possibilities for yourself and other people. The more you share, the bigger your world



will be, with more alternatives than you've ever dreamed might possibly exist.

A different component of abundance, possibly the most crucial component, is a sense of gratitude. Without gratitude for what you get, you'll wind up blocking yourself again from the natural flow of abundance. There's power in the universe, one that demonstrates the give and take of that natural flow. Your brain and heart need to be in harmony with that power to really enjoy abundance in your life story.

Gratitude is essential to keep your mind aligned with the thought that the supply of abundance is limitless. It's really simple to slip into the mentality of scarcity or deficiency, instead of abundance; so try to prevent it from happening. The minute you feel yourself slipping back into the abundance mentality, say thanks out loud, for all that you've got and all that you're yet to get.

It's a great idea too, to sit down and write up all the blessings you're thankful for in your life. If you're feeling down, it's an particularly great time to remind yourself of all you have, rather than perpetually thinking of all you feel you don't have. A lot of individuals write in "gratitude journals" and record daily all that they're thankful for in their lives.

# Chapter 2:

## *Spiritual Quotes*

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# Synopsis

Spiritual quotes can inspire you. Lets' have a look at a few.



## Quotes

- ““The most exquisite paradox... as soon as you give it all up, you can have it all. As long as you want power, you can't have it. The minute you don't want power, you'll have more than you ever dreamed possible.” – Ram Dass
- “It is useful to study different traditions in order to be free of attachment to any one way of expressing what is beyond expression. (x)” – Ravi Ravindra, *The Wisdom of Patanjali's Yoga Sutras: A New Translation and Guide* by Ravi Ravindra
- “It is He who is revealed in every face, sought in every sign, gazed upon by every eye, worshipped in every object of worship, and pursued in the unseen and the visible. Not a single one of His creatures can fail to find Him in its primordial and original nature. al-Futûhât al-Makkiyya”
- “No wonder being a real Christian isn't popular. Who wants to suffer so they can find joy?” – Michelle Sutton, *Letting Go*
- “Lately I have come to believe that the principle difference between Heaven and Hell is the company you keep there....” – Lois McMaster Bujold
- “Make peace with yourself, and both heaven and earth will make peace with you.” – Isaac of Nineveh
- “According to esoteric teachings power flows with thought and what we think about is what we actually value with our personal

power. When you value matter more than spirit, you lose touch with your higher power, it's as simple as that.” – Shaeri Richards, *Dancing with Your Dragon: The Art of Loving Your Unlovable Self*

- “Note and Quote to Self – What you think, say and do! Your life mainly consists of 3 things! What you think, What you say and What you do! So always be very conscious of what you are co-creating!” – Allan Rufus, *The Master's Sacred Knowledge*
- “We are spirits clad in veils.” – Christopher Pearse Cranch
- “Find yourself, and once you do never let go” – Coach Cassandra
- “What you gain another will lose, for What is there is all there is. What you share another will have, for What is there is enough for all.” – Rohan Perera, *Another Day from the World of Ro and Mo*
- “Christ in you is the hope of glory...” "Your life moves in the direction of your most dominant thought" "Love is never unsure" "Truth demands a response” – Many Authors
- “Baptized in a river when I was a teenager. I go to church most Sundays. My favorite Bible verse is ‘Jesus wept.’” “Because it’s the shortest?” He almost smiled. “No. Because it says that Jesus knew what it meant to grieve. He’d just let his best friend in the world die of illness when he could have gotten there in time to save him. I’m thinking he was between a rock and hard place,

and the hard place let his friend die. He grieved. Then, when he could, he went and raised his friend from the grave, and he knew that if he did that, he'd die himself.” – Faith Hunter, Blood Trade

- “You are not as insignificant as you have often been told, nor are you any more significant than you have often told yourself.” – Maureen Moss
- “To abstain from sin when one can no longer sin is to be forsaken by sin, not to forsake it” – Augustine of Hippo
- “Stop disturbing your inner~peace and you will regain it absolutely...” – Namasté Anonymous
- “the starting point of all achievement is desire” – Napoleon Hill, Napoleon Hill's Keys to Success: The 17 Principles of Personal Achievement
- “Always remember, wherever you are, whether near or far, you had a mother who really, really loved you. The original mother. Once you've found your true inner guru you can never again be divided. Perfect union with the divine, through the grace of your real teacher, transcends time, space, death and all worldly limitations. Your real teacher is the original mother - regardless in which manifest or non-manifest form, or gender, she appears. The one who nurtures you and the one who also, out of wisdom and compassion, corrects you if you are misguided.” – Zeena Schreck

- “I write because I hope. I write because I have faith. Hope. Hope alike a fresh flower grows in the sand of my heart . Faith. Faith alike the Sea will be perishing only when Sea disappears .”  
– Katerina Kostaki, Cosmic Light
- Don’t be caught up in your outer world. Pay greater attention to your inner world” – Allan Rufus
- “It's bad to grow old before your time. It's worse to not grow at all within your mind,” – Stabley Victor Paskavich
- “Hard work does not go unnoticed, and someday the rewards will follow” – Allan Rufus, The Master's Sacred Knowledge
- “Whoever is full of wisdom is naturally compassionate; in fact we recognize that someone has gained spiritual wisdom by seeing their compassionate behavior. . . . Individuals and countries with power need to develop wisdom and compassion, for without these attributes, there is a danger that the power will be used to oppress and exploit others. (31)” – Ravi Ravindra, The Wisdom of Patanjali's Yoga Sutras: A New Translation and Guide by Ravi Ravindra
- “Enlightenment is the Goal - Love is the Game - Taking steps are the rules! - Allan Rufus” – Allan Rufus
- My words, thoughts and deeds have a boomerang effect. So be-careful what you send out!” – Allan Rufus, The Master's Sacred Knowledge
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- Find out what my Individual Divine and Unique Power IS and offer it outwards in harmony with all life!” – Allan Rufus, The Master's Sacred Knowledge
- “Unless we take that first step into the unknown, we will never know our own potential!” – Allan Rufus, The Master's Sacred Knowledge
- “Life should be touched, not strangled.” – Ray Bradbury



# **Chapter 3:**

## *Spiritual Mantras*

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### **Synopsis**

You are able to use mantras to take yourself into having great spirituality and abundance. Let's look at a few mantras





## **Mantras**

- I recognize and honor Divine Spirit in all those I meet today
- I choose to live my life in a way that allows the higher good of all
- I recognize and embrace the gift of intuition
- I acknowledge and respect all my feelings
- Divine love is working through me now
- I am receptive to the messages of the Universe
- I honor the Divine Spirit in all around me every day
- I choose to clearly understand the higher messages within my dreams and intuition
- I am a loving, forgiving, gentle and kind person
- I release the need and desire for constant material gain

- I clearly recognize and embrace any and all signs from the Universe
- I am the creator of my own future
- I accept others as they are and they in turn accept me as I am
- I live only in the here and now
- I honor the gift of insight and choose to clearly understand the higher messages within my dreams and intuitions
- I choose to accept only positive and Divine energies in and around my life
- I am One with Creation I am responsible for all my actions
- I recognize and honor Divine Spirit to be omnipresent in all around me every day
- I am a radiant being filled with light and love
- I recognize Divine Spirit to be omnipresent
- I am creator of my destiny

- I respect and honor all Divine gifts
- The past is gone. I live only in the present
- I am conductor of the choir that is my life
- I am writer, director and producer of the movie that is my life
- All is well and as it should be
- I am divinely guided in all I do, say and think
- I learn the lessons of my past and create the circumstances of my future
- Everything that is happening is only for the highest good of me
- I am in perfect alignment with the Universe and the universe is perfect
- The love of the Universe flows to me, through me and around me at all times
- The abundance of the Universe flows to me, through me and around me at all times
- All is as it should be

- I am a spiritual being having a human experience
- All IS and I AM
- I am open to the gifts of the Universe
- I choose to free myself from the ignorance and limitations of old habits and structures to further my growth
- I release the need to control and trust in the Universe
- I give freely without the need or expectation of receiving
- My highest good is manifesting in my life right now
- I live only that which is for my highest good
- The Universe naturally and freely provides for all my needs
- “Namaste” (I honor the God in you. The place of love, of truth, of peace and of light.)
- I am Love, I am Light
- Everything I do, feel, say, think and project comes only from the place of Love and Light

- I send you Love and Light
- Any souls that I have wronged on this day, I ask for forgiveness and send Love and Light to
- I am at peace
- I am happy
- I choose happiness
- I choose happiness no matter what my circumstances
- Any souls that I feel have wronged me on this day, I forgive and send Love and Light to
- I am a cultured and wise and yet, a humble person
- I choose only positive thoughts
- I am positive energy
- I have all knowledge within me
- I am on my Life Purpose

- I patiently and intently follow the guidance of my Higher Self on the path to enlightenment
- I commit myself to the direction of my Higher Self
- The answer I seek is available within me
- I patiently and respectfully ask for Divine guidance on .....
- My security resides within
- I am an abundant shining light of happiness and am at peace with myself
- I am at harmony with the Universe
- I am at peace with all those around me
- I AM
- My mind and body are in complete alignment with the Universe
- I send you Love and Light and the knowledge that your Higher Self will lead you on a path that is for the highest good of all
- Everything good is coming to me easily, effortlessly and abundantly

- I am always in the right place at the right time
- I now give and receive freely
- I deserve the best and it comes to me NOW!
- I expect the best and I get it NOW!
- I am free to make my own choices and decisions
- I release the need to control and allow my Higher Self to guide me daily in living a life that will lead to the higher good of all I am in contact with
- I am free to choose based on the here and now
- All possibilities are open to me, right here, right now
- I have all possibilities open to me now
- I deserve to be happy and successful
- I choose to make my own choices and decisions
- I trust in the process of life
- I am flexible and open to change in every aspect of my life

- I enjoy perfect balance in my life
- I am free to choose to live as I wish and to give priority to my desires
- I have the gift and power of choice
- I release the need to control the outcomes in my work situations and trust in the power of the universe
- I choose to live my life in a non judgmental manor
- I am loved I embrace the lessons that life brings me
- I choose to experience life to its fullest
- I expect life to give me what is best for me
- I choose to live only in the here and now
- I choose non-confrontational responses to situations in my life
- I release the need and desire to judge others



- I release the need to control the outcome of my life situations and trust in the power of the Universe
- I honor the Divine gift of Life
- I am responsible for my own Spiritual Growth
- I trust that everything in my life is working for my highest good and I am receiving all that I am meant to have

**ARDAS PAYE, AMAR DAS GURU, AMAR DAS GURU,  
ARDAS PAYE, RAM DAS GURU, RAM DAS GURU, RAM  
DAS GURU, SUCHE SAHE:**

Guarantees by the grace of Guru Amar Das, who is hope for the hopeless, and Guru Ram Das, who is King of the Yogis and Bestower of Blessings, past, present and future, that the prayer will be answered, and that all one's needs are provided for, signed, sealed and delivered!

# Chapter 4:

## *What The Famous Have To Say About Spirituality*

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### Synopsis

For real spirituality and abundance in your life you must have motivation in particular areas. Let's look at quotes for some of these particular areas that you can learn a lesson from and add into your life.



## What Do They Say

- People don't see this side of me. They don't know I read, like, 800 million spiritual books. Lately I am just really getting into a lot of spirituality. Jenny McCarthy
- I think we have to be careful about what we label as a prerequisite for spirituality. I don't think you have to know a lot to have a spiritual life, but knowing gives life richness. Olympia Dukakis
- So I would hope they would develop some kind of habit that involves understanding that their life is so full they can afford to give in all kinds of ways to other people. I consider that to be baseline spirituality. Susan Sarandon
- Don't be confused that my interest in religion, faith, and spirituality is driven by any sense of faith or spirituality of my own. Peter Jennings
- A quest for knowledge is not a war with faith; spirituality is not usually an infelicitous amalgam of superstition and philistinism; and moral relativism, taken outside midfield, leads inexorably both to heresy and to secular wickedness, which are often identical. Conrad Black
- I'm interested in spirituality and in religion and our relationship to the divine. Giancarlo Esposito

- Ramadan is, in its essence, a month of humanist spirituality.  
Tariq Ramadan
- Religion can be both good and bad - it is spirituality that counts.  
Pat Buckley
- Many of my fellow atheists consider all talk of 'spirituality' or 'mysticism' to be synonymous with mental illness, conscious fraud, or self-deception. I have argued elsewhere that this is a problem - because millions of people have had experiences for which 'spiritual' and 'mystical' seem the only terms available.  
Sam Harris
- I don't go to church any more, but I think that Catholicism is rather like the brand they use on cattle: I feel so formed in that Catholic mould that I don't think I could adopt any other form of spirituality. I still get feelings of consolation about churches.  
Rachel Cusk
- Any spirituality can be enhanced with the practice or study of yoga.  
Christy Turlington
- Religion is run by thought police. 'Obey. Listen. This is what you do. Don't ask questions. Go die for your country.' The spirituality says, 'Okay, you can die for your country, but know what you're doing while you're doing it.'  
Tommy Chong
- My grandfather was a voodoo priest. A lot of my life dealt with spirituality. I can close my eyes and remember where I come from.  
Wyclef Jean

- I am sensitive to the value of faith and religion and spirituality in people's lives because I'm a journalist. Peter Jennings
- To me, religion is an agreement between a group of people about what God is. Spirituality is a one-on-one relationship. Steve Earle
- There are things coming from me that I felt I wanted to talk about. My search for my own blend of spirituality, my acknowledgement of my sexuality, my being the single mother of a young man. Ana Castillo
- I tend to place my own value in spirituality rather than religiosity. Kitty Kelley
- Vanity, showing off, is an attitude that reduces spirituality to a worldly thing, which is the worst sin that could be committed in the church. Pope Francis
- I was able to do *To Sleep with Anger*, a very powerful film about African Americans, their spirituality, and the things that happened within a small community and a family. Danny Glover
- At different points in my life, I had grappled with the idea of going into the priesthood - in high school or law school. Where it ends, I'm not quite sure. Perhaps it ends with death, grappling with one's spirituality. James McGreevey
- To recover a spiritual tradition in which creation, and the study of creation, matters would be to inaugurate new possibilities

between spirituality and science that would shape the paradigms for culture, its institution, and its people. Matthew Fox

- To play June, I had an immediate connect with her background and culture. We grew up with the same religion and shared a lot of the same values of family and spirituality. But I was really so inspired by what a modern woman she was. Reese Witherspoon
- I think there's been a big problem between religion, or organized religion, and spirituality. Dave Davies
- To me, spirituality means 'no matter what.' One stays on the path, one commits to love, one does ones work; one follows one's dream; one shares, tries not to judge, no matter what. Yehuda Berg
- Where people are now in terms of the economic crisis, they're looking at what we think is the bottom, and I think that's when people look to film and to spirituality. Emilio Estevez
- You can have religion with spirituality. You can also have religion without spirituality. Eckhart Tolle
- I also work with the spirituality of people. Della Reese
- Broadway is such a diverse community. Everybody knows how I believe, and everyone believes, and it's not a big deal. But in Hollywood, if you talk about politics - especially if you're a Republican - or spirituality, it's just not something people want to hear about. Kristin Chenoweth

- I liked the humor of it, I've always enjoyed a sense of humor in God and in religion and in spirituality. Amber Tamblyn
- We have a world that is searching for answers, that is searching for a way back to spirituality. Moira Kelly



# Chapter 5:

## *Conclusion*

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We all wish to progress forward, better ourselves, make better lives for our loved ones, and develop as citizens of this planet.

The heftiest element of ceaseless gratitude is the way it keeps you from slipping back into disgruntled thoughts - the thoughts of scarceness and deficiency. A different way to avoid this is to quit drifting into the past or fretting about the future.

The past is over; you can't alter anything that has occurred previously. Going over past errors or sorrows is pointless. Keep away from the pitfalls of the "should've, could've, or would've" mindsets. Errors of the past are only crucial as long as you've learned from them.

Equally purposeless is attempting to foresee the future and fretting about what will occur in the years to come. That's not to say that you should not make some plans; simply don't carve them in stone. You might have to go to Plan B at times.

Among the crucial things you may do to brace for abundance to come your way is to clean your household, literally and figuratively. You have to re-evaluate what's crucial in your life. Cut out unneeded mental clutter that keeps fresh thoughts and opinions from being able to get into your mind. Eliminate old bad habits, those that keep you in the scarcity mentality; and then make way for fresh great habits,



those ideas and emotions that are dragging abundance into your life, instead of chasing it away.

The greatest block keeping abundance from your life is jumble. That's right, I said 'jumble.' Look around you today. Can you see a little destroyed furniture, damaged clothing, the crumpled bits and pieces that make up your house? The more debris you have encompassing you, the less room you have in your life for the great things.

Replace that destroyed mess with pieces of beauty that fire your soul, with the necessities of life that make you comfy, with the music that thrills your heart and makes you grin. You have to clear out the old and ugly in order to make room for the fresh and amazing.

What criteria should "people" follow to choose what goes and what stays? It's easy really. Anything that's actually useful right now (not those that could be handy some day) ought to stay. If they can't find a use for a junk right this minute, then they ought to get rid of it. And they ought to keep it if they find the item really beautiful to them; not another person's notion of beauty, however theirs. So if it's truthfully useful right now or sincerely beautiful to them, it stays. Otherwise, load it up and eliminate it.

Now perhaps you're asking, "What does a house clear of unneeded clutter have to do with Abundance?" It's simple. Till you clean out the clutter, the broken, washed-out, stained old stuff from your life, how may Abundance find you? There's no room for it till you clean your household - mentally, emotionally, and physically.

If your household is cleared of the clutter, then you are able to bring in what fuels your soul, delights your brain, and thrills your heart. Bring in the meaningful objects, the genuinely beautiful pieces.

It's crucial that you decide what you wish in your life, according to your own personal values, then arrive at a decision to take action involving those values. By living simply, you invite Abundance into your life story. As long as your household and your brain are cluttered with stuff, there's no room for the flow of Abundance. Simplify your life.

Not only will you start to feel better about yourself, it will begin to show in everything you accomplish. It will show in how you interact with loved ones and friends. You'll be more at ease, happier, less stressed, and much relieved in your heart and in your brain.

