

## Spiritual Abundance: Creating True Inner Wealth

What is abundance?

What is spiritual abundance?

- A roof over our head, food on the table, and necessities met are certainly important for one's sense of well-being. The need for material wealth beyond that is different for every person. We can easily see that having more does not insure happiness or a sense of inner peace.
- True abundance, specifically spiritual abundance, is when we create a life that is an expression of our truth. And a heart filled with gratitude for the little things in life is the essence of real prosperity.
- Spiritual abundance is about experiencing a sense of profound fulfillment, gratitude, and richness in every aspect of life. It is about recognizing the divine blessings that surround us, the love of family and friends, the beauty of nature, the serenity of inner peace.
- We can feel abundant in the present moment, regardless of external circumstances, when we trust in the universe's infinite capacity to provide. When we do this, we are more likely to develop meaningful connections and a deep sense of purpose. This helps us to manifest a sense of vibrant overall health and finding opportunities that we may never have even imagined.
- **"The Bhav"** - the feeling of being surrounded and embraced by the Divine.  
Ask yourself:  
"Am I nourishing myself to live in abundance, to feel immersed in 'the Bhav'?"  
"What are my true priorities? What do I really want to do or how do I want to live that aligns with my higher self, my heart, and true sense of feeling alive?"

