

Three Powerful Traits that Determine How Abundant You Will Be

I have had the good fortune to mentor with several of the most profound spiritual teachers on the planet. After hundreds of hours of mentorship, and digesting their wisdom, it is interesting what stands out in my memory.

One day during a conversation with Naya swami Asha, Spiritual Director of Ananda Worldwide, I had been going through a particularly challenging time in my life. I said to her “just when I got over this enormous challenge and mastered it, there is another one waiting for me.” She responded simply “yes.”

I am paraphrasing now but she went on to share that my perception is a karmic reality of life. Life is evolutionary. Experience is not just “experience,” but who we become because of it. The growth we achieve in each experience prepares us for the next opportunity to progress. In that awareness is where we begin to understand that abundance is mostly about learning how to receive.

That concept opened-up abundance to me in a way I could not have imagined. I had no idea how much it would change my relationship to wealth. As I came to understand I was a receiver rather than a “go getter” everything in my life became exponentially easier.

Before I embraced a receiver mindset, I used an achievement/go-getter mindset. I am still tempted occasionally to focus on outcomes rather than a flow of energy. I love to create and move energy around. Now movement in energy is tempered by the idea of what causes us to receive. Achievement used to drive and exhaust me. It often made me miserable. I felt I was at the mercy of my goals. It caused me to ignore other important aspects of my life. I thought I could not take my hands off the wheel for a second. Otherwise, my life would suffer some dire consequence.

The ego mind wants to convince us that when we arrive at a destination, a goal, or an outcome we will feel happier. Why else would we do it? The truth is that achievements never fill us up. Contribution fills us up. Science has shown us that when we reach a goal the stimulation of the “success” lasts about 20 minutes. Further that most people experience a “down” after the goal has been reached. Joy comes in mastery of a process moment to moment much more than arriving at the destination point.

Western culture feeds us the myth that achievement is the path to happiness. Achievement is not bad when performed in the context of a broader point of view. Most of us use it to prove our worth and value to ourselves. Until we perceive the interconnectedness of life on a micro level, our achievements are only as good as the consciousness we use to execute them. Our level of happiness will reflect the state of consciousness we have used.

We all need an income. We all need a place to live. We all want a level of comfort and safety. We master certain achievements to accomplish meeting those very real physical and human needs. When we then desire to up-level our income or relationship status or professional

standing, we discover the tools and mindset we used to get us to those first levels of comfort and safety will not get us to the next levels.

This is when people find themselves in my office. They feel like they are in a video game going round and round unable to find the door to the next level. There is an awareness component to “next level” but there is also a physiological component.

We trained our mind to a certain set of practices and beliefs that worked for basic needs in our life. We created neural pathways in our brain that have been set for years, even decades. As we embark on change our mind senses change and automatically says to our system “danger, abort.” In that our mind complies by creating scenarios to stop us from moving our lives forward. “I don’t have enough time. I do not have enough money to do said activity. It is not the right time to make a change. This is not a good idea after all.” We talk ourselves out of our next steps. Change requires we work against our own minds and history.

When we want to up-level our abundance in any area, (career, relationships, personal well-being,) these are the traits we must embrace:

1. **RISK.** Are you out of your comfort zone? Do you feel challenged? Does this moment require something different from you than any other situation has to date?

If so, you are embracing risk, and a critical element to becoming a good receiver and abundant. It can be emotional risk, financial risk, or experiential risk. So long as you are out of your comfort zone you are in the right place.

2. **VULNERABILITY.** Are you exposing yourself in ways you have not in the past? Are you showing the world aspects of yourself you have kept under wraps or hidden? Are you giving yourself permission to lean into your truth?

When we are naked in the world our vulnerability causes us to attract our tribe, those people who are about what we are about. We match more readily with like-minded people and situations.

3. **COURAGE.** Are you digging deep to find a way to take a risk, and to be vulnerable? Are you finding the inner “fuel” to step out of the comfort zone and be vulnerable?

If not, are you asking for help to sit in your courage to make a shift or change that is necessary for your next steps? When we ask for help it is an act of courage. Courage is most often the determining factor in whether we succeed in becoming good receivers.

Most of my clients have an idea what the right steps are to reach success. The order of the steps does matter. If you put step five before step two you will thwart your progress. Achievement must follow a foundation of understanding how to receive. It must be the subordinate. When we follow the order in our creative process not only will our achievements result in greater abundance, but they will truly bring happiness to our lives and those around us.