

## **Abundance Solved:**

### ***Master the Inside Game and Succeed in the Outside World***

We live in a time when automation, technology and tools of convenience dominate our lives. As such, we are constantly looking for ways we can expedite our schedule and our circumstances. How quickly can I get from point A to point B? How soon can I get the money? Can I get WIFI on the train going to work? How quickly can I sleep with my new partner? How soon can we move in together? When will he/she commit to me? The list goes on. We are driving our lives rather than allowing our lives to flow with abundant life force energy.

We are rapidly becoming a culture that cannot tolerate any down time or space in our existence. Space and downtime make us feel out of control or bored. Increasingly we are becoming unskilled at being with ourselves. Yet, space is where all the potential for joy, connection, success and inspiration lives. ***We are opting out of space in exchange for stimulation.*** The result is we drive blindfolded as we create our lives. The poor quality of our life experience reflects that blindness. Abundance does not come to us no matter how hard we try to get it to come.

Stimulation via technology is a modern phenomenon. Society has always had some form of drug to soothe or escape. Now we have a method of avoidance that has become integral to navigating the day to day responsibilities of our lives. We need the very thing that we are abusing. As I write this article I have accessed four means of technology in two hours. I have needed every one of them. ***The problem comes when the need to function effectively crosses the line into stimulation addiction.*** Many of us do not know where the line is or when it has been crossed. Therein lies the problem.

Our lives have become repeating cycles of how much we can get or do and how fast we can get it or do it. When our life results do not match our expectations, rather than embrace our moment wholly, we reject our moment wholly. From there we become sad or frustrated and revel in self-doubt. We tune-out the very wisdom that wants to emerge and direct us out of our misery. We disconnect from the abundant flow.

Using stimulation as a response to life we are losing the ability to understand the value of life itself. ***We do not understand the concept of “allowing” life to expand. We only understand “make it happen.”*** In that push-it energy we sabotage our ability to receive the very abundance life wants to give to us.

When planted, the seeds of an apple will always become an apple tree. Even the apple tree must go through stages of growth to become a fruit bearing tree. There is no expediting the natural course of it's evolution. Our human lives are not so different. ***We must learn to honor our experience for what it is rather than lament for what it is not.*** We will realize our fullest and happiest life if we allow it happen. When our mind tells us we should be somewhere or be something we are not, that is a rejection, a resistance to our very life. We impede the abundant flow from entering our experience.

Abundance is something you tune into. When we resist moments of our life, we deny access to the abundance life can offer us. Rather we must be grateful and appreciative for every moment. We must remember that even our most painful experiences have something in them for us. ***We***

***cannot be given a learning experience we do not need. The divine is not inefficient in that manner. Nor does she single out individuals for negative experiences.***

Without the ability to listen to our inner wisdom and observe the markers that show up in the “space” of our existence, many of us find ourselves confused wondering what went wrong when disappointment occurs over and over again. The truth of the matter is **there is no swipe right solution to connection, intimacy or inner turmoil.**

Quantum physics proves that thought precedes matter. ***What we think about something, or better said, what we perceive to be true, becomes true on a tangible level.*** This is why it can be difficult for people to change. We get proof of our beliefs daily. Our beliefs and perceptions show up in our tangible results. Thought creates matter. We forget that we can change our beliefs to mirror a reality that reflect benevolence, abundance and love. We accept negative outcomes because we forget we are powerful.

When we master the inside game, the outside world lands at our feet. It’s a lot like the movie the **Matrix**. In the first installment, at the end of the movie Keanu Reeves finally “gets it”, and suddenly the Matrix is at his control. His vibration is so much more rapid than that of the Matrix that he actually has to slow down to work within it.

**REMEMBER** who you are. Remember the true matrix you are living in. You are a divine being with dignity, purpose, power and intention that is greater than just you. You are part of a greater whole. Divine consciousness is in your DNA. Take intentional breaks from your devices. Navigate your life from your inner wisdom and voice. This is the path to abundance in all forms.

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