

Living In The Abundance
By Jeanne Loehnis

Summertime in Wisconsin! The very thought of it brings overflowing joy and thoughts of abundance everywhere. From the leaves on the trees, to colorful flowers, to birds chirping at the crack of dawn, to blue skies and temperatures which invite open windows and fresh air, the Wisconsin summer is almost the definition of life abundant.

Wasn't it but a few short months ago when the landscape appeared barren, lifeless, and cold? Where was the abundance then?

Abundant life is everywhere present, at all times, available to all who seek it, regardless of outer appearances. Winter in Wisconsin may seem lifeless, yet we learn early in our schooling that while trees stand naked and land is covered by ice and snow, each is teeming with the very nutrients needed to produce the glory of summer.

We, too, in the course of our lives, experience highs and lows, periods of joyful expression and apparent drought. In the low times, is abundance absent? Has life somehow withheld its richness from us? Or, like winter in Wisconsin, is a time of renewal called for? Is abundance "in the making" and are we being called to step outside routine busyness, turn within, and nurture the seedling? Can we view this time of waiting for abundance as having its own gifts?

Just what is abundance? If we define abundance from the physical perspective only, we might find ourselves in a definition that implies "having" and which relates to personal wealth and belongings or the number of friends around us. Consider these quotations:

"Imagination is more important than knowledge."
Albert Einstein

"What happens depends on our way of observing it or on the fact that we observe it."
Werner Heisenberg

"When you change the way you look at things the things you look at change."
Wayne Dyer

If we define abundance from the inside out, and we see the abundant possibilities from the wealth of our imagination, we find that abundance is a state of being. We live **in** the abundance. We are **nestled** in abundance. We expand out **from** the abundance. We do not *have* abundance. We cannot *hang onto* abundance. Consider the tree and its annual cycle. Trusting completely in nature's process, the tree puts forth buds in the springtime which blossom into full-sized leaves in the summer. Sharing the abundance, the tree provides shade, a gift of respite for nature's creatures, and autumn color, a gift of beauty. Yet, winter approaches and the tree releases its leaves and begins a time of inner renewal,

it does not despair. Rather, it acknowledges the changing season and trusts the process that will again produce glory in the springtime.

As we observe all of nature, we see this trust in the abundance. Birds migrate, and upon their return never fail to build a nest in time for delivery of their eggs. Despite intense drought, grasses return to cover the land each year. We also observe expanding abundance through giving. The garden produces plants laden with fruits and vegetables. Harvest these and more will appear. But the plant left carrying its load ceases to put forth. Abundance requires that others feed off of it or it ceases to produce.

We, too, can realize that we are part of the natural world, co-creators with the universe. We are to live in and celebrate abundance by receiving and using all that has been provided to us in the form of health, ideas, financial resources, friends. We then transform these gifts as we use our unique talents; and we release blessings.

We must also acknowledge the conditions which surround us, those we label as “abundant” and those we label as “lacking”. Centered in abundance thinking, we consult our internal guidance system to discern the next step which is ours to make in every situation. We ask questions like: What kindness can I deliver? Where do I need an attitude adjustment? What part did I play in causing pain here? Am I in need of self-care, rest, renewal? Where is my self-will putting up a roadblock to Life’s natural abundance and flow? Trusting that we live in an abundant universe, we release all that no longer works for us. We nurture the inner seed of possibility that has been revealed and we overflow with all that is ours to put forth into the world.

Are you ready to live *in* the abundance? Are you ready to approach the day with total trust in abundance? Consider this lyrical message and see if you might be able to dwell in “Yes!” with expectation of more:

Yes! And...

I'm livin' in "Yes! And..."
Not stuck in the "No, but..."
Ever opening my hand.
Ready now to receive much.

Yes and is the place to be:
such possibility! Living in harmony!
Yes there's opportunity and glorious majesty
when "Yes! And..." is my plea!

Dare now to go forward:
what ya got to lose?
Every time that you choose
in yes I know you will soon be livin' in

Yes feels so exciting, always inviting,
at speeds like lightning!
Each day is fulfilling!
Sweet dreams from a past life now show us bright light!

"Yes! And..." is the message.
In yes your sweet lips move.
Make yes your rite of passage.
Release the past. In yes now groove!

Aware of clear direction
I gaze ahead and see.
With heavenly protection
I step, I fly, I move with ease!

With "Yes! And..." as my motto
I'm blessed beyond belief!
I open wide full throttle
and gifts abundant never cease!

I'm livin' in "Yes! And..."
Not stuck in the "No, buts..."
Ever opening my hand.
Ready now to receive much.

In every situation of our human lives, we can choose to focus on limitation, lack, perceived ills, and deny that abundant life is available to us. While focused on what is wrong, we are unable to see all that is right in our world. Or, we can choose to believe that abundance is a frame of mind and a willingness to accept its ever-presence regardless of the current view. We can choose "Yes!" and live *in* the abundance!

Jeanne Loehnis, spiritual singer and songwriter, with a B.A. in Music from Lawrence University, is a professional computer programmer/analyst and manager at Lawrence. Contact Jeanne at SongsForYourSpirit@new.rr.com. Discover Jeanne's creative expression and class offerings at www.SongsForYourSpirit.com. Check out Unity Church of Christianity at <http://www.focol.org/unity/> for one source of her spiritual nourishment and outlet for creative expression.