

What is abundance energy?

Abundance means plentifulness, bountifulness, prosperity, and riches. And, it is NOT about chasing after money or hustling! This worked ok during the Age of Pisces about 10 years ago. However, we have been slowly entering the new era of the Age Of Aquarius, where harmony, communication, uniqueness, creativity, freedom and community are more valued or required to succeed!

Now Abundance Energy means Happy Energy!

There are 6 components of Happiness:

- Family/Belonging (Universe, God)
- Relationships/Friends/Romance/Partnership
- Money: How is your relationship with money? Do you avoid talking about money? Do you speak unkindly about money? Do you blame money? Do you complain about money?
- Career/Work Are you enjoying your work? Is it fulfilling? If not, what plans do you have?
- Health (food, exercise)
- Self-Worth and Self-Esteem: Do you speak kindly and lovingly to yourself? Self Talk is so important. If you speak negatively about yourself, please switch your language to loving and kind words. Maybe start practicing Ho'oponopono Mantra. It is the Hawaiian Forgiveness mantra.

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"I am sorry. Forgive me. Thank you. I love you."

Homework:

Journal each component of Happiness by reflecting on each area: Family/Belonging, Relationships, Money, Career, Health and self-worth. How are you doing with each area? What is going well? What is not?