

ABUNDANT LIVING

10 Practices Open Doors

by Dennis Merritt Jones

Practices designed to enrich life with purpose and meaning yield empowering results for anyone that takes them to heart. Whether striving for a new job, higher salary, stronger relationships or spiritual acceleration, these “rules of the road” offer inspired guidance to free thinking and enlarge possibilities beyond anything we’ve ever imagined.

Be one with life: Belief in our oneness with “more than enough” sets us free to receive.

Be aware we live in an expanding universe: The creative life force of the universe constantly conspires for our good as we consciously participate in the process.

Be accountable for individual consciousness: How we perceive ourselves and our world defines our experience. Changing our point of view can change everything.

Be focused: Establish and maintain a disciplined mind, focusing on what’s right with life rather than what’s wrong.

Be in the flow: The law of circulation manifests as either a cornucopia of more than enough or a vortex of not enough, depending on how freely energy flows through us. Remember that we are the gatekeeper that directs the flow.

Be passionate: Honoring our passions sets us free from the tyranny of a joyless life. Unearthing and living what creates joy, love and peace brings the gift of our authentic self to the party called life.

Be blessed: To be blessed and know it is to affirm that we are a whole person, with nothing missing. Sharing our abundance becomes our daily norm. This state of being blesses our world.

Be of service: When we serve others selflessly, we are recognizing that they matter. When someone knows they matter, they are intrinsically guided to demonstrate it in ways that serve others... and the circle is complete.

Be courageous: Boldly move beyond false limits to horizons that call us to new levels of self-expression and fulfillment, often in collaboration with a spirited community.

Be a catalyst for good: Such actions connect us directly to the secret of creating an abundant life—our innate oneness with the universe.

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A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.

—AMELIA EARHART



ON THANKSGIVING:
We would worry less
if we praised more.
Thanksgiving is the
enemy of discontent
and dissatisfaction.

—H.A. IRONSIDE

