

Be Abundant

*“If we believe there’s more than enough to go around,
there will be.”*

— JILL BLASHACK STRAHAN

In this section, *Be Abundant*, I’ll share some of the experiences that helped me learn the vital lessons of abundance. And abundant thinking didn’t come naturally for me; that was probably because I didn’t even know what it was. We don’t know what we don’t know.

Abundance is defined as the state of having a lot of something. Abundant means plentiful, overflowing, ample, a profusion, copious, prosperous. You get the idea. *Lots* of somethings. More somethings than you know what to do with. That’s abundance.

But it’s the law of *abundancy*, not abundance. Now, I’ve been told that “abundancy” is not actually a word. You can’t find it in the dictionary. The correct word is abundance. But I don’t care. At *Tastefully Simple* we use the word *abundancy* anyway. We call things like this “*Tastefully Simplisms*.” Abundance is the condition of having plenty. It’s a passive state, to have a lot of something. But *abundancy* is active. It’s abundance in action. We’re full of abundance, but we practice *abundancy*.

When we practice the Law of *Abundancy*, we know there is more than enough to go around — of everything. We can always afford to be generous. Everyone can win. When we approach life in this way, we feel at peace.

And don’t forget it’s the *Law* of *Abundancy*. It’s not the *hope* for *abundancy*. Like the law of gravity, it means abundance is a natural condition of life. *Abundancy* happens every day, to everyone, all the time.

The opposite of *abundancy* is scarcity. It’s looking at a situation or circumstance through fear. Most of us have far more experience with scarcity thinking. “Get down! You’re going to fall.” “Be realistic. You’re just dreaming.”

“Don’t try that. You’re going to get hurt.” “Don’t be different. People will laugh at you.” “Don’t trust them. They’re out to get you.”

Blah, blah, blah. We think fear. We think small. And scarcity thinking is much easier to resort to because it’s a force of habit. We’ve learned it.

Abundance thinking takes more effort because it’s not something we often observe. You’ve heard it before: you can choose to see the glass half-empty or you can choose to see it half-full.

I’ve learned: Find a bigger glass.

What abundance is

Teamwork

Servant hearts

Generosity

Love

Openness

Giving back

Win-win

What abundance is not

Ego

Competitiveness

Dog-eat-dog

Self-serving

Greed

Scarcity mentality

Territorialism

Win-lose