

# Renewing Faith in Abundance...

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As I write this, I'm looking through an open window at a pale blue sky, bright sunshine, and snow that is almost completely melted. I've even opened my window so I can breathe in the "freshness" of the air. Yes - Spring is on its way. Perhaps it's already here.

I can think of no other season that so powerfully reminds us of the **miracle of abundance**. From the "apparent scarcity" of winter comes warmth, sunshine, color, freshness, energy, laughter and joy (especially if you suffer from Seasonal Affective Disorder!). Spring is a season of hope affirmed. In fact, our understanding of and awareness of the season of Spring teaches us many lessons of abundance.

If you're like me, you've probably never stopped to consider the miracle of springtime. Throughout the long winter months, we look forward to it and sometimes wonder if it is ever going to arrive.

Even as we do so, however, I'm sure that none of us actually doubt in the eventual arrival of springtime nor do we believe that winter will be permanent. We are not afraid of a cessation of the natural cycle of the changing seasons.

*Why? After all, what "proof" do we have - in the midst of winter - that springtime will come?*

For most of us, the only "proof" we have that Spring will come is the fact that it came last year... and the year before that... and the year before that. And, based on that experience, we continue to expect that springtime will return once again. We continue to have hope and faith.

Now let's overlay our belief in the miracle of springtime with our belief (or lack thereof) in abundance. Winter could be analogous to any periods of scarcity you may experience - some of which are as prolonged as the longest and harshest of Wisconsin winters.

Thus, the question to ponder is this...

*When you are experiencing times of hardship or "bitter cold" or scarcity in your life - how strong is your faith in abundance, i.e., in the miracle of springtime?*

Do you continue acting in faith knowing that abundance will return just like springtime is returning here in Wisconsin?

Or - in those times of scarcity (including financial challenges and scarcity) - do you begin to doubt yourself? Do you begin to doubt others or the Ultimate Source of Abundance whom you may call God or Light or Great Spirit or Universe or Buddha?

In these "winters" on your Journey of Abundance, do you begin to accept scarcity with rationalizations like "that's just the way life is" or "I shouldn't get my hopes up" or "I don't deserve more and I should be happy with what I have"?

Do you get overwhelmed, go into denial, worry, work too hard, get out of balance, become frantic or desperate and struggle more and more?

In my experience (and those of many with whom I've worked), when the "winter months" occur on the Journey of Abundance, i.e., when short or long periods of challenge and scarcity occur, we are often tempted to look for "proof" that abundance is real or that it works.

So - what "proof" do you have that abundance will "return" and the period of struggle or challenge you are experiencing (your "winter") will end?

Consider, once again, the analogy I've been making about winter and springtime. What proof do we find for believing (in the midst of wintertime) that Spring will come?

Our only "proof" is the fact that it has happened before. It is this belief and faith in the eventual return of springtime that has gardeners in Wisconsin ordering seeds from seed catalogs in January, eagerly awaiting the opportunity to begin planting them.

In light of this analogy, imagine how empowering and supportive it would be for you to remind yourself - whenever you experience a period of hardship or challenge or scarcity in your life - that **abundance** (just like spring) **always returns**. In those times, what if you looked back and remembered - NOT that you have been here [in scarcity] before **but that abundance always returned and, perhaps, was always there!**

That being said, perhaps you can look back and see a time where abundance doesn't appear to have returned after a period of hardship or scarcity. In these instances, I invite you to take a closer look at your actions in the midst of your "winter".

Did you focus on abundance or scarcity? Were you grateful for the abundance you had around and within you?

Did you give up on yourself or your situation? Did you "shut down" and stop learning, growing, seeking, acting, stretching, climbing for abundance?

Did you try to handle it "on your own" and not practice the abundance actions of "asking" and "receiving"? Were you "open" to the support and suggestions and experience of others they may have been able to offer?

Did you have fun every day to empower yourself and keep your energy flowing and growing?

Did you continue to do "something" every day to build consistency and not fall prey to an "all or nothing" pattern?

As I see it, the only way Spring wouldn't (or couldn't) return after a long winter would be if the plants decided to not grow, if the seeds in the ground decided that it's "too hard" or "it's taking too long" to get to the top of the ground, if the birds decided they were too tired to fly all the way back up north, and so on.

Get the idea?

**Abundance - like springtime - will always come to those who believe in it, hope in it, trust in it, and act in faith because of it!**

It always has and it always will.

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