

# **Abundance is NOT the Result of Having MORE THAN Enough**

by  
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*Webster's New World Dictionary* defines the word "abundance" as meaning "great plenty, more than enough". Until recently, it had also been the definition I relied upon. Now, however, I think of abundance as a state of being or an experience of life in which we are "fully filled".

In truth, fulfillment, i.e., the concept of being "fully filled", is the essence of abundance as I have come to know it. Thus, within the concept of fulfillment and abundance - there is only "enough". It is often our attempt to have MORE THAN enough that creates scarcity instead of abundance.

Consider the following example of the abundance that results when we are "fully filled" as compared to what happens when we try to have "MORE THAN enough". To do so, either imagine the following scenario in your mind or, even better, actually do what I describe and experience it for yourself.

You'll need a teacup or coffee cup, a pitcher of water and your kitchen sink to safeguard against making a mess. Fill your cup to the brim with water (not hot water, however) until it is "fully filled", i.e., you can't pour anymore in without it overflowing. This fully filled cup represents a state of maximum abundance.

Now hold your cup (careful not to spill!) over the kitchen sink and pour the contents of the pitcher into it, causing the cup's contents to overflow, until the pitcher is empty. Now notice the water level in the cup. While it may only be slightly so, notice that the cup is now LESS than fully filled. Your attempt to pour MORE water into it actually DISPLACED water and you were left with LESS in the cup than you had when you began!

The same is true for us when it comes to abundance. It is often our attempt to add MORE into our lives in order to have "more than enough" that actually leaves us LESS than "fully filled" and in some state of scarcity. In our attempts to have MORE THAN enough, we often DISPLACE the abundance we already have in our lives!

Consider the all-too-common example of today's two-career couple. Unknowingly, in their attempt to have MORE, e.g., more money, more experiences, more in terms of the house in which they live or the car they drive, they actually wind up having LESS time, LESS energy, LESS health, LESS recreational time and MORE debt, stress, anxiety. In their unconscious and automatic desire for MORE (thinking that MORE is the answer to scarcity) they may actually have LESS of those things in life that matter most to them.

This "drive" to have MORE is often a result of a lack of awareness or focus on the abundance already in our lives. It is often a direct (albeit subconscious) reaction to our scarcity thoughts of "not enough".

And that is what makes the principle of "fulfillment" so powerful and transformational throughout the [Journey of Abundance](#). After all, what comes to mind for you when you think of the word "fulfillment"?

If you are like most of the people with whom I've worked (myself included!), "fulfillment" implies satisfaction, completeness, happiness, and achievement that is long-lasting in nature. You might also recognize that "fulfillment" is not necessarily the same as "gratification," immediate or otherwise.

Fulfillment, i.e., being fulfilled, is the essence of abundance. Consider the composition of the word itself. It implies a state of being "fully filled." Imagine what your life would be like if you lived in a state of being "fully filled" all the time with those things, people, and actions that hold the greatest value for you.

*Sounds abundant, doesn't it?*

In contrast to "fulfillment," consider the word "deprivation." Its root word is "deprive". After again consulting *Webster's New World Dictionary*, I discovered the word "deprive" means "to take away from; to keep from having."

*Definitely sounds NOT abundant, agreed?*

Deprivation was my greatest fear and the thing I resisted the most when I first began my own [Journey of Abundance](#). My husband and I were deeply in debt and continuing to go deeper. While I wanted to become debt-free, I didn't want to have to give up going out to dinner, going on vacations, or buying nice gifts for people in order to do so. I didn't want to feel deprived. I know many people feel the same including, perhaps, you.

And that is EXACTLY why fulfillment is one of the most powerful tools you can use on your [Journey of Abundance](#), especially in terms of how you choose to spend your money, time and energy!

## **Why?**

Because there is no deprivation in fulfillment! If you "give up" something that you realize isn't fulfilling for you, you won't miss it - at least not for long!

I was first introduced to the idea of being conscious of fulfillment, especially as it relates to how I spend my money, in the book, Your Money or Your Life, by Joe Dominguez and Vicki Robin.

Imagine, for a moment, how different your life would be if you only used your time, your money, and your energy in ways that are fulfilling for you, i.e., so that the fulfillment and energy you receive back is equal to or greater than the energy, time and money you expend!

To begin to experience this, you must begin to pay attention to the fulfillment you do or do not receive from how you spend your money, time and energy now. The best way to do this is with a question paraphrased from the Dominguez/Robin book. Whenever you spend your money, time or energy (or are considering doing so), ask yourself:

***Given my values, my goals, my dreams, will I/did I receive fulfillment in proportion to the money, time and energy I am spending (including the time and energy it takes to make the money)?***

Another way of asking this same question is:

***Will spending my money, time, and energy in this way leave me "fully-filled" with energy, with confidence, with peace, with hope, with abundance?***

If the answer to either question is "no" and what you were going to spend your money (or time) on is discretionary, it is unlikely that spending your money in that way will result in or support you to have an experience of abundance. (FYI - taxes are not discretionary; going out to dinner or buying your children \$100 brand name shoes is discretionary.)

As you will quickly discover, once you begin focusing on fulfillment using these questions, you will encounter situations in which you will need to make a choice - a choice between two or more *fulfilling* options.

## ***How's that for abundance?***

For example, let's say that your spouse or significant other asks you if you'd like to go out to dinner. Before answering, you consider the questions above. It's been a wonderful week; some exciting things have happened and going out to dinner and a movie would be a great way to celebrate. You figure the bill for the evening would be \$50 or more, depending on the restaurant. You are confident the evening would be fulfilling.

Then you think of your goals and dreams. You remember that you wanted to have your Visa bill paid off by the end of the month and you realize that the \$50 you'd spend on dinner would guarantee you could do it. You think of how good you will feel when that bill is paid, how much less stress and worry you will experience, the energy and freedom that will be released. You realize that paying off the Visa bill will "fill you up" more than dinner and a movie. You turn to your spouse and say, "I'd love to! And I'd love to pay off my Visa bill even more! How about starting a fire, making a big bowl of popcorn, and renting a movie instead?"

There is no deprivation in fulfillment - only abundance! Learn to pay attention to your values, your goals, your dreams - your definition of abundance. The process of being abundant, monetarily and in other ways, is a process of using your money, your time, and your energy in ways that maximize your fulfillment today and in the future.

***To learn about other tools, principles & programs that  
will support you to access abundance in all  
areas of your life, visit us again at:***

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