

Are You E-X-P-A-N-D-I-N-G to Access Your Abundance?

by
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In one of my favorite quotes, Mary Webb states that “The Well of Providence is deep. It’s the buckets we bring to it that are small.”

So – what size is your “bucket”?

Please understand that the size of your “bucket” is not determined by *external* things like the size of your investment portfolio, the home in which you live, or the amount of your paycheck. The size of your bucket is determined by your willingness to expand *yourself* – in thought and action so that YOU become the size of “bucket” needed to *access* your dreams from the incredibly deep “Well of Providence.”

So - what are the dreams, goals and intentions you have for your life? For that matter, do you have any?

Have you *actually* written down your goals, dreams and vision? Do you have pictures, photos and images that capture the essence of your dreams visually? Do you read or envision them daily?

One of the foundational principles of abundance is that of CLARITY. If you are not clear on what it is you want to achieve and receive in life – I can guarantee you won’t ever have it!

Referring back to the quote by Mary Webb - what good is a well if you don’t realize that you want or need water?

Taking this one step further, what good is a well if you don’t have a big enough bucket with which to draw out the water you need or desire? Similarly, what good is having clarity about your dreams and vision if the “bucket” you bring to the “Well of Providence” is not big enough to hold those dreams?

There are two ways in which we can apply and integrate the principles and tools of abundance in our lives. The first way – the way of *authentic* abundance – is in such a way that we continue to *expand* the size of our buckets. The second way – a very subtle way of scarcity – occurs when we use the principles and tools of abundance to try to “justify” or “rationalize” the smallness of our bucket or to convince ourselves that our small buckets are abundant!

The process of “accessing abundance” is, inherently, a process of *expansion*. The tools and principles of abundance are all designed to support you in that process. While it is true that these tools, e.g., gratitude and acknowledgment, also support you to recognize the abundance you already have in your life – that does not mean that it is “abundant” to stay there!

Abundance, energy, and life itself is always moving, growing, changing and expanding! The moment this movement stops, abundance, energy and life itself also stops! When we fail to engage in the [Cycle of Learning & Growth](#) and the expansion that is inherent to it, scarcity will be the result.

Consider this image. Let’s say that your dream or vision is represented by an empty hot tub that just happens to be sitting right next to the Well of Providence. All you need to “do” to achieve your dream (of soaking in the hot tub – with a glass of champagne!) is to transfer the water from the Well into the empty hot tub. Here’s when the size of your bucket becomes so important!

First, imagine the process of filling that hot tub if your “bucket” was the size of a teacup! Imagine how much scooping and effort would be required! Imagine how exhausting the process would be! In fact, it may be so exhausting and take so long that you actually quit long before your hot tub is filled!

See what I mean by scarcity?

Now imagine what the process would be like if your “bucket” was a large (50 gallon) garbage can AND you had people to assist you in the process. Not only would the process of filling your hot tub require less scoops – it would actually get filled more quickly! (Of course, you might also imagine what the process would be like if you had a hose connected to the Well of Providence – but that’s another article!)

As you can see, the process of “expansion” is vitally important for us on the [Journey of Abundance](#). Please understand, however, that the process of expansion is not the same as trying to put *more* into our *current* buckets.

Consider this scenario. You can either imagine it in your mind or, better yet, actually do this exercise and experience it 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 full and you can't pour anymore in without it overflowing. This fully filled cup represents abundance. Now hold your cup (careful not to spill!) over the kitchen sink and pour the contents of the pitcher into it, causing the contents in the cup to overflow. Notice the water level in the cup. While it may only be slightly so, notice that the cup is now *less than* full. Your attempt to pour more water into the cup actually *displaced* water and you were left with *less* than you had at the beginning.

The same is true for us on the Journey of Abundance. When and if we attempt to *add more* into our “buckets” without first *expanding* their size, we actually *displace* abundance in our lives and scarcity is the result!

So – now that you realize its importance – how can you expand the size of your “bucket”?

First of all, remember that expansion is not necessarily about doing more than you already do - it's about being more, i.e., it's about expanding *yourself*. As *you* expand, what can be done (by you and/or others) expands too.

Expansion requires, first of all, a willingness to learn, grow and change – even if it is sometimes uncomfortable. Expansion requires a willingness to trust and act – in faith – despite the absence of “left-brain logic”.

For example, an action that powerfully supports expansion is to spend 5-10 minutes every day doing *absolutely nothing!* Believe me, when you are feeling overwhelmed by all that you must do, the idea of sitting and doing *nothing* does not make *logical* sense!

Here are some other “fundamentals of expansion”...

- You must take care of yourself and your needs. To not do so will only leave you drained, frazzled, frantic, scattered - hardly a place from which you will be able to expand and grow!
- Again, clarity is a must! Clarity supports creativity. Without clarity and creativity, you will have scarcity – guaranteed!

- Use the abundance tools of *asking* and *receiving* consistently. More than any other scarcity pattern, it is our inability to ask for and/or receive assistance, support, ideas, acknowledgment, and feedback that keeps our “buckets” small and our abundance limited.
- Using the principles of gratitude and acknowledgment, consistently *focus* on the abundance within and around you.

Take actions to *expand* yourself and your bucket every day. Remember, “The Well of Providence is deep.” As you continue to E-X-P-A-N-D the size of your bucket to match your vision and dreams, you will *access* abundance!

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