

# Do You REALLY Believe in Abundance?

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Spiritual folk love to talk and write about abundance. They get excited about prosperous futures and about the abundant present. “Feel rich now, and you will truly be rich!” goes the cliché. They are happy and smiley folk, and their minds rejoice in the splendour of what is – but mostly about what is to be.

This is all very good and fine. I am certainly not against such thinking (with that possible caveat about become obsessed with the idea of a better future and thus rejecting the present).

But here is what interests me. I have come to notice that many spiritual folk cannot walk the talk. There is an obvious contradiction between the words and the behaviour. Let me elaborate by putting forward some questions.

If you really, truly believed that the world and the cosmos are abundant, how would you behave? Would you be miserly, or generous?

When you see another in need, do you offer a helping hand?

What if you see one of your spiritual colleagues being successful – creating, producing, managing in an abundant way? Do you rejoice in their success? Or do you feel a twinge of envy and resentment?

Do you take the time to share in their joy and abundance, or do you sulk and hide away from them?

The reason I write this is because it has always perplexed me that many in the so-called spiritual community are reluctant to share in each other's joy. My experience is that spiritual folk are not very supportive of each other. They guard their successes jealously. When another produces great work or experiences great success, they tend towards the Ebenezer Scrooge archetype more than the Christ archetype.

Many times I have posted updates on Facebook and social media announcing a new project, book contract or insight, only to get absolutely no encouragement or congratulations from others. And I have hundreds of social media contacts in the industry.

Sometimes members of the spiritual community are downright nasty. One time I posted a tweet about my novel *The Mind Reader*. The short spiel went.

*"What if you could read minds? What if you could peer into the dark spaces within men, into the unknown country where even they dare not venture?"*

The only response I got was from a fellow-spiritual teacher who snorted:

*"So what? I can read minds and if you could you wouldn't be impressed with the crap you find there."*

Can it be said that such people truly live an abundant life? Do they really believe in abundance?

I don't think so.

But enough of the problem.

I have a better idea than jealously guarding our spiritual "wealth" in a universe that we believe is too small to

accommodate us. What if, instead, we made a commitment to communicate love and support for our spiritual and creative brothers and sisters? What if, whenever we noted a pang of envy or jealousy at another's successful project, we simply gave that feeling to God and then sent a message of hope and support to our fellow spiritual journeymen and women? What if we did this many times every day?

If you did this, how might it change your life? How might it revolutionise your sense of abundance? It costs nothing to extend a generous heart to others. And there is no better time than now to begin.

### **One hundred acts of generosity**

Beginning right now, commit to performing a total of one hundred acts of generosity for others. There is no set timeframe for this task, but if you aim for a minimum of five generous acts a day you will be able to complete the task well within a month.

None of your generosity need involve money. You may give or spend a little money if you like, but I suggest that for this activity you minimise expenditure. Indeed, the fact that you can perform these acts without spending money renders the process all the more powerful.

A generous gesture is a genuine act of love that comes from within your soul. That rules out simply giving for the sake of it.

These acts can occur in real life, on the internet or via electronic media, by phone or any other means you can think of.

Here are some suggestions (but don't let me limit your imagination).

- Congratulate a friend on his new relationship.
- A Facebook friend has completed his first book. Send him a

public or personal message saying “Well done!”

- Assist an elderly person in a public space.
- Say hello to a stranger while walking down the street. Smile warmly!
- Someone you know tweets a link to a blog post he wrote. Take the time to read the post and make a short comment.
- Someone posts an attractive photo of themselves online. Give it a “like”; or better still, tell them they look great!
- You bump into an old friend down the street. Let him know that you have often thought about him (if it’s true), or that his he still looking good after all these years.
- Say thank you to the waitress, the bus driver, the policeman. Tell them one good reason why you appreciate them. “I think you are great because...”

Here’s the thing. With each act of generosity, you have to write it down. Number them off from one to one hundred. Carry a notepad, or write it on your tablet device or smart phone.

Shifting attention away from yourself and onto being of service to others is a great teacher for the ego. Usually the ego is all about “”What is in it for me?”. When you begin to shine your light outward, you become less obsessive about your own story, your beliefs, your limitations and your expectations.

Give it a go. But don’t delay. There is no time quite like the present to be of service to God.

And you will be of service to God.

And your soul.

In an abundant universe.

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If you want to learn more about genuine abundance, you might like to read my brand new book [Champion of the Soul](#).

Namaste,

Marcus T Anthony