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Foreword

Over the years, I've met a lot of successful individuals. A few were happy, a few not so much. Too many individuals swallowed the idea that "unhappiness" was called for "dues" along the path to success. Someday, once successful, they'll as if by magic get "happy."

Thus, the spectacle of salespeople working day-and-night, missing family events, deserting hobbies, and staring at smart phones from a deck chair. The horror of watching individuals literally working themselves to death.

However what if we might work ourselves to life? Get all the info you need here.



Abundance: Happiness

The greatest collection of words that will lift your spirits

Chapter 1:

About Happiness And Abundance

Synopsis

Don't misinterpret accomplishing any goal calls for hard work. It calls for planning, dedication, focus, cash, technology, and skills. However the question remains: Do we have to be miserable on our way to success? Better still:

What if being happy was the mystery ingredient that makes being successful simpler?

Consider the idea: may we become more successful by making being happy the priority? Let's nail it down to career success, for our instance. What part does pursuing being happy first play in growing our occupations?

In my experience, individuals who shift their thinking - who start pursuing being happy first - discover an empowering component that supplies them endless power, creativeness and enjoyment on the path to success. Whatsoever the goals, making being happy a priority acted as a magnetism that bettered their results.

Think about what it would mean if you worked toward being happy daily.

The Basics

You might make very different decisions about everything. The most crucial decision would be to desert the energy-sapping belief that sacrificing is essential to reach goals. Rather, you'd act on decisions which advance and preserve being happy as your vital resource. The implications would be quick: Deciding to surround yourself with positive individuals, who encourage you, and observe your hard work, in the office, at home, online.

Going with only suitable jobs - work you believe in, clients willing to properly reward you, jobs you do at peak performance. Comprising personal passions into your work, transforming a job into a hobby.

The work itself gets to be different: Working gets to be one's way of enjoying life each day. You'd stop hurrying through the work simply to get it complete (and then go off and do something happy).

There would be joy in the actual executing of the job. Essential activities cease being "necessary evils" and become "awaited goods" that fill you with power and exuberance. You do things you love better. Inevitably, you'd do them well above the level of other people around you.

The ripple effects of going after being happy touch your originative side, as well. Conceive of moving away from creating things like leads, e-mails, reports, transactions, cash, and moving toward producing things. Connecting your originative skills - to cook, draw, take

photographs, talk, play - with formerly dull jobs at work that might shift your value proposition outside of any rivals range. Bringing your personal creative thinking to bear on your work just can't be copied by anybody else.

Best of all: originative, positive work becomes its own form of promoting; its own value proposition in the market.

Now what about success? Would arriving at happy-based decisions draw in the success you crave? My experience tells me it does. I've never met a happy individual who wasn't successful at things they decided to do. 2nd: happy, energetic, creative individuals easily draw in all the clients, colleagues and mentors they need to accomplish their goals.

Being happy became their magnetic hidden weapon, pulling useful resources into their personal orbit. Excellent customers, meaningful work, drive, passion and dedication are the spin-offs of somebody radiating being happy.

Most of us understand how to work harder. We forever design ways to work more. There's no deficit of clichés glorifying sacrifice over joyousness. However I don't buy them any longer. I've seen the scars of such thoughts on the faces of too many individuals.

I'm sick of seeing individuals for whom exhaustion has gotten to be a way of life. It does not have to; in fact, it should not ever be. There's plenty of time to work - with no assurance of success.

Yet each of us may choose to work happily, daily. Success, I'm sure, will then not be far behind.

Have you occasionally wondered how a few individuals seem to have everything going for them? Why are they so lucky and you're not? The unrivaled thing that may be separating you from them is they understand how to draw in being happy through their thoughts.

The law of attraction is based on the theory that whatsoever you center on you'll draw in from the universe. This means that whatsoever is dominant in your thoughts, actions and even occasionally your subconscious mind is what you'll draw in into your life. However we all understand we have plenty of mind chatter so how may we teach our brain to center on what we wish and attract the feeling of being happy we wish for?

Hints on how to attract being happy into your life

- Be thankful for the things you have and treasure your life. You'll send favorable vibes out and hence you'll draw in even more things which you're thankful for.
- Trust you may accomplish the goals you set. If you doubt yourself, the universe sees that as you not ready for it yet and therefore it won't let you reach your goal. But if you trust in yourself, you're much more cognizant of the opportunities that the universe will give you to get you nearer to your goal.

- Center on what you wish (vs. what you don't wish). Whatever your brain centers on is what you'll draw in so center on the positive want. For instance, think "I wish to find a job that's meaningful and fun" rather than "I hate my job as it's boring and doesn't mean anything to me."
- Be consistent in your ideas and positivity. It's not an over the night, fast fix. It's a mentality you practice for life.
- Be open minded. Occasionally opportunities might arise which you didn't think of before however they'll get you closer to your goal. Be open minded to this as fresh opportunities for your being happy may come from unforeseen places.
- Abide by your intuition. Your gut is more frequently correct than not. Learn to hear it.

So many in our world now seem to systematically fight in one or more of the three broad areas of life, cash, wellness and human relationship.

Why do you guess that is? Do you think that it's because life is designed to be simply the luck of the draw, and only a little percentage get a winning hand?

Do you feel as so many do that all that occurs in your life is due to haphazardness or a few predetermined plan set long before you got here and began your journey with life?

Perhaps you think that in order to amply enjoy the goodness, abundance and all that the Universe has to provide is due to a few particular forms of physical action of a particular and preset intensity.

While action is without question essential to develop tangible and measurable results, it's only a really little piece of a much bigger puzzle. An "apparently complex" puzzle.

However the simplicity dwells below the surface at the seed level. And that seed level is consciousness. If this seed level is realized and a choice is made to stay open and receptive to the signs that show themselves, you may and do literally draw in the individuals, conditions, etc. that will let you; with seemingly magic precision and consistency, draw in and experience over-the-top results in each area of your life story.



Chapter 2:

Happiness Quotes

Synopsis

Happiness quotes can inspire you. Lets' have a look at a few.



Quotes

- “For every minute you are angry you lose sixty seconds of happiness.” – Ralph Waldo Emerson
- “Love is that condition in which the happiness of another person is essential to your own.” – Robert A. Heinlein, *Stranger in a Strange Land*
- “Time you enjoy wasting is not wasted time.” – Marthe Trolley-Curtin, *Phrynette Married*
- “People are just as happy as they make up their minds to be.” – Abraham Lincoln
- “It's so hard to forget pain, but it's even harder to remember sweetness. We have no scar to show for happiness. We learn so little from peace.” – Chuck Palahniuk, *Diary*
- “Happiness is when what you think, what you say, and what you do are in harmony.” – Mahatma Gandhi
- “Happiness is not something ready made. It comes from your own actions.” – Dalai Lama XIV
- Pleasure without conscience, Science without humanity, Knowledge without character, Politics without principle, Commerce without morality, Worship without sacrifice.” – Mahatma Gandhi

- “Happiness in intelligent people is the rarest thing I know.”— Ernest Hemingway
- “You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.”— Albert Camus
- “Count your age by friends, not years. Count your life by smiles, not tears.”— John Lennon
- “There's nothing like deep breaths after laughing that hard. Nothing in the world like a sore stomach for the right reasons.”— Stephen Chbosky, *The Perks of Being a Wallflower*
- To be so strong that nothing, can disturb your peace of mind. To talk health, happiness, and prosperity to every person you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only the best, to work only for the best, and to expect only the best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance at all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble. To think well of yourself and to proclaim this fact to the world, not in loud words but great deeds. To live in faith

that the whole world is on your side so long as you are true to the best that is in you.”— Christian D. Larson, *Your Forces and How to Use Them*

- “Happiness is a warm puppy.”— Charles M. Schulz
- tags: animals, dogs, happiness, humor, puppies
- “The most important thing is to enjoy your life—to be happy—it's all that matters.”— Audrey Hepburn
- “Happiness is having a large, loving, caring, close-knit family in another city.”— George Burns
- “You cannot protect yourself from sadness without protecting yourself from happiness.”— Jonathan Safran Foer
- “The only way to find true happiness is to risk being completely cut open.”— Chuck Palahniuk, *Invisible Monsters*
- “If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”— J.R.R. Tolkien
- “Of all forms of caution, caution in love is perhaps the most fatal to true happiness.”— Bertrand Russell, *The Conquest of Happiness*
- “Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”— Marcel Proust
- “I've got nothing to do today but smile.”— Paul Simon

- “Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.” – Elizabeth Gilbert, *Eat, Pray, Love*
- “Sanity and happiness are an impossible combination.” – Mark Twain
- “Success is getting what you want, happiness is wanting what you get” – W.P. Kinsella
- “It's been my experience that you can nearly always enjoy things if you make up your mind firmly that you will.” – L.M. Montgomery, *Anne of Green Gables*
- “Happiness quite unshared can scarcely be called happiness; it has no taste.” – Charlotte Brontë

Chapter 3:

Happiness Mantras

Synopsis

You are able to use mantras to take yourself into having great happiness and abundance. Let's look at a few mantras



Mantras

- I do not hate myself is I love and respect myself as I am.
- I rarely have enough money is Money flows into my life abundantly.
- I am not a nobody is In my world, I am the most important person.
- Happiness expands within me. It lightens my life and touches everyone I meet.
- I choose to be happy.
- Happiness exists where I choose to look for it.
- Joy floods my thoughts and my life.
- I am not unhappy and miserable is I am happy and radiate happiness.
- “I am so happy to see myself as a decisive, self-assured and emotionally mature person.”
- “I find happiness in the smallest things, I am unmoved by conflict and I always demonstrate courage in the face of adversity.”
- “I am secure in my ability to connect with others and to enjoy the positive influence of confident and ambitious people.”
- “I am the luckiest person I know!”
- Nobody loves/likes me is I radiate and attract love.
- I am not poor is I am rich and always attract money.

- I am not stuck in a lousy job is I love my wonderful job which has immense opportunities for promotion and betterment.
- Studying and doing homework is not a torture is I study and comprehend fast and easily. Doing homework is fun and pleasure.
- I release all negativity and hold joy in my heart.
- I am overcome with gratitude for the bliss that fills my life.
- I accept the good that is flowing into my life.
- Happiness and more happiness is mine.
- Right now, as I think this thought, circumstances are shifting to flood every aspect of my life with happiness.
- I hope XYZ suffers ten times more than the suffering s/he has inflicted on me is I forgive XYZ from the bottom of my heart and pray for her/his betterment.
- I am never broke is The Universe (or God) provides me with enough money to satisfy all my needs.
- I do not hate people is I love meeting and interacting with people.
- Life is neither useless nor boring is Life is full of fun and happiness and I enjoy it to the fullest.
- I don't hate studies is I love gathering knowledge and studying comes to me naturally.
- People are not untrustworthy is I am a trustworthy person and that trust is reflected in the people who come into my life.
- I'm neither weak nor ill is I am strong and healthy.

- I don't hate exercise is I am health conscious and love exercising.
- I am not lazy is I am energetic and love completing my work in time.
- I am not afraid to speak in front of a group of people is I love speaking and whenever there is a group, words come out of my mouth spontaneously.
- I can't relate to anybody is I am proactive and make friends easily.
- Nobody is better than me is I am unique and as good as or better than the rest.
- I am neither fat nor ugly is I love my body, take good care of it and radiate beauty.
- Happiness is everywhere I choose to see it, in the wag of a dogs tail, in the laugh of a child, in the bloom of a flower.
- Happy thoughts bring happy things.
- I smile and my life lightens.
-

Mantra For Happiness

"ONG"

For this mantra you'll require:

Meditation Cushion: To genuinely accomplish a meditative state you have to be sitting comfortable and with good posture. Meditation cushions will assist here.

Mala: With most mantras you have to count the number of times you recite a mantra. A mala will help here. A mala will likewise produce energies useful to your aim. The type of power a mala provides is dependent upon the material it's made from.



Chapter 4:

What The Famous Have To Say About Happiness

Synopsis

For real happiness and abundance in your life you must have motivation in particular areas. Let's look at quotes for some of these particular areas that you can learn a lesson from and add into your life.



What Do They Say

- “A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.” William Arthur Ward
- Life is a dream for the wise, a game for the fool, a comedy for the rich, a tragedy for the poor - Sholom Aleichem
- Sometimes the heart sees what is invisible to the eye. H. Jackson Brown, Jr.
- “You know you're in love when you can't fall asleep because reality is finally better than your dreams.” – Dr. Seuss
- A flower cannot blossom without sunshine, and man cannot live without love. Max Muller
- “Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring.” – Marilyn Monroe
- “There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” – Albert Einstein

- “Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” - Steve Jobs
- “I'm selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle. But if you can't handle me at my worst, then you sure as hell don't deserve me at my best.” – Marilyn Monroe
- Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world. Lucille Ball
- “Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.” – Lao Tzu
- “Sing like no one's listening, love like you've never been hurt, dance like nobody's watching, and live like its heaven on earth.” Mark Twain
- “When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” – Helen Keller
- “People are just as happy as they make up their minds to be.” – Abraham Lincoln

- Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, cause hate in your heart will consume you too - Will Smith
- Be yourself; everyone else is already taken. – Oscar Wilde
- “You only live once, but if you do it right, once is enough.” – Mae West
- Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment - Buddha
- Live as if you were to die tomorrow. Learn as if you were to live forever. – Mahatma Gandhi
- “The truth is, everyone is going to hurt you. You just got to find the ones worth suffering for.” – Bob Marley
- The most important thing is to enjoy your life - to be happy - it's all that matters - Audrey Hepburn
- “If you want to live a happy life, tie it to a goal, not to people or things.” Albert Einstein
- “Happiness is when what you think, what you say, and what you do are in harmony.” – Mahatma Gandhi
- “Friendship is born at that moment when one person says to another: "What! You too? I thought I was the only one.” – C.S. Lewis

- “Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over.” Gloria Naylor
- A friend is someone who gives you total freedom to be yourself. Jim Morrison
- “A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.” – William Shakespeare
- If you love life, don't waste time, for time is what life is made up of - Bruce Lee
- Life is 10 percent what you make it, and 90 percent how you take it - Irving Berlin
- A true friend is someone who is there for you when he'd rather be anywhere else. Len Wein
- “Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.” – Bil Keane
- “Do not go where the path may lead; go instead where there is no path and leave a trail” - Ralph Waldo Emerson

Chapter 5:

Conclusion

What does Abundance and being happy imply to you?

We all have our unique views and definitions of what abundance and being happy is.

For a few it may mean having an plentiful supply of cash. For other people it could mean having and maintaining optimum health and vigor. For still other people it could mean being surrounded by and engaged in wholesome and satisfying relationships.

While life may seem complex and while every area of life is seemingly different in assorted ways, fulfillment in every ream is a crucial part of experiencing "true harmony."

And we may when we decide to.

Drawing in and manifesting the desired results in every area is based on the same changeless laws of nature that constantly determine and always helps each of us to experience fulfillment in whatsoever aspect of life it could be that we have a sincere hope to experience.

Although life may appear complex and random, the procedure for seeing how orderly and perfect it is, is truly really easy.

Abundance, being happy, Harmony and fulfillment in life is decided and first produced on the inside. It all starts at the level of consciousness. Your consciousness.

By formulating a exquisite understanding that regardless what you may currently be going through may be changed; by arriving at a conscious choice to be aware of and elevate the inner processes that are literally drawing in to you whatever those situations may be, you'll be well on the way to producing the Abundance and being happy that you want to experience.

It's by enabling yourself to break your focus from what seems to be happening on the exterior and realizing that all things that are presently showing up in your life story are just the movie being played out that you've internally written the script for with your "inside dialogue" at a point in the past. If you truly want to shift the scenes of the movie, it's going to be essential to rewrite the script.

Each and every one of the consequences, situations, and circumstances that you see blossom in your life each and every day are gotten from what is going on inside you; the ideas, beliefs and emotions that "we ourselves" decide and which we do have command over.

Learning to distinguish the habitual patterns, becoming keenly cognizant of and shifting the self limiting and self subverting inner dialogue that runs under the radar outside of our conscious awareness is the key to life command. Life command needn't be looked upon as a implausible capricious fantasy.

Life command may be easily attained if you know how. It merely requires doing the correct things in the correct order.

The key to life command occurs by choosing to commit to self command. Self command is accomplished through developing your power to consciously and purposely direct and focus your inner power; more specifically the quality of your consciousness, in such a way that lets the physical events, conditions and conditions that you most desire gravitate towards you and inevitably reveal themselves.

To simplify, what you think of you bring about; what you center on expands and what you decide to feed, develops regardless of the sort and quality of thoughts you select to consistently process in your brain.

If the results that you're presently getting aren't producing what you claim that you wish and really want in your life story, it is going to be essential to recognize and shift first, the accustomed and for the most part unconscious thought procedures into a sort and quality that align and harmonize with what you want.

The very same ideas, although of infinite assortment are forever happening and are constantly really literally drawing in and producing in tangible and measurable form, whatsoever results that you have felt, are presently experiencing or will experience at a few future point.

To shift the condition it's essential to enhance the thought patterns that are producing the circumstance.

Through centering, discipline and consistency, unconscious thought patterns that most have no witting awareness of may be increased and enhanced.

If your center stays predominantly on deficiency and limitation, your outside results will hand over and allow you to go through that which you're centered on, in this case deficiency and limitation. When you've gotten to be aware of the "True" power that has been furnished to you and develop the power to consciously and consistently direct, focus, visualize and conceive the desired results that are really desired in life, the universe will jubilantly deliver those results based on the prevailing quality of thought that you're allowing, and you'll see them evidence in the external world.

The creative procedure is deeply simple.

The Universe was produced to act and produce inside a very simple, predictable, unerring, firm, and incredibly accurate procedure that's actually equally easy to comprehend if you choose to look beneath the surface. This procedure is based on "What you give to it, you get back." It's referred to as a lot of things and in assorted ways, like what you sow you reap, cause and affect, karma, and law of attraction , however they're all the same law.

To aid in seeing the simpleness, let's have a look at nature and use a seed as our illustration. As you consider any seed, you may see it as having physical shape. Every seed has its own singular features. A few are dark in color, a few are light, a few are flat a few are round. Yet others are oblong. A few have spots, a few bands. Irrespective of their

shape or how they look on the exterior, they have a particular purpose for their creation. And the purpose of every seed is to produce a harvest the same sort and quality as the seed was planned to produce. As varying as these seeds are in sizing, form, and kind, the firm procedure that enables the growth of each is identical, perfect, exact and firm no matter the sort of seed.

It's no different with our ideas. The ideas that you decide to think represent the seed and the results that you'll unavoidably reap as a result may only be the same in kind and caliber of the seeds planted.

If you plant a tomato seed in the garden, you'll receive a tomato plant. To plant a tomato seed with the anticipation of getting a cucumber would be idiotic. Yet that's exactly what so many do.

Like the garden, the cosmos is the infinite planting field with each conceivable harvest, the quality of which is ascertained by the seed. The universe supplies without fail, your results based on the quality of seed/s that you're planting inside it. If you plant seeds of deficiency and limitation and contemplate on them (nurture them), the results may only happen in tangible and measurable form based on what was planted.

Seeds of deficiency and limits may only produce deficiency and limits.

Any other result is utterly impossible, and would go against each law of nature as well as breach the foundational concepts of creation which the laws of the Universe constantly govern and sustain perfectly, accurately, systematically and categorically.

You'll find that regardless of how hard you try, how much you battle, how mad and distraught you could become, how sincerely you beg, or how diligent you are in your crusades you just can't change what the selected seed produces.

It's, as it always has and always will going to bring about a harvest the same as the quality of the seed planted.

We're a piece of nature and our lives as well as what we get in life is no different. It works exactly the same way and in the same inerrable, unwavering and logical way.

Should we decide to plant seeds of concern, doubt and worry our results are going to lie in a harvest, the same in kind and caliber as we fear, doubt and fret about. Every action that you perform in your life is immediately affected by the quality of your consciousness, is going to create an result, and that result is always going to align and harmonize with whatsoever seeds that you're planting.

The Universe merely can't deliver results that vary in kind and quality with the seeds that we decide to plant.

What Seeds Do You Plant?

Have you ever given any "witting thought" to what seeds you're presently planting? I'm not discussing a fleeting passing thought, but actually digging down and considering, listening to and getting keenly aware of the minute by minute thoughts that you're constantly

thinking on the richest levels, and becoming consciously cognizant of your inner dialogue as you contemplate every area.

Which areas of your life would you like to feel greater and more satisfying results. Is it in the area of cash? Wellness? Love? All 3 perhaps?

Get keenly aware of and tilt the quality of your consciousness.

Remember, till you've done the essential internal work, and get conscious of how the results that you're presently producing are coming into your life; unless and till you comprehend in an uncommon sort of way how it is that you're producing those results, your outside results are going to remain the same no matter how you may resist, battle, work and try to shift them.

Your overriding thoughts and feelings, blended with the emotions that they ignite, equate to the seeds which you're planting and are the determinant as to what outcomes that you'll see, are seeing and are going to continue to see till you shift the internal procedures (the cause) which is producing them. Your thoughts, notions and emotions are the seed, and your life experiences are the harvest.

What are you presently producing in your life?

You've been furnished the free will as well as the power to consciously produce your wanted results.

Formulate the awareness of how to switch the inner processes that are producing your present external results, and you'll have discovered the key to consciously producing whatsoever results that you really want in and for your life.

Formulate the discipline to consistently apply your newfound cognizance, make the necessary "internal shift" that's harmonious with your "wanted" results and your life will reflect one of joyfulness, fulfillment, purpose, fundamental peacefulness and boundless successfulness.

Abundance and being happy really is readily available and really simply attainable when you understand how to align and harmonize with it in a conscious and intentional way. That's when you start to enable and allow yourself to draw in and experience the physical, financial, relational, mental, emotional and spiritual harmony we all want.

