

Abundance

I wonder, are we missing something that we already have abundantly and don't realize we have?

by **Julio Varela**

1139 words | 5 pages



I'M CONSTANTLY SEEING, HEARING, READING about the need for abundance and how we can have abundance in our lives. I wonder, are we missing something that we already have abundantly and don't realize we have?

Are we being sold a bill of goods that what we already have is not enough and that we need to have more, or deserve to have more in an abundant manner?

We seem to always be thinking that we need something else. Even more, that the something else is needed in an abundant manner because we deserve to have all things in abundance.

I just read an advertisement *professing* to teach us how to visualize abundance with a number of powerful techniques. This ad proclaims to have nine different ways that we could learn and practice to get abundance flowing into a life that I believe is already full of abundance! I don't get it!

We also hear many great articulate speakers, pastors, and preachers, talking about how we can get abundance in our lives. There are many of these people telling us, in no uncertain terms, that we should want, need, deserve, and should expect to receive - what I consider that we already have - in abundance.

This is my list:

1. We have an abundance of good luck. There were 40,000,000 to

1,200,000,000 spermatozoa that started in the biggest race of your life - no pun intended - the race that gave you life. You came in FIRST and fertilized one egg of the 2,000,000 million eggs available to you and up to 1.2 Billion other competitors and you were the ONLY winner! If that isn't proof that you are abundantly lucky since birth, I don't know what is.

2. We have an abundance of oxygen. It is provided to all of us whether we want to have it or not. Breathing is one of the many things we take for granted on a daily basis and that we abundantly use every day. An average person takes 17,280 and 23,040 breaths per 24 hours.

3. We have an abundance of time. Every 24 hours there are 86,400 seconds for us to use as we see fit, with more coming every single day!

4. We have an abundance of heartbeats. During an average lifetime our hearts will beat over 2,500,000,000 times. Yes, that is BILLIONS!

5. We have an abundance of human cells in our body. There are over 37,000,000,000,000 cells in our bodies. Yes, that is TRILLIONS!

6. We have an abundance of atoms in our body. Crazy ABUNDANCE on this one: 100,000,000,000,000, or 100 trillion atoms. Interestingly, the number of cells in the human body is estimated to be about the same as the number of atoms in a human cell. WOW!!

7. We have an abundance of thoughts. Our mind thinks between 50,000, to 70,000 thoughts a day!

8. We have an abundance of more esoteric attributes and/or virtues that we either don't realize we have, we don't want to use, we don't use enough of, we should be sharing, but we keep to ourselves, we see in others but not in us. Such as these found in 52virtues.com:

assertiveness

caring

cleanliness

commitment

compassion

confidence

consideration

cooperation

courage

courtesy

*creativity
detachment
determination
diligence
enthusiasm
excellence
flexibility
forgiveness
friendliness
generosity
gentleness
helpfulness
honesty
honor
humility
idealism
integrity
joyfulness
justice
kindness
love
loyalty
moderation
modesty
orderliness
patience
peacefulness
perseverance
purposefulness
reliability
respect
responsibility
self-discipline
service
tact
thankfulness
tolerance
trust
trustworthiness
truthfulness
understanding
unity*

Imagine taking each of these inherent virtues that we have and multiplying them by the times we can make use of each one of them in our daily lives.

NOW THAT IS ABUNDANCE AT PLAY FOR SURE.

At this time I'm going to stop writing a about this list, that would cover countless pages, of the many things that have been abundantly provided to us at NO COST. But I invite you to keep adding to the list as much as you wish to do so. It is a very liberating exercise that can make you appreciate finally what is really important in your life. This should be a wake up call of prioritizing the things that truly count.

Since we are human, the challenge lies in the fact that we have been programmed to believe that abundance is related exclusively to having lots of money, bigger & better cars, houses, boats, planes, clothes, toys, etc. Then once we have any of these things we want something else, for we are NEVER satisfied with the happiness provided by exterior things.

At this moment I would like you to think way back and remember what was the first thing that you really wanted to have and that you thought that "If I have this ____, I will be the happiest person in the world." Then think about how after you got it, your happiness or satisfaction of getting it quickly lost its luster, and you wanted something else that would REALLY make you "the happiest person in the world."

We have lost the power to recognize that abundance is inside of us and is constantly providing us with what we need to be, who we are first and foremost, then everything else that we want and get is just the icing on the cake.

There is no need for simple or convoluted methods, systems, prayers, or special secret formulas that can show us to get that which we already have, in abundant quantities of qualitative degrees, that far surpass any available method of measurement accessible to women and men. Throw in to this equation the abundance of your inner source, the soul, the spirit, the unseen and unknown reality of your greatness and then ask yourself, do I need to have anything else?

Always wishing you an abundant supply of peace, which is, by the way abundantly available to anyone that wants to tap into it!



Julio Varela, (known as “papijulio” to family and friends all over the world) was born and raised in Puerto Rico where he graduated (BA) from the University of Puerto Rico in 1969. For more than 45 years he has worked in International Sales, Marketing, and Operations. His experience with

start-ups and helping established companies—mostly with Direct Sales challenges—has given him experience as a consultant, corporate officer, and as an Independent Distributor. He believes his mission is “to bring harmony and balance to those involved in network marketing.” Acting on that mission, Julio has provided products & services to markets in North America, Latin America, and the Caribbean while creating high-level contacts throughout Latin America, Europe, and Asia.
