

**Chapter Five – Excerpt**

**Chapter 5 – Practice Abundance**

**Or Experience Scarcity**

“I came that they may have and enjoy life, and have it in abundance.” Jesus

Christ

“Not everything that can be counted counts,  
and not everything that counts can be counted.” Albert Einstein

“He who is plenteously provided for from within, needs but little from without.”

Johann Wolfgang Von Goethe

The inescapable impression one comes away from the rainforest with is that of abundance. The riotous explosion of color and sound encapsulates you in a sea of green with more variety in an acre or two than in all of the United States and Canada combined! All of your senses are at once and immediately heightened as you try in vain to take it all in. Parades of Leaf Cutter Ants cart off their haul of neatly cut leaf fragments, holding them high like miniature green sails catching the wind. Monkeys taunt and boast noisily in the canopy above, watching your every move. Birds of every color dart about policing the

rainforest and spreading the word about any intruders. Bright blue butterflies dance in the subtle breeze as if celebrating a special day while anteaters climb slowly up a tree looking for their favorite delicacy. Who needs a zoo? Just stand still in the rainforest and marvel at creatures great and small in every direction you look. None of them suffering lack. Everywhere there is abundance.

Why on one hand, do we embrace and gladly accept this visible display of abundance while on the other hand, feel awkward or uncomfortable with the notion of abundance? Why is it that we see abundance in all of the created order, the fish of the sea, the stars in the sky, the birds of the air, the endless variations of sunrise and sunset and the countless species of every kind, yet our minds are so full of limitations? Too many of us have been conditioned and trained to not only accept limits but to self impose those limits. When we were children we thought we could fly through the sky or swim across the ocean. If not us, then certainly our fathers could. If you could imagine it, then it was possible.

A scarcity mentality believes there is never enough to go around, what you do have won't last and if there is abundance, it's a freak or nature, an abnormal condition. The result is a miserly, dare we say miserable existence. Yes, there are limits in life. I acknowledge that, but too often we accept those limits as absolute. An abundance mentality sees limits as passports to abundance. They

are entrance ways to new and undiscovered sources of plenty. Take for example, the supply of oil in the world. As we approach limits or “peak oil”, where oil production begins to decline, there are a host of possibilities to slow down that trend. We can double or triple our fuel efficiency and that effectively doubles or triples the supply. We can blend with ethanol to stretch it out. But let’s say we actually run out of oil, do you really think we will go back to the horseless carriage? I think not. We will be forced to find an alternative as we approach real limits. Those alternatives will be an improvement along the lines of hydrogen, solar power, electric or something even better.

A scarcity mentality only sees the limits while an abundance mentality sees the possibilities in spite of the limits. Thinking abundantly doesn’t mean denying reality. It just means you have a firm conviction that reality can change for the better, that limits are temporal in nature and abundance is everywhere if you know where to look. Consider a simple piece of coal. One man sees it as a means to cook his next meal while another just sees an object he can hurl at an opponent. We now know that with enough heat and pressure, that same piece of coal will become a diamond. In 1905 Einstein theorized, if somehow we could transform mass into energy, it would be possible to “liberate” huge amounts of energy. He reportedly claimed there was enough atomic energy in a single piece of coal to power the Queen Mary ocean liner around the world! What you see depends a whole lot on what you are looking for. If you’re looking

for a stone to throw, any piece of coal will do. What you currently believe, shapes and directs the things you are looking for so that you tend to find what you expect to see. If you don't like what you see, you probably need to change your thinking.