

Journey Toward a SIMPLY ABUNDANT LIFE

If you knew, without a doubt, one year from today you will be living the most authentic, creative, energizing, joyful, and simply abundant life, how would you begin this journey?

To begin, you must make a commitment, as Rainer Maria Rilke wrote, to live the question. Living the question implies that you consciously and eagerly seek, through experience, the answers that are truest for you. The alternative is that you continue spinning your wheels on a perpetual quest to master the elusive To Do List. And, in the end, fail to manifest the life you desire.

Personally, I've asked many and answered even fewer questions. Still, I believe the experience of living the questions has made my life richer. More importantly, I know what it feels like to live

“When I move through life wondering, instead of worrying, how will it all get done, I open myself to creative solutions and –you guessed it-- living the question and the answers.”

from a place of simple abundance. Three elements- Listening, Discernment, and Command- have been instrumental in this journey.

Listening for Answers

To 'live the questions' that lead to a life of simplicity and abundance requires actively listening to your own Inner Voice. You will

listen for the questions that stir within you, the passions that burn your heart and the longing that wakes you in the dark of night. Listening in this way allows you to connect (or reconnect) with the True You—the You who exists deeper than the social, family and cultural roles and responsibilities you take on each day.

Listening raises awareness and allows you to witness where your energy is being directed.

You can explore questions such as:

Am I consciously connected to the present moment?

Are my thoughts and emotions caught up in the past or moving too fast into the future?
Is there real meaning in the things

I'm doing with my life or am I just filling the time?

It's okay if you feel like you are all over the map; this is a common malady of our overscheduled lives. Just continue listening. As you live the questions and experience answers, use the power of discernment to clarify what is true for you.

Discernment

To simplify does not require living without things that bring you joy or pleasure. Such extreme simplifying leads you to eradicate everything in your path. Without conscious consideration, you end relationships, discontinue activities, and discard possessions only to realize, one week or six months down the road, that you really valued or enjoyed that which you mindlessly cast out of your life.

Discernment is a necessary step on the road to a simply abundant life. Through discernment you create space for that which is of real value to you—the aspirations, activities, people, places and treasures that resonate with who you are, who you desire to become, and how you want to experience life. Discernment empowers you toward a life of clarity; a life that feels easeful, joyful and meaningful.

Command

This eternal process of asking the questions and listening for answers from your own deep well of wisdom not only helps you make choices from the heart it empowers you to take command of the life you are here to live. Notice, I did not say "control." It took me a

long time to learn the difference. It was my dear friend Liz, who first helped me see my own faulty thinking.

"Life becomes simplified and meaningful when you accept the inevitability of change—especially while your children are young," advised Liz, during one of my 'how do I ever get all this done' meltdowns.

"It's especially difficult," she told me, "when changes disrupt the pattern of your days. Even ordinary things become a struggle because nothing feels simple and automatic anymore. But, the disruption and discomfort only seem permanent, but they're not. It feels as if it is all will fall apart, but it's not. It looks from inside yourself as if the cause is you, but it's not. The only thing you can be in command of, as you move through change, is you."

When I move through life wondering, instead of worrying, how will it all get done, I open myself to creative solutions and –you guessed it-- living the question and the answers.

One of the answers I've found along the way is this: A simply abundant life is a living, breathing journey and it is the destination. ☀

Karen M. Rider enjoys life's adventures with her husband and their two spirited daughters. Her articles, interviews and works of fiction appear in regional and national publications. Karen also is an accomplished ghostwriter and copywriter. www.KarenMRider.com Karen blogs about parenting and pursuing her writing dreams at www.WritingParent.blogspot.com. karenmrider@comcast.net



Essential Books for Inspiration



Special 2 Book Set

The Bestseller Let Your Goddess Grow!
Seven Spiritual Lessons on
Female Power & Positive Thinking

The Women's Book of Empowerment
323 Affirmations That Change Everyday
Problems into Moments of Potential

Empowerment Set \$24.95
Buy the set and save \$11.95

Click here to
Get Inspired

"I look forward to being a part of your journey to authenticity, joy & grace."



CharleneProctor.com

Words of Wisdom



"You must love yourself before you love another. By accepting yourself and fully being what you are, your simple presence can make others happy."
Author Unknown