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Have you ever felt that the harder you work and the more you push, the less you seem to accomplish?

It's almost as if you're suffering more lack and limitation in your life when you're working so hard to create it.

Life coach Christy Whitman writes that the first thing to understand is that abundance is not something you can create.

We want to experience a certain kind of energy. This is the actual thing we want from financial abundance.

So, the state of abundance that we're looking for is not a group of physical conditions, but an energy.

Say each person has to collect raindrops in a storm outside. The way you relate to life gives you your own weather.

The bottom line is that becoming more abundant is not about creating anything, but becoming more open to it.

Once you've cleared some of your limiting beliefs out of the way, you open space within yourself to receive it.

Some things are in a state of harmony and joy, and others are in a state of discord. It's up to you to focus on the former.

Granted, says Christy, most of us were never taught to view the world through this lens. We were programmed to see it through a lens of lack.

Whatever it is we look for, we tend to find. That's why it is so good for us to be more deliberate about what we want. "And when this happens, huge shifts begin to happen – not through trying or efforting, but through allowing it to happen."

It doesn't matter what kind of circumstance you find yourself in, you always have the ability to focus

Make it a regular practice to appreciate all of the ways in which you already are abundant. Say to y

But, girlfriend, please don't think this means you can just sit around being grateful and that you never h

New York Times best-selling author and writer of 'Notes from the universe', Mike Dooley, says it is

Would you sit there visualising it and say: "Yes! I believe in the magic! I know thoughts become thi

Or, after thinking about what you wanted, would you physically change the station?

Just checking. Do-be-do-be-do-wa-waaa!