

“Giving
thanks
for
abundance
is sweeter
than the
abundance
itself...”
Rumi



Each day the notion of ‘more’ presents itself as a worthy goal - more output, more input, more spending, more saving, more alone time, more together time, more service to others, more self-care, more exercise, more rest, more beauty, more strength, more flexibility, more health, more youth, more love, more adventure, more money, more wisdom, more joy, more reflection, more awareness, more inner peace. We are challenged to even notice what we *already* have, much less express gratitude. When we do remember to say ‘thanks’, our gratitude often speeds by with a tinge of hollowness, a head nod to ‘luck’, an embarrassed mumbling of gratefulness for being blessed instead of cursed, or sometimes, an awe-filled endorsement for how grand the universe really is for giving us what we want!

If abundance is your goal, whether it’s personal wealth, or for the world at large, remember the *interdependent nature of polar opposites*. ‘More’ and ‘less’ are two sides of the same coin - just like abundance and scarcity are two aspects of a single dynamic. As a Marketplace Mystic, you are learning that ‘more’ is irrevocably linked to ‘less’. This wisdom makes it worthwhile to take a second look at what you’re doing. Each experience requires the *absence* of the other to define itself – and thus they function as a team. Without attending to this life dynamic, you can easily find yourself polarized *toward* abundance, and *away from* scarcity.

At first glance, this may indeed seem very reasonable. After all, who *wants* to be live in lack - materially, physically or emotionally? But unless you understand *you cannot have abundance without lack*, that they come as an inseparable pair - being *for* more and *against* less causes your quest for abundance to rest on fear and longing. Choosing abundance out of fear, as a way to avoid scarcity, or to move away from what you don’t want, is not really a choice. Instead, it is a compulsion driven by the need to avoid ‘less’ and thus, hard pressed to generate gratitude. Choices made out of fear mean you are trying to control Life, fighting with the way things are, and unclear about the way Life

unfolds. Our mystics have made it clear that the rhythms of duality are intrinsic to our lives and unalterable in their nature. Thus, *when you set up what you like against what you dislike*, confusion and fear drive the urge to control and generate the suffering that follows.

Paradoxically, once you understand the underlying harmony and organic unity between polar opposites, you see how duality unfolds on this plane of existence - first one pole and then its opposite – *one unified whole in the shape of two seemingly separate experiences*. When this is understood, wisdom naturally chooses abundance for the focus of your mental/emotional energy. But that choice will now be without fear of scarcity and without longing for more. This may seem a small difference but it makes all the difference in the world *on the inside*.

When you make peace with the ‘facticity’ that all things that arise will also pass away, you can rejoice in the arrival of abundance. You can savor the wonder of its presence without worrying about losing it, or spending energy to hold onto it. You relax into the arrival of ‘less’, knowing it is simply the other side of this coin. In reality, neither abundance nor scarcity is a blessing or a curse. They are simply Life moving - ever changing, renewing, rebalancing, and creatively exploring what *can* come into being even though it will inevitably pass away.

Knowing you are a part of Life’s mysterious process causes gratitude to flow from the heart. This sweetness dissolves all boundaries and delivers the flavor of true belonging. Like the dewdrop falling back into the ocean, you are blissfully held captive, if only for a single moment, by a taste of Life’s Wholeness that lives just beyond the mind.

Until next month when another Reflection will appear, I invite you to explore your quest for abundance and the drive behind it. Explore using your mystical eyes and see for yourself that simply being alive is abundance enough. This is the knowing that makes the taste of everything just a bit sweeter.

Ragini