

Welcome to Monday's Motivational Message
A program of the George Snow Scholarship Fund

Each Monday we will send you motivational quotes and messages that we hope will energize your spirit and set the tone for the week ahead.

This Week's Message: Abundance
By Ellie Lingner

Abundance: n. 1. a great supply; more than sufficient quantity 2. great plenty; wealth.

If money was the very first thing that popped into your mind when you saw the word abundance, let's consider for a moment:

- *the wealthy person in a rotten relationship...
- *the wealthy person with a physical disability...
- *the wealthy person caring for an ill loved one...
- *the wealthy person filled with fears.

Point made. Money doesn't mean abundance. Abundance doesn't mean money. Abundance is a word that encompasses every aspect of life: physical well being; good, healthy relationships; fulfillment and challenge, satisfying work, self-confidence, peace of mind.

The late entrepreneur, Howard Hughes, had more money than he could count, but lived much of his life as a paranoid recluse, crippled by neuroses, miserable and lonely, without joy and unable to enjoy his astonishing wealth and accompanying power.

Yet do you know someone who is not rich, but lives an abundant life? A person of modest means who enjoys his or her job, comes home at night to a loving family and treasures many friendships may be far happier than the person of great means who lives behind security gates and worries constantly about losing his wealth because with that loss would go friends, family and any sense of well being.

There are two wonderful quotes that say it all: Happiness is not having what you want, but wanting what you have. And...don't worry so much about making a living that you forget how to make a life.

If you remember only that as you go through school and out into the world, you are bound to enjoy abundance.

Week's Quotes:

"I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then whenever doubt, anxiety or fear try to call me, they keep getting a busy signal and soon

they'll forget my number. Edith Armstrong.

"Not what we have, but what we enjoy, constitutes our abundance." Epicurus, Greek philosopher, 341-270 B.C.

"Life in abundance comes only through great love." Elbert Hubbard, American editor, publisher and writer, 1856-1915.

"You pray in your distress and in your need; would that you might also pray in the fullness of your joy and in your days of abundance." Kahlil Gibran, Lebanese born American philosophical essayist, novelist and poet, 1883-1931.

"When you are grateful, fear disappears and abundance appears." Anthony Robbins, American motivational speaker, life coach and author, b. 1960.

"The world is full of abundance and opportunity, but far too many people come to the fountain of life with a sieve instead of a tank car...a teaspoon instead of a steam shovel. They expect little and as a result they get little." Ben Sweetland, success author.

"Whatever we are waiting for-peace of mind, contentment, grace, the inner awareness of simple abundance-it will surely come to us, but only when we are ready to receive it with an open and grateful heart." Sarah Ban Breathnach.

"Talent is always conscious of its own abundance and does not object to sharing." Alexander Solzhenitsyn, Russian novelist, winner of the 1970 Nobel Prize for Literature, b. 1918.

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