

## Nature's Bounty

by Liz Gibbons

Dennis Merritt Jones recently published a book, *The Art of Abundance*. In it he gives ten rules, which if followed, will lead you to a life of purpose, freedom, and inner peace. It is not another self-help book on how to create more stuff or better relationships in your life. In this book he endeavors to make us aware that abundance is part of the gift of life which provides what we need.

His Rule #2 is "Be Aware That You Live in an Expanding Universe." Nature provides countless examples of this. As an illustration he asks the reader to assume you have a kernel of corn. You plant that kernel in ideal conditions. For purpose of this example assume that the one kernel produces a cornstalk with two ears of corn with 800 kernels on each, providing a total of 1600 kernels. You then plant 1600 kernels under ideal conditions and each kernel again produces a cornstalk with 2 ears of corn with 800 kernels each for a total of 2,560,000 kernels. You repeat this for one more generation and the 2,560,000 kernels will provide a grand total of 4,096,000.000 kernels.

I have seen the fruits of nature's bounty in my gardening endeavors. When we lived in Colorado Springs from 1973-83 our home was on a cul-de-sac with the width of the large back yard expanding in breadth as the lot stretched farther back. The backyard also sloped downward to the greenway, and the former owner had never planted grass but just mowed the weeds. We decided to create an edible landscape and put in six fruit trees. We also added blueberry bushes and strawberry beds. In a few years we were able to eat the rewards of our planting. We also planted a garden. If you have ever planted zucchini you know firsthand nature's bounty. You have loads to give away.

In the book mentioned earlier the author contends that if this rule of expansion lives in a kernel of corn it must live in every living thing. To produce plants, ideal growing conditions must be provided. For us humans, the proper growing medium is our mind. Abundance in its unformed state cannot be seen, touched, tasted, smelled, or possessed. Only through your beliefs can it be converted and manifested as form. This awareness is the entry point to the principle of abundance. You have to put this energy to work through your intention and attention. This is the power you have when you become aware that you are immersed in a universe where the rule of expansion always operates. The Universe loves multiplicity. It expands on any belief to which your mind gives its attention. Remember the Universe is always giving and is generous in expanding on your beliefs, whether positive or negative. So get rid of not-enough thinking. Lose yourself in something bigger than you and experience your life expanding. As Emerson wrote, "Once you make a decision, the universe conspires to make it happen."