

From lack to abundance

© 2025 J.J. Brouwer
All rights reserved

Publisher: Brave New Books

First edition

ISBN: 9789465310619

Preface: a personal journey

This book was born out of my personal journey from lack to abundance. It is a journey that began with fear and doubt — with the belief that I was always missing something and that happiness, success, and love were beyond my reach. But as I shifted my perspective, I discovered a profound truth: abundance is not a destination you reach someday, but a way of living you choose every single day. It is an inner state of trust, gratitude, and openness that allows you to effortlessly receive what life has to offer.

My journey was not always easy. There were moments of uncertainty, when I questioned whether it was truly possible to live freely and fulfilled. Yet every challenge brought me closer to the realization that abundance is not something you have to earn or chase — it is something you allow by aligning your beliefs, emotions, and energy with the feeling that there is always enough. I discovered that the more I let go, the more life naturally flowed toward me.

This book is my attempt to share the lessons I learned along the way with you. My intention is not to tell you how to live, but to inspire you to discover your own path to abundance. Each of us has a unique journey, but the universal principles I have experienced — trust, surrender, gratitude, and generosity — are accessible to everyone. By sharing my experiences and insights, I hope to encourage you to release your own limiting

beliefs and to recognize the abundance that is already surrounding you.

In this book, you will not only find stories of my personal transformation but also practical exercises that you can apply directly to your daily life. These exercises are designed to help you raise your energy, shift your thoughts, and open your heart to the flow of abundance that is always available. Whether you desire financial freedom, loving relationships, creative success, or simply more inner peace — the principles in this book can help you manifest those desires more effortlessly.

Above all, I want to remind you that you are never truly lacking anything. The feeling of lack is just an illusion created by your thoughts and beliefs. When you see through that illusion, you will discover that everything you seek — love, joy, success, and freedom — already exists within you. All you need to do is trust, let go, and receive.

I invite you to read this book with an open heart. Let yourself be inspired by the words, but more importantly, feel what they awaken within you. Abundance is not a concept to be understood, but an experience to be lived. And the more you allow yourself to step into that experience, the more you will discover that life is always working with you to give you what you need — and more.

May this book remind you of that truth.

With love,

Joël.

Wake up...

W ords may fail, but truth is near,
A wakening starts when we drop fear.
K nowing was always deep inside,
E ternity waiting, nothing to hide.

U nveil the self, release the mask,
P resence alone fulfills the task.

- Joël Brouwer

Contents

Intro: from lack to abundance	10
Chapter 1: what is true abundance?	13
1.1 Personal journey	13
1.2 Awareness of abundance	16
Chapter 2: breaking through the illusion of lack. 19	
2.1 Lack is an illusion	19
2.2 This process was not easy	20
2.3. Breaking through the illusion	22
Chapter 3: the path of surrender and trust	26
3.1. What is true surrender?	27
3.2. The magic of trust.....	28
3.3. How to cultivate surrender and trust life	29
3.4 The result of surrender.....	31
Chapter 4: synchronicity as a guide to abundance	35
4.1 What is synchronicity?.....	37
4.2 How synchronicity guides you toward abundance.....	37
4.3 Forms of synchronicity	38
4.4 How to recognize and follow synchronicity	39
4.5 The result of living with synchronicity	41
Chapter 5: from wanting to receiving	44
5.1 Why 'wanting' keeps abundance away.....	45

5.2 How to shift from wanting to receiving	46
5.3 The role of emotion in manifestation.....	48
5.4 Common blocks to receiving.....	48
5.6 The result of receiving.....	50
Chapter 6: abundance in practice	53
6.1 Why integration is the key.....	53
6.2 Ten daily practices to live abundance	55
6.3 The result: you become the source	56
Chapter 7: intuition as a compass to abundance .	59
7.1 What is intuition?	59
7.2 Why intuition is important on the path to abundance.....	60
7.3 How to strengthen your intuition.....	61
7.4 The result of living with intuition.....	64
Chapter 8: releasing limiting beliefs	67
8.1 What are limiting beliefs?.....	68
8.2 Why limiting beliefs block your abundance	68
8.3 How to release limiting beliefs	69
8.4 Common limiting beliefs and how to replace them	72
Chapter 9: manifestation in practice	75
9.1 What is manifestation?.....	75
9.2 Why manifestation sometimes doesn't work....	76
9.3 The three steps of manifestation	77
9.4 Inspired action accelerates manifestations	78
9.5 Common mistakes in manifestation	79

9.6 Manifestation in action: a personal example	80
9.7 The result of conscious manifestation	81
Chapter 10: living in flow, the art of effortlessness	84
10.1 What is flow?	84
10.2 Why flow is the key to abundance	85
10.3 Why we often fall out of flow	86
10.4 How to enter a state of flow	86
10.5 What happens when you live in flow.....	89
10.6 How to cultivate flow in your daily life	90
10.7 The result of living in flow.....	91
Chapter 11: relationships and abundance.....	94
11.1 There is always enough	94
11.2 Why relationships are essential for abundance	95
11.2 How limiting beliefs block abundance in relationships	95
11.3 How to cultivate abundance in your relationships	96
11.4 How relationships can expand your abundance	99
11.5 Breaking through fear and scarcity in relationships	100
11.6 The result of abundant relationships	101
Chapter 12: sharing abundance with the world ..	104
12.1 Why abundance grows when you share it....	105
12.2 The law of giving and receiving.....	105

12.3 How can you share abundance?.....	106
12.4 The effect of giving on your own life	108
12.5 Sharing abundance on a global level.....	109
12.6 The result of sharing abundance.....	111
Epilogue: the beginning of a life of abundance ..	114
Acknowledgments	119
Numbers and their meanings.....	121

Intro: from lack to abundance

There was a time when I believed that abundance was something you had to earn. That you had to work hard, struggle, and prove yourself in order to have enough. Money, success, love — everything seemed out of reach, as if life were a locked door for which I did not possess the key. I looked at others who seemed to live in a world where everything flowed effortlessly to them, and I wondered why that wasn't the case for me. Was there something wrong with me? Had I not tried hard enough? Or was happiness simply not meant for me?

Yet something began to shift. Not suddenly, but gradually. It started with a question: What if abundance isn't something you have to chase, but something you can allow? That question led me on a journey that changed my life. A journey in which I discovered that abundance is not about what you possess, but about how you feel. That it isn't measured by the amount of money in your bank account, but by the awareness that you always have — and are — enough. That abundance is not dependent on circumstances outside yourself, but springs from an inner state of trust, openness, and gratitude.

This journey was not always easy. I had to learn to let go of control, to face my fears, and to trust the unknown. I discovered how deeply rooted my beliefs about lack were, and how they influenced my choices and experiences. Every time I clung to fear, uncertainty, or

doubt, life seemed to mirror that back to me. But the more I let go, the more life began to give. Not always in the way I expected, but often in ways that turned out to be perfect in hindsight. Sometimes through unexpected encounters, sometimes through opportunities that seemed to appear effortlessly. And sometimes through subtle signs — synchronicities — that let me know I was on the right path.

What I have learned is that abundance is a partnership with life itself. It is not a one-way street where you simply ask and receive. It requires trust, openness, and a willingness to release your own limiting beliefs. It requires the realization that you are already whole and complete, exactly as you are right now. When you realize that, the world around you begins to change. Not because you work harder or try more, but because you allow yourself to receive.

This book is the result of that journey. It is not a manual with fixed rules, nor a step-by-step plan to achieve success. Instead, it is an invitation. An invitation to experience for yourself what it is like to live from abundance. To discover how it feels to step into trust, even when you don't know what the next step will be. To recognize the magic of synchronicity and to see how the universe is always working with you — as long as you allow it.

Because abundance is not a goal. It is a way of being. A way of living in which you know you always have enough and you are always enough. A life in which you can create from joy, trust, and gratitude. This book is my story — and perhaps also the beginning of yours.

Abundance...

A ll is here, nothing denied,
B eyond the veil where doubts reside.
U nlocked by trust, not by force,
N ature flows its endless course.
D aring to open, to feel, to be,
A ll that you seek lives already in me.
N eeds dissolve in present grace,
C hoosing love as your native place.
E very moment, a gift to embrace.

Lack...

L ooking outside for what lies within,
A nswers obscured by where we begin.
C hasing shadows, forgetting our light,
K nowing deep down: all is alright.

- Joël Brouwer

Chapter 1: what is true abundance?

“Abundance is not something you acquire. It is something you become aware of.”

Abundance is often misunderstood. For many people, it simply means having a lot — a lot of money, a lot of possessions, a lot of success. But true abundance is not about quantity. It is about the deep realization that there is always enough — enough opportunities, enough love, enough possibilities. That life is not withholding from you, but continuously supporting you, even when you cannot immediately see it.

1.1 Personal journey

When I began exploring what abundance truly means, I realized how deeply my thoughts of lack had influenced my life. I saw abundance as something outside myself, something I had to earn or force into existence. This mindset kept me constantly living in a state of longing and dissatisfaction. I believed I would only be happy if I had more — more money, more freedom, more security. But the more I chased, the further it seemed to move away, as if I were always pursuing an invisible horizon that kept shifting.

What I eventually discovered is that abundance does not begin with what you have, but with how you think and feel. Your inner world determines how you experience the world around you. When you believe