

# Abundance vs Scarcity Thinking: A Huna Perspective

By Pete Dalton



In this article I offer some reflections on abundance-based thinking and its antithesis scarcity-based thinking.

We live in a world where sometimes it seems like scarcity is constantly whispered into our ears. There is not enough time. Not enough money. Not enough opportunity. Not enough love. Sometimes it seems like there is not enough *you*. How often do we hear people saying '*I am not enough*'?

For some people this mindset is so common, so automatic, that they never question it. Scarcity becomes the default lens through which life is viewed. In these cases, it shapes how we make decisions, how we relate to others, and even how we see ourselves.

In Huna, there is a different way to see the world. A more generous way:

## The Scarcity 'Spell'

Scarcity thinking is not just about material things. It is a form of contraction, a tightening around life. It often sounds like:

*"I must hold on to what I have"*

*"If someone else wins, I lose"*

*"I cannot trust life to support me"*

*"I have to struggle or I will fall behind"*

If we consider the Huna principle of *Ike* - the world is what you think it is, when the mind expects lack, the body tenses, imagination shrinks, and opportunities seem to disappear. Scarcity becomes a self-fulfilling prophecy.

There is also a certain irony here as scarcity thinking often occurs in people who genuinely want safety and to flourish. However, fear-based protection often turns out to be self-limiting.

Scarcity says, "Protect first, then maybe I will feel safe." Abundance says, "Feel safe first, and life will respond." Both become true in the world we create.

## **Remembering Abundance**

Abundance is not naive optimism or pretending everything is perfect. It is a relationship with life anchored in trust, creativity, and openness. It says:

*"There is always another possibility"*

*"Life responds when I do"*

*"I can create instead of compete"*

*"Generosity strengthens me"*

This demonstrates the principle of *Makia* - energy flows where attention goes. What we feed with our focus grows.

In Huna, abundance is experienced, initially at least, through awareness, not acquisition. It begins as a subtle shift in the body, a softening and a widening of perception. It is remembering that we are part of a living universe in motion, not isolated fragments struggling for scraps.

## **Abundance Manifests in Many Ways**

Abundance shows up not just in money or possessions, but in things such as:

- Time to breathe and think
- Creativity and new ideas
- Supportive relationships
- Inner peace and clarity
- Resourcefulness under pressure
- Confidence in one's ability to shape experience

A person with few resources and an abundant spirit often thrives. A person with many resources and scarcity fear often struggles.

## **Generosity as a Path to Power**

One of the most misunderstood ideas in abundance teaching is generosity. Here generosity is not giving because you 'should.' Nor is it forcing kindness to prove some kind of spiritual virtue. It is giving from the recognition that life flows.

When you trust flow, sharing becomes natural. When you fear loss, hoarding becomes normal. Abundance grows where trust is exercised.

## The Nature of Life Is Expansion

Huna posits that we all have a drive to grow and that life is naturally moving, expanding, unfolding. Waves do not fear running out of ocean. Trees do not hesitate to grow leaves in spring. Human consciousness is the same unless the mind tightens around fear. Abundance is a natural state when fear loosens its grip.

## Some Practices to Try

One useful practice is, from time to time, tune in and ask yourself which one of these most reflects me today: scarcity or abundance? This awareness can provide a useful starting point for change if required.

Abundance is about freeing ourselves up to be open to possibility: It is useful to establish a 'habit of abundance' for which you might find the following daily practice which draws on multiple Huna principles useful:

1. Each morning, say: *"There is enough, and I have enough."*
2. If you notice a moment during the where you feel tight or fearful. Focus on where that sensation shows up in your body.
3. Pause, breathe, relax that area of tension and consider: *"What else is possible?"*

This single question can shift imagination from contraction to creation, and imagination is a bridge to reality. You may not get an immediate answer. That is fine. The point is the opening. Abundance often begins not with a solution, but with a softening of the inner resistant stance.

4. Perform one small act of generosity, something small will do, even a smile counts.
5. Notice what opens up for you and where abundance appears.
6. Appreciate abundance in its many manifestations when you see or experience it.

Here's wishing you an abundant year ahead.

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