

#10 *Wishing You an A-Bun-Dance of Love and Laughter!*

a•bun•dance¹ (a-bun´-dans)v. [Lat. *abundans*, to abound, p.part. of *abundare*, to overflow.] **1. a.** The act of wiggling one's buns in a wild dance-like motion, alone or with Kindred Spirits: frolic. **b.** A swinging motion that starts at the hips, moving side to side, bobbing up and down and in circles, and then spreads to all of the body: spiral of delight *slang* : shake your bootie; let's boogie. **2. a.** A light-hearted rhythmic style of dance with big smiles accompanied by shouts of delight, with or without music. < Let's do *abundance*.> **b.** A mix of belly dancing and folk dance where spontaneously whirling dancers may obtain excited emotional ecstasy; may include bun-to-bun dancing in a massage-like fashion, with permission where appropriate. —*n.* **1.** The belief in the fullness of life: bountiful < *Abundance* is everywhere. > **2.** The action or expression of the attitude of gratitude: celebration < I celebrate the *abundance* of love in my life. > **3.** Creating an extremely plentiful life, richly supplied with friends, where the focus is on belonging and not belongings. < The little joys and simple acts of kindness create an inner sense of *abundance*. >

syns: copious, teeming, lavish, exuberant, bumper, bottomless, fruitful, productive, fertile, well-supplied, bursting, alive, generous, plenty. *core meaning* : to feel both an inner and outer wealth of love and friendship.

ant: insufficient, deficient, lousy, avoidance (as in: void of dance), scarcity as in: scar city; *core meaning:* < beliefs which result in *scarcity thinking*.>

Word history: The word *a bun dance* was regarded as sinful in a dictionary published in 1755. The reader is warned that “a bun dance is unregulated and likely to cause celebrations including loud singing, disorderly dancing and even mass hysteria.”

¹Open up, slow down, and see the word abundance as A Bun Dance! The message was always there to see. This word play can help to lighten one's perspective. Notice the abundance of beauty that surrounds us. From now on, each time you see or hear the word abundance it will have a new meaning: **A Bun Dance!**