5 Types of Inner Abundance Within Every Woman

The treasures within you are waiting to be rediscovered.



I Am Willing to Be a Joyful Woman

with a mindset of inner wealth

Inner Wealth: Returning to the Treasures Within

When we feel impoverished, restricted, or stuck in survival mode, often the channel connecting us to our inner richness has become blocked. We have forgotten what is inside us. We see only what we are missing on the outside.

But the truth is that every woman carries tremendous abundance within her. It takes many forms. Let us discover these treasures and reopen our access to them.

01 The Wealth of Inner Strength and Resilience (The Ability to Rise Again)

This is the abundance of survival transformed into growth. Look back at your life: How many crises have you been through? How many times did you think you would never make it, only to rise again with renewed strength?

What is this abundance? Your ability to hold pain, maintain hope even in darkness, and remain emotionally flexible.

How do I open myself to it? Remind yourself: “I am a strong woman. My own history has shown that I possess far deeper inner strength than I can remember in a moment of panic.”

EXPANDING THE VESSEL · CHIBURIM SERIES

The Treasures Hashem Placed Within You

02 The Wealth of Talents, Knowledge, and Practical Abilities (Your Hands and Mind)

Every woman brings a unique gift into the world—things that come easily to her, so naturally that she may take them for granted, while for someone else they mean the world. Perhaps it is listening, managing, writing, creating, baking, teaching, solving problems, or organizing.

What is this abundance? The artistry, skills, and talents alive within you, possessing genuine value—both spiritual and material.

How do I open myself to it? Ask yourself: “What do people come to me for help with? What comes naturally to me, without effort?” Recognize that this talent is a channel of abundance Hashem has given you, through which you can give to others and earn a living.

03 The Wealth of Good Middos and Tenderness (Your Generous Heart)

The ability to love, show compassion, make room for another person, greet people warmly, listen without judgment, and bring light into a room simply by being there. A woman’s heart is an extraordinary vessel for giving and love.

What is this abundance? Your presence, which warms and nourishes the people around you.

How do I open myself to it? Recognize that when I give from my good middos, I am not simply “running empty.” I am drawing from an inner spring which, as I share from it, can continue to expand.

04 The Wealth of Ideas, Inspiration, and Creativity

Our minds are open fields. When our nervous system settles and begins to emerge from survival mode, new ideas can rise to the surface: a way to solve a problem, a project to begin, a different approach to a child, or a new collaboration.

What is this abundance? The spirit of Divine wisdom that moves within you and brings renewal into your life each day.

How do I open myself to it? Pause the constant rush and ask yourself: “What new idea has Hashem whispered into my heart recently that I did not hear because I was so busy surviving?”

Inner abundance is not far away.
It is part of the treasures already present in your neshama.

Return to Your Treasures

05 The Wealth of Deep Connection and Emunah (Your Heavenly Channel)

The knowledge that you have an Abba in Heaven who hears you, whose love for you is unconditional, and that you are never alone. Emunah and tefillah are among the greatest forms of spiritual abundance, helping us remain steady even in the midst of a storm.

What is this abundance? The ability to lift your eyes Heavenward, knowing that beyond what is hidden from you there is a loving, guiding Hand.

How do I open myself to it? Pause, place your hand over your heart, and say: “I am connected to the Infinite Source. Everything I need is in the hands of the One who said, ‘Mine is the silver, and Mine is the gold.’”

A question for reflection

Which of these five forms of inner wealth—inner strength, talents, good middos, ideas, or emunah—do I recognize within myself today, yet perhaps have forgotten to use or have lost access to?

The inner wealth I choose to reconnect with and express this week is...



Stop Living as Though You Are Impoverished. Return to Your Treasures.

Inspired by Rebbe Nachman