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Energy magazine


Nov/Dec 2022 Issue

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Manifesting With Gratitude





A gratitude practice is wonderful for shifting your mindset. The more that you are grateful for, the more good things you will naturally attract into your life. Try it for yourself; you may be pleasantly surprised with the results.

Courtney Francis

A gratitude practice is a powerful thing; it can help improve your mood and create a physical shift in your energy state.

One of my teachers encouraged me to start a daily gratitude practice after going through a tough time. The challenge was to think of three new things each day for which I could be grateful.

When I first started my gratitude practice, it was a struggle. I was so focused on *lack* and the things I wanted that I *didn't* have, that it was hard to think of anything I *did* have to be thankful for.

Regardless, I was determined to complete the gratitude challenge every day, so I started with the small things; I am grateful that the flowers are in bloom; I am grateful that it's sunny outside today; I'm grateful that I have money to buy groceries.

After about a month of this practice, I realized that I had an abundance of things to be grateful for. In fact, I had *more* things to be grateful for than I had to be upset about. So, I started looking for things to

be grateful for, and as a result, became generous in expressing my gratitude- especially for other people.

My gratitude practice started evolving and becoming a powerful influence in my life when suddenly, something interesting happened that completely changed my perspective.

My friend introduced me to Reiki, an energy healing modality. I had been having pain due to an injury in my lower back and she offered to treat me. As she started the treatment process, she asked me to send love to the place that was in pain. She told me to thank my lower back for all the work it does for me and express how grateful I am for everything I can do because of it.

Without my friend, I would have never thought to show gratitude for a part of my body where I had chronic pain...but she was right. I was able to use a critical part of my body and it served me well, especially when I took good care of it.

After that session, I felt lighter and in less pain than I

did after getting massages or seeing a chiropractor. In fact, I felt pain-free and the effects lasted for weeks!

It was at this time that I started playing with the idea that you can manifest the things that you want using gratitude. It made me realize that the things you love start to grow. Think about plants for a moment. Studies have shown that when we nurture plants with kind words, they are healthier.

My experience with Reiki was so inspiring, I decided to run with this idea and experimented with creating more financial abundance by learning to appreciate money. I created a ritual using some of my favorite tools, including crystals and essential oils.

I took a \$20 bill and anointed it with a prosperity oil blend to show my appreciation for money by elevating it with a sacred tool. Then I gathered rose quartz for love, and pyrite, the money magnet, and placed those crystals over my heart along with the \$20.

I filled myself with feelings of love and gratitude and thanked money for all that it provided me. A safe place to live, the ability to pay my bills, dinner with my husband, and so on. I then set the \$20 in a special box that I set aside just for this ritual and added the rose quartz and pyrite crystals to it.

Before I could even close the box, my husband came into the room and handed me the mail. I received holiday gifts and checks that had been previously delayed. I couldn't believe it, so I replicated the ritual again a few weeks later and consequently had the largest sales day in my business.

Over the next few months, I continued to perform this ritual with tangible results each time. It became so successful that I shared it with family and friends and eventually clients, each with a success story of their own. One client landed a new job with higher pay and a 6 month paid sabbatical; my friend received a previously delayed bonus payment; a customer that


took my class was receiving unexpected orders during the ritual.

Manifesting with gratitude is an extremely powerful tool and this can be applied to anything that you are manifesting.

Here are the key elements of manifesting through gratitude:

- Start taking note of what you already have to be grateful for. The example above is about taking a little money and showing so much gratitude for it that it multiplies.
- To feel the emotion of gratitude deeply and fully in the body. Call upon a past experience to relive the feelings of joy and gratitude. In this example, think of a time when you received unexpected money.
- Track the progress of what you are manifesting. Oftentimes people don't recognize what they actually have so make sure that you are giving yourself credit. Sticking with the money example, if you are trying to manifest \$1,000, keep track of what you receive. If you are disappointed that you didn't receive a \$1,000 check because you are looking for that specifically, you may not realize that over the course of the month, you received multiple amounts totaling or exceeding your goal.

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 You learn more about author Courtnay Francis at www.CourtneysCrystals.com