



Professional Certified Coach

How to Manifest Using...

The Law of Gratitude *Gratitude... The Energy of Attraction*

"Lead with the heart and learn to walk through life with a feeling of gratitude for life itself. Gratitude is a powerful aid to manifestation. Having a field of gratitude around us clears a positive path through life in which every step we take facilitates the flow of abundance."

~Gay Hendricks

In a culture driven by commerce and self-focus, it is easy to get sucked into the vortex of consumerism. So entranced are we by the messages of advertisers and keeping up with the Joneses, we frequently lose track of what we really want. Moreover, we completely miss the boat on how to easily manifest all that we desire. Have you grown tired of struggling and striving? Do you cling to momentary bits of happiness that fleetingly slip away, and send you back on the hamster wheel of seeking more? Relax, there is an easier way!

You have a choice to either **appreciate** life or **depreciate** life. Your choice is the power over your life experience and your ability to manifest. Appreciation and gratitude open the floodgate for abundance to flow. Depreciation, entitlement, and scarcity-thinking slam it shut.

An Attitude of Depreciation

Depreciation is most often experienced as a sense of entitlement. It is the energy of taking for granted who you are, what you have, and what other people do for you. *"The world and everyone in it owes me"* is an attitude of entitlement. For instance, you may take for granted that your partner removes the trash or cooks dinner. And, you could argue that this is the way it is supposed to be, or that it is their job. What is true is you could just as easily be grateful for their contribution to making your life easier. You could genuinely express appreciation. A closer connection and a more abundant flow of love into your life would likely be the outcome.

Perhaps you are an employer who thinks, *"I don't have to tell my employees how valuable they are, that is why they get paid."* The energy of gratitude has the power to boost self-esteem, which in turn increases personal effectiveness. Consider infusing your workplace with an abundance of harmony and productivity by appreciating your employees, in addition to paying them.

What about being grateful for yourself? Do you take your fabulous talents and abilities for granted? Do you neglect or even abuse your body and think it will just keep on functioning for you? Think again! Being grateful for your mind, body, and Spirit will create a greater willingness to treat yourself with love and respect. The result will be vitality and ease.

As you can see, entitlement rears its ugly head in many ways, some subtle and some not. The guaranteed outcome is the dead dull experience of dissatisfaction, a slow erosion of relationships, and blocking the flow of manifestation.

An Attitude of Appreciation

On the other hand, appreciation is energizing, attractive, and enlivening. Gratitude is an attitude of Spirit. You can think up what you are grateful for, yet gratitude is not an intellectual exercise. The power of gratitude to bless your life comes from Spirit and through fully experiencing the sweet loving feeling of deep appreciation. A grateful heart harnesses powerful energy to easefully attract what you want in your life. You can magnetize what you most desire by embracing these fundamental ideas.

Be Grateful for What You Have

Understand that there are no ordinary moments. Being grateful for every moment of your life allows abundance to flow. Literally, there are thousands (if not millions) of people and things for which you can be grateful. Consider electricity and imagine living without it... without your TV, electrical appliances, computer, lights, etc. How about water? Without it you cannot bathe, cook, swim, or even maintain your existence. Your body requires it. Speaking of your body, ponder living without your heart! Impossible! With ten minutes of focused time, you could generate a gratitude list of over 100 things and/or people, and that would only be the beginning. You can literally be grateful for everything in your life.

Manifesting your dreams requires having a direct relationship with gratitude. Being deeply grateful for what you already have, opens the doors for more abundance to flow freely into your life. Without it, you might still get what you want, but it will come with a price tag of struggle and strife, and your manifestations will frequently be less pleasurable and satisfying. Allowing gratitude to flow makes manifesting easier. Abundance flows from gratitude, which is empowered through expression given freely, heartfully, and with no strings attached.

Be Grateful for What You Don't Have

What? Yes it is true! Energetically open the door for what you want by appreciating what you don't have and appreciating any ways in which you suffer. Scarcity and suffering have at their center beautiful nuggets of learning. Within every moment of adversity and strife lies the key to moving through it and to opening doorways to your prosperity. Willingness, open-mindedness, and curiosity without judgment are required.

Be Grateful for the Past

Look to your past with appreciation. Include ex-partners, difficult situations, and losses you have incurred. Within those situations and people are things you can appreciate... positive qualities of an ex-partner and things you learned or gained through difficult situations and losses. You can choose... put forth the magnetic energy of gratitude, or repel the flow of abundance through the negative energy of resentment and regret.

Let go of Control

Many goal-setting models offer rigid frameworks in which to operate. Set the goal, create the game plan, and go for it. This has merit, yet something is missing. Central to easeful manifestation is your willingness to simultaneously give your 100%, and release your need to control how abundance comes to you. Unexpected abundance is delivered to your doorstep when you allow the Universe to do its 100%. Your job is to get yourself out of the way, be alert to how abundance is coming to you in surprising ways, and express gratitude for the gifts, both large and small.

Be Open to Receive

Are you a good receiver? Do you allow love and appreciation into your life? Deflecting, discounting, not accepting compliments or support actually keeps away manifestation. Gratefully opening your heart and your mind to receiving will bring money, love, peace, fun, and fulfillment into your life. You cannot expect to manifest if you are unwilling to receive.

Release Your Scarcity Thoughts

Your ideas of scarcity are what actually create scarcity. Thoughts of *"It's not big enough, new enough, shiny enough, or expensive enough"* block flow and keep you from enjoying what you have. Resentment, faultfinding, and blaming also block flow, reinforce the *not enough* idea, and keep you from attracting what is available. When you collaborate with the creative force versus fighting scarcity, flow happens.

Do you want to ramp it up one more notch? Take what you have and generously share it. This will liberate you from the concept of scarcity.

Everything Exists in Potential

You might think you are unlucky or unworthy because you don't have what you want. That is not so! Everything you want already exists in the Universe. Deeply feeling and expressing gratitude is your ticket to attraction. Everything in the Universe originates from the same energetic creative force, and it is everywhere present. You can liken this to the air... you cannot see it, yet is there. You are the creative force in your life, co-creator with a friendly and loving Universe. Willingly working with the law of creation infused with deep gratitude, will end your struggle. Gratitude keeps you connected to the Source that brings things into your life.

I offer you a free tool on how to build a grateful heart. Go to the resource page of my website (www.chrislucerne.com) and download the free tool, *Gratitude, The Magnet of Attraction*. And, as you learn to master the principles and activities of gratitude, you will find your life flowing more easefully and gracefully, bringing you greater happiness and satisfaction.

(Chris Lucerne is a Master Certified Coach. Using a BodyMind approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter (including the relationship with yourself)*, and to *Go Beyond Loss and Embrace Life*. www.ChrisLucerne.com – 210-408-7699. The twelve laws of manifestation are based on the "The Manifestation Course" by Gay Hendricks, Ph.D.)