

Gratitude and Manifesting Abundance

We only focus on the dark areas of our lives, but actually the dark spots are quite small in comparison to the white page.

Gratitude

Think back to the first course and Jon Kabat Zinn's 9 attitudes

One of them was *gratitude*:

<https://www.youtube.com/watch?v=z5CtnP6mdp8>

Doesn't hurt us to remind ourselves of this.

- ④ Gratitude can be defined as the state of being grateful.
- ④ It involves expressing thanks or appreciation for something, from a gift to life itself.
- ④ Gratitude involves recognition of the positive things in your life and how they affect you. Something simple like appreciating the beauty of a flower to the feeling of thankfulness of recovering from a serious illness.

Some Ideas for practising gratitude:

- Journaling
- Mobile phone alarm
- Paying attention to the little things in life, like the birds in the trees.
- Expressing gratitude to someone you're grateful for them or for something they did, even if it was a long time ago
- Doing something kind for someone in your life
- Meditating on the positive aspects of your life
- Gratitude jars are a simple idea that's easy to put into practice. Whenever something good happens or you feel thankful for something, write it down on a piece of paper and put it in a jar. Next time you're feeling down, give the jar a shake and pick out one slip of paper. (lovely New Years Eve activity)

Practicing gratitude regularly has many benefits on mental physical health and wellbeing.

The biggest of these being OPTIMISM.

12 Universal Laws

12 Universe Laws

- The Law of Divine Oneness
- The Law of Vibration
- The Law of Action
- The Law of Correspondence
- The Law of Cause and Effect
- The Law of Compensation
- The Law of Attraction
- The Law of Perpetual Transmutation of Energy
- The Law of Relativity
- The Law of Polarity
- The Law of Rhythm
- The Law of Gender

- The 12 universal laws are thought to be intrinsic, unchanging laws of our universe that ancient cultures have always intuitively known.
- Known as New Age thinking – couldn't be more wrong – ancient thinking. Recent resurgence.
- Found in many ancient cultures all over the world – ancient Egyptian culture
- Hawaiian culture – the Ho'oponopono prayer, a meditation for freedom.
- Some of the laws are also attributed to hermetic philosophy (Hermes, the greek god – divine messenger)

- Help humanity pursue happiness through love and forgiveness as we attempt to harmonize our environment to create better realities.
- Became popularised thinking again as a result of the book the secret.
- Lack scientific support – spiritual school of thought

Focus on the Law of Attraction

- The law of attraction, the book 'The Secret' became very popular a few years ago.
- Didn't work for many because they didn't understand the depth of universal laws.
- You need to practice all of the laws consistently for results.
- The philosophy that suggests that positive thoughts bring positive results into a person's life.
- Downside - negative thoughts bring negative outcomes.
- Based on the belief that thoughts are a form of energy and that positive energy attracts success in all areas of life, including health, finances, and relationships

3 central principles of the law of attraction

- Like Attracts Like.
- Nature Abhors a Vacuum.
- The Present is Always Perfect

Manifesting Abundance

- As idea is becoming more when known it is of course starting to become misinterpreted and misused.
- Many articles and adverts on the internet encourage people to use this as a way of bringing money into their lives.
- This is not the aim of manifesting abundance, the aim is to manifest an abundant life, it may not turn up in terms of money.
- However, once a state of general abundance has been reached within the mind then you might find you do start to receive monetary gifts from the universe.

- But it should not be the aim.
- As relaxation is not the aim of practicing mindfulness and meditation but a happy side effect, the same is true of manifesting abundance, it's a happy side effect.

What are affirmations?

Affirmations are statements that you declare to be positive and true.

They help us change our mindset and therefore our behaviour and this is what gets the results.

In order for beliefs to affect behaviour, it is important to also have things such as:

- Goals
- Mindfulness
- Commitment
- Motivation
- Timelines
- Challenges
- Support

These statements are powerful, positive, and present tense

By repeating these affirmations we embed them in the mind and they help to alter our mindset and behaviours.

They help us to create better habits, experiences, or life for ourselves.

Homework

- Write some of your own affirmations
- Make an affirmations poster