

5 Ways to Tap into Gratitude

Gratitude is a necessary step in manifesting your destiny. It helps uplift your energy so that the Universe knows you want more good in your life. Gratitude also just feels wonderful. If you are ever down, just get into that gratitude groove and watch your mood shift and lift.

Here are five tools that help you get back to that gratitude feeling when you need it most.

1. Hold the image of a loved one in your mind. Feel the joy and gratitude of having them in your life. Where in your body do you feel the emotion? Rest in this feeling for a moment or two. Now let the image fade, but hold onto the feeling. Remember it so you can easily tap into that gratitude feeling when you need it. Loved ones make the best gratitude triggers. A gratitude trigger is what you use to bring yourself into gratitude fast.



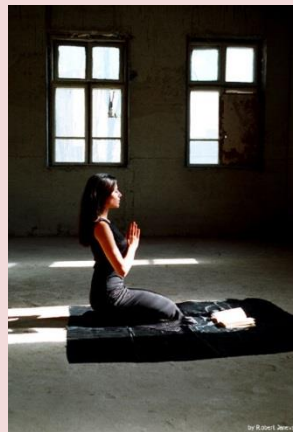
2. Imagine your favorite piece of clothing. Think about all the people involved in its creation. The person who sewed it, the designer, the weaver of the fabric, the farmer who helped bring forth the cotton or silk. Imagine all the sunshine and rain that helped those things to be. Now think of all the people who brought this article of clothing closer to you. The buyers, the distributors, the store owners and sales people. So much to be grateful for in one piece of clothing. You can do this with your food or any other object to expand your sense of gratitude.



3. Think about a time in the past that you thought was challenging. Looking back, can you see that you learned a lot, became a better person, or gained more because of it? Explore your thoughts and feelings around this. It's important to find gratitude in everything because when another challenging time arises you'll be able to quickly move into gratitude and out of fear.



4. Take time to commune with the Source of All Life, the Creator, Spirit. Just a few minutes each day in the silence brings a deep peace and gratitude for life. If you find silence difficult bring your focus to Spirit by saying the many names of God to yourself, kind of like a mantra. At some point let the mantra go and simply be. Find what works for you.



5. Spend time in nature. Feel the breeze, the rain, the cold, the sun. Just be with whatever is and remember that it is all good. Nature is our home; we are a part of the great circle of life. Touch a tree and say that you are grateful for it. Nod to the bird singing in the tree and say you're grateful for its song and presence. Move to each thing or being you see and say this. Know it. Feel it.



Blessings,
Joanne

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