



## A Gratitude Plan

*Spring is the time for new beginnings and a great time to think about making positive changes to our personal energy. When the energy in our environment is balanced and the energy of our home has been balanced using the tools and techniques of Feng Shui, our personal energy is given a boost and we put ourselves in a position to live the life we were meant to have.*

What we are striving for is a balance of all three energies – mental energy, physical energy and spiritual energy. Mental energy is boosted by having clear intention, physical energy is balanced with Feng Shui and spiritual energy combines faith and belief. This spring let's change our mental energy and boost our spiritual energy with a Gratitude Plan.

If we focus on what we have, rather than what we lack in our life, and if we express our gratitude, we will attract and make manifest exactly what it is we want. The more we express our gratitude for all the things in our life; the more powerful is our ability to attract and manifest what we desire.

What we know for sure is that every thought has energy and that energy is positive or negative, never neutral. Negative thoughts have negative energy and affect our personal energy in a negative way. Positive thoughts have positive energy and affect our personal energy in a very positive way. Expressing gratitude allows us to focus on the positive things that we have in our life, not the negative things, not what's missing.

Expressing gratitude is a very strong tool that allows us to change our thoughts from negative to positive. If one of the Universal laws is that we get back from life what we put out; then expressing gratitude will create an energy vibration that will attract more things into our life to be grateful for; more of the good things.

Instead of focusing on the negative things that we think about ourselves, let's change that energy by finding things about ourselves that we are grateful for. We can change that energy vibration by finding things about ourselves that we are grateful for. For example, I am grateful for the fact that I live in Calgary at this exciting time in the City's development; rather than focusing on the traffic congestion created by the growth.

An expression of gratitude for the small things that others do to make our lives more pleasant will change our personal energy by changing our focus from finding fault with others and thinking negatively about them, to one that is positive. This week, I am especially grateful for the excellent job that our garbage collection guys do for us each week. (My perpetual de-cluttering has put a real strain on them these past few weeks.)

One of our biggest failings as human beings is that we focus on what is missing in our lives instead of putting our focus on all the great stuff we have manifested AND intend to manifest. The irony of this is that negative thoughts create negative energy; and this negative energy creates more negative circumstances in our lives. The more we focus on what is missing in our lives, the more we create that reality. We actually create the circumstances that we are living. If we can change the energy vibration from negative to positive by focusing on what we intend to have (not on what is missing), we can actually change the outcome of our life.

It is believed that expressing gratitude is the key to attracting all of life's good things including abundance and prosperity. It is believed that all the other principles that can transform your life will not flourish and blossom without gratitude. The more you have and are grateful for, the more will be given to you.

Our tool for creating this energy shift to gratitude is to start a Gratitude Journal – to record every single day the things in our life for which we should be grateful. To be grateful for what we have and to be grateful for what we are attracting; to acknowledge others for simply being in our lives – our partner, our children, our friends and our co-workers; to stop taking the small things in life for granted; and to change our personal energy vibration to one that is completely positive.

### **Gratitude Plan:**

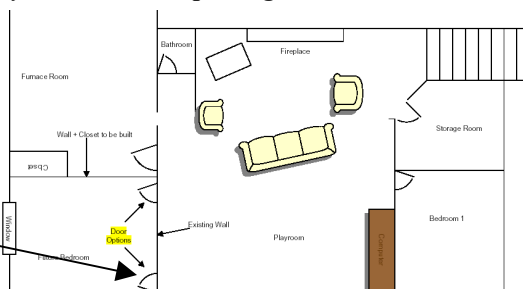
1. Start a Gratitude Journal today.
2. Every day write down what you are grateful for.
3. Each time you start journaling, read what you wrote the day before to re-focus your energy.
4. When thinking about what you are grateful for on a particular day – keep the energy balanced by focusing on all the Feng Shui zones. What are you grateful for in your Prosperity Zone? What abundance are you grateful for today or what abundance are you grateful that you will manifest tomorrow?

This past Christmas, the gift for which I was most grateful, was a list that my husband John had made during the previous few months of the things about me for which he was grateful.

## You Asked About It ...

**Q.** We are adding a bedroom in our basement. There is a wall up already, but we need to put a door in an existing wall before we can add another wall to complete the room. Where would you recommend placing the door?

**A.** You need to watch for “arguing doors” – doors need to be directly opposite each other, or not overlapping at all. A door should never be in the middle of a wall, but always close to the edge/wall of a room. The best place for the door in the new bedroom is closer to the exterior wall.



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