

# The Power of Gratitude and Forgiveness for Manifestation

Do you understand the importance of gratitude and forgiveness in removing energetic blocks? I link gratitude and forgiveness together because, to me, they work together and increase your ability to manifest positive outcomes for yourself. Let me explain why.

Everyone has had experiences at some time that created negative emotions like anger, resentment, blame, shame, and guilt. If you haven't, then you're not human LOL!

When you are unable to forgive somebody it's because you are holding resentment, other negative feelings, and negative energy about that situation and about the people involved in it and this creates resistance and negative energy within you. It can cause limiting beliefs, self-judgment, and judgment of others, which is not conducive to positive manifestation. It can even cause dis-ease.