

The Power of Gratitude and Forgiveness for Manifestation

Do you understand the importance of gratitude and forgiveness for 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.

The reason I link these two together is that I believe that everything happens for a reason. And I also believe that we have a higher purpose. Many of the things that happen to us are so that we can learn, develop, and ascend to a higher level of consciousness.

Look for the Gift

So, experiences that we judge as being negative are actually

catalysts for our development and evolution. That's why I call them evolutionary catalysts. And I've come to realize that even in the most seemingly negative or challenging situation, there is a gift.

If you consciously look for that gift, it will shift your whole energy around the situation that happened. This is where the power of neutrality comes in. For each situation that's happened in the past that you've been unable to forgive, approach it from the neutral point of view of an observer, with detachment. You can then consciously choose whether you continue to wallow in the negative of that situation or whether you choose to look for the positive, even if it might not be immediately apparent.

By finding the gift in these challenging situations, you're then able to feel gratitude for the gift that is given to you. And that is really the core of being able to forgive whoever was involved in that situation, including yourself (very important). You will release all the negativity and the energy blocks around it.

So, I really recommend that you go back and review your life, all the things that have continued to cause resentment that you have found difficult to forgive, and really look for the gift in them from the point of neutrality. Then, I can assure you that your negative view of the situation will turn into a positive one. Think how much lighter and freer you'll feel when it's done!

Gratitude and Forgiveness Workbook

If this is something that you've been struggling with, I've created a [Gratitude and Forgiveness Workbook](#) which is an exercise to help with this. Think about each incident that has caused you these negative feelings and emotions, and really look in detail for the gift, acknowledge the gift, forgive whoever was involved and forgive *yourself* for what happened in

that situation. That will enable you to release the negativity, it will free you to move forward and let go of all that negative blocked emotion and really make a difference in your life and in your ability to manifest.

Download your copy of the [Gratitude and Forgiveness Workbook HERE](#). And if you would like some help with finding the gift and releasing the negativity, I invite you to apply for a free [Success Strategy Session](#).



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