

Manifesting *Thoughts*

A Newsletter on the Art of Manifesting Your Heart's Desires Using the Law of Attraction

A Puppy Dog Tale of Appreciation

June 2008



Having raised three wonderful kids with my husband, we are now empty nesters. After the initial glow of being free and no longer responsible for the day-to-day care and well being of my children wore off, I quickly realized that I really miss hearing the pitter patter of tiny feet, cuddling with a little one, and delighting in watching a baby grow up. So my husband and I decided to take the plunge and just do it—adopt a puppy that is.

After a trip to our local animal shelter to "just look," we came home with a five-week old, six-pound bundle of joy that we named Manny. An unlikely mix of beagle and lab, Manny was a roly-poly little boy with short black hair, floppy ears and deep, dark eyes. Seven weeks and eight pounds later I'm thinking that I forgot about pointy little teeth that are teething, potty training accidents and the insatiable allure of paper—books, magazines, toilet tissue, etc.—that for some reason *must* to be shredded (and Manny is just the guy to do it).

After complaining to a dear, wise friend about the new addition to our family and expressing my fear of having made a mistake, she simply said, "Why don't you think about what he is here to teach you?" (One thing I have learned for sure is not to leave my books on the floor.) Taking her advice to heart, I have been watching my little guy with new eyes. And when I saw him emerge from underneath a cupboard the other day with a dust bunny attached to his nose, I finally got it. After Manny snorted the dust ball off, he jumped around it and then playfully batted it with his paw, delighted with his new find. What I realized is that Manny really appreciates the ordinary. He isn't waiting around for something special to come along and make him happy, he just *is* happy because everything is a marvel to Manny. Everything is already special.



A lot has been written lately about gratitude, and rightly so. Gratitude is a very important part of the process of manifesting your heart's desires, because if you are not grateful for what you have, it is hard to attract *more* into your life. But the forerunner to gratitude is appreciation. And before you can appreciate anything you have to notice it. The key to appreciation is noticing in the present moment, so practice noticing, being in a constant state of awareness...just like Manny.

The art of appreciation is a simple two-step process. First you notice something, for instance, your computer. Then you elevate that noticing by focusing on the positive aspects of it. In the case of your computer, you may concentrate on how it is a great source of entertainment, enjoyment or employment. Keep focusing on all of the good things about it and get your senses involved. Lightly run your fingertips across the keyboard, hear the rhythmic hum of the fan, take a deep breath and slowly exhale as you feel yourself happily working on it. Then experience and enjoy a deeper and deeper sensation of appreciation as it builds up in your body. Anything in your life or surrounding you right now can be a source of appreciation. A loved one, a friend, a stranger. Your golf clubs, your tennis racket, your running shoes. Your kitchen, your bedroom, your bathroom. Your car, your bike, your skates. Your favorite pen. An inspiring sunrise. A gorgeous sunset. A beloved pet.



By plugging into appreciation, by noticing and focusing on the positive as often as you can, you will be vibrating in harmony with appreciation and attracting more and more of the things that you want into your life. Complete the manifesting cycle by feeling gratitude for all that you already have and all that you intend to manifest.

As for me, I have to admit that I am not to the point where I am appreciating dust bunnies yet, but there's a little puppy dog tail that I'm appreciating more and more every day.

Note: We've created a free *H♥artivations™* mini-poster to help you remember to take time to appreciate the ordinary every day. It combines words and art that speak to the Heart. You'll find it posted on our website, www.manifesting.us. Select the Newsletter button on the Home page and then click on the June 2008 *H♥artivations™* link.



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Art for Kids

With all of the signs of summer upon us--chirping birds, blossoming flowers and the irresistible smell of barbecue--help your child celebrate this wonderful season by making an appreciation mobile. First, sit down with your child and ask her what she thinks it means to appreciate something. If she needs prompting, you could give her examples or look up the word "appreciate" in the dictionary. Once she has a good understanding of the word, ask her to name things she appreciates. If she is having a hard time making up her list, try taking a short walk around the block and point out some suggestions, such as neighbors, birds, butterflies, a park or school playground, etc. then come back and make her list. You could also ask her to think of examples using all five of her senses.

When your child has come up with five to ten things that he appreciates, give him several 4 x 6 blank index cards or pieces of construction paper to draw or write the things he appreciates. Next, punch a hole in the top of each card or piece of paper and then cut a piece of string for each, making sure they are different lengths. Thread the string through the holes in the cards or paper and then tie them on the bottom of the hanger. You may have to untie and rearrange them until the mobile is balanced. Have your child pick a place to hang his appreciation mobile so that he will see it several times a day to be constantly reminded of all of the great things he appreciates about summer!

Manifesting *Tip*

Heart Projects, LLC's *exclusive* Handi Bracelet® is our special for June. During this month, you get **two** Handi Bracelets® *for the price of one!* Buy one for yourself and get one for a friend. Or leave one Handi Bracelet® at home and take the other with you in your pocket, your purse or your briefcase. Order today by visiting our website at www.Manifesting.us!

See our flyer on the next page to learn more about Handi Bracelet.

"The Handy, Easy Way to Fasten Your Bracelets By Yourself!"

Handi Bracelet®

Bracelet Fastener

Is there anything more frustrating than trying to single handedly hold your bracelet on your wrist while you are trying to fasten it at the same time? The bracelet slips and slides and falls off your wrist, or the clasp moves out of reach just as you are about to fasten it--all in an exasperating dance that many times ends with the bracelet being left at home and you going out with a naked wrist!

Well, now you can dance for joy because Handi Bracelet® helps you easily and effortlessly fasten all of your lobster claw and toggle clasp bracelets by yourself!

Handi Bracelet is an attractive elastic bracelet with a hook that firmly holds your bracelet in place on your wrist so you can quickly fasten it with your free hand.

See how easy it is below:



Handi Bracelet®

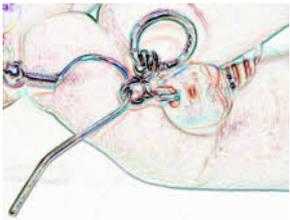
Will conveniently fit in...
Your Purse
Your Briefcase
Your Suitcase
Your Pocket

...but it's pretty enough to leave out on your bedroom dresser or bathroom countertop!

Suggested retail price: \$4.95 each

Handi Bracelet is only intended to be used as a bracelet fastening aid.

Handi Bracelet® Instructions At-a-Glance



1. Hook It

Slip the hook through the ring portion of a toggle clasp (or the ring attached to it) or through the ring portion of a lobster claw closure.



2. Wear It

Slip Handi Bracelet on your wrist with the bracelet you want to wear attached to it.



3. Wrap It

Wrap your bracelet around your wrist.



4. Fasten It

Easily fasten your bracelet with your free hand!



5. Remove & Unhook It

Remove Handi Bracelet from your wrist and unhook it from your bracelet.

Handi Bracelet is an uncomplicated, attractive and very inexpensive solution to an annoying, frustrating problem that all women have experienced at some time (or every day) while getting ready in the morning or going out at night.

Handi Bracelet is also a handy tool for those who have arthritis, fibromyalgia, carpal tunnel or any other hand or finger disability or motor impairments with their hands that hinder them from putting their bracelets on by themselves.

Heart Projects, LLC

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