

# Manifesting *Thoughts*

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

November 2007

## It's Time to Check Your "Thank Tank"



Ever feel like you are stuck going round and round on a race track being driven by obligations, responsibilities and promises to keep? And the Holidays seem to be looming ahead in a dreadful, foreboding way rather than the happy, joyous events that you wish they would be? If you feel like you're running on empty emotionally, maybe now would be a good time to break away from the pack, stop in your tracks and check your **Thank Tank**, because gratitude is the fuel that ignites your spirit and sparks your soul to create something different—to create your heart's desires.

All analogies and puns aside, it's in **Present Moments** that we think clearly, that we appreciate freely and that we really see, with an almost childlike perception, our surroundings, our circumstances, our life. The object here is to improve the way you feel, even if that improvement is ever so slight. For instance, if you are stuck in a traffic jam, notice those abbreviated vanity license plates around you and try to decipher what they mean. Make a game of it. When you've broken the code, appreciate how quickly you did it or how clever the author of the plate was. Or cast a glance around your vehicle and thank it for providing you with safe and comfortable transportation. If nothing else, you can always be grateful that you are out of the cold and will soon be on your way.



Changing your mood from frustration or irritation to appreciation and thankfulness **feels better** and increases your vibration—the way you communicate your desires to the Universe. Quoting Abraham (through the wonderful works of Esther and Jerry Hicks), the "Universal" Law of Attraction says that "like attracts like," so by changing your focus, and more important, **the way you feel**, you will literally be magnetizing better things into your life (like missing traffic jams!). Test this law for yourself. We've all had those days when you would swear that a little black cloud was hanging over your head and everything that could go wrong seemed to be going wrong. You can "right" yourself simply by taking your attention off of what is and filling a moment—a **present moment**—with gratitude and appreciation for what you have. Even if it's the smallest, most insignificant thing that you can come up with, focus on that and radiate love and appreciation for it. Then do it again for another moment, and another, and another, and soon your cloudy outlook will have a new, improved forecast.



But why not start or end every day with a full **Thank Tank**? Every morning when you wake up or every night before you fall asleep, acknowledge that for which you are grateful. As you put your attention on the people, circumstances or things that you appreciate, really **feel** how happy and blessed you are to have them in your life and open your heart to receiving more. Gratitude is the key that unlocks your ability to receive. The more grateful you feel for what you have, the sooner you will receive more of what your heart desires.

As we, as a nation, turn our attention to gratitude—with turkey and all the trimmings—at the end of the month, reaffirm to yourself your commitment to **Giving Thanks** each and every day of the year.

And since you're getting off that race track, maybe you should check your oil, too!

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# Manifesting

## Art for Kids



The Thanksgiving season is the perfect time to have your child celebrate things they are thankful for.

For each day in November, sit down with you child and ask him or her to think about something they are grateful for. You may want to start by asking specific questions about hobbies, interests, friends and family.

When your child has come up with something he appreciates, have him write it down (or you write it down, depending on your child's age) on a 2" x 8" piece of construction paper. Especially for younger children, you may want to find pictures that represent people and things they choose and tape or glue the pictures onto the construction paper. Then, staple, glue or tape the two ends of the construction paper together, with the picture and/or word on top, to make a loop.

Every day, encourage your child to think of something new that she is thankful for and add another loop, forming a chain. Just think, by Thanksgiving your child will have celebrated 22 things to be grateful for! This will help children learn to *live in gratitude* as they appreciate all of the wonderful people, circumstances and things they already have in their lives.

An alternate idea would be using a calendar, like a countdown to Thanksgiving. Have your child draw or cut out a picture of something he or she is thankful for and tape or glue the picture to each day of the calendar.

## Manifesting Tip

If you own any of Heart Projects' Manifesting® Products, use each of the 17 beads to "count your blessings." In this process of giving thanks for what you have already attracted into your life, you'll be spending 17 blissful seconds vibrating in harmony with Gratitude—what a powerful precursor to manifesting your heart's desires!

To learn more about Heart Projects' Manifesting Products, including our Manifesting® Bracelets, Manifesting® Key Chains and Manifesting® Bookmarks, we invite you to visit us at [www.Manifesting.us](http://www.Manifesting.us).