

Thanksgiving

Once again it is time for us to give *Thanks* on this 2018 Thanksgiving day.

I hope all of you have received abundance this year in all forms: health, wealth, love and harmony in all of your relationships.

Thanksgiving is the perfect time to count your blessings. Give a few minutes of your time during this busy holiday to get quiet and reflect on what you are truly *thankful* for this year. Be sure to send gratitude to the Universe for delivering these gifts.

This is an easy task for anyone who has been enjoying what you define as the good things in life. You may have made it to your dream job/promotion or opened the business that makes your heart sing. You may have started or grown a family and realize all the smiles to your face this new baby has given you. You may still be talking about all the great memories of your dream vacation you took this year.

If the past year brought hardships to you, it may seem as though you have nothing to be thankful for this year. This can be a reason why you may hate Thanksgiving being celebrated. Please don't despair. While hardships cause pain and suffering, which can lead to depression, know that no one is against you.

When things seem to be at their worst, we are overwhelmed. We do not recognize helpful people that are in our lives. This is because we do not allow ourselves to see a good way out of a devastating situation. Tough times bring all of our fears, even fears we didn't know we had, to our thoughts on a 24/7 basis. Until we can release these fears, we will not see a path to a successful solution.

Wanting a solution to your current problem can happen. Take a few minutes to sit quietly with a pen and paper, On the paper write "*I release _____*". Keep writing all the things you fear or no longer want to feel. You'll be amazed at how much you have bottled up inside you that you need to rid

yourself from. I recently did this exercise and ended up with 3 pages of items I needed to release. It was eye opening.

As no one is going to see this list but you, you can put anything and everything down. This exercise is for you and your well being. Start by putting down one thing. Once you start, you will shock yourself as you keep going. Since no one will see your list, go ahead and put down *“I release the hatred I feel for my spouse or boss, etc.”*. Let it all come out on your paper. When you feel you are finished, read through all the things you wrote. You may think of a few other things to add to your list. When finished, take your paper(s) and destroy them by burning them. Be careful with this. I burn them over the sink where I can easily turn on the faucet if need be. Or you can drown the paper(s) in water. Either way, you are releasing a lot of hurt and pain that was previously living inside you. Notice yourself feeling lighter as you watch these things be destroyed by incinerating them or watching them wash away. This will free you of so much and also allow you to think more positively. These feelings will help you see your situation from a different view. Let yourself feel confident that you will succeed in creating a solution.

Be thankful for something this Thanksgiving. It maybe for the full wonderful life you have or maybe just that the sun is shining today. Big or small, there is always something to be thankful for. It may be a blessing or a lesson learned.

You are the only one that can change how you feel. Know that you can always talk to God, the Angels or send it out to the Universe. The Spiritual realm is willing to help you, all you need to do is ask.

Happy Thanksgiving! Make the most of it!