

Gratitude Journaling

Gratitude is our feedback loop to the Universe

by Maria Inglesby

Dear fellow journeyers,

many years ago I was introduced to a healing art that turned out to be a saving grace for me: Gratitude Journaling. I have pondered for a good long while whether or not to include this treasure in my gift box because at this juncture in my life, gratitude has become such a foundational quality in my life that I had almost forgotten how I got started. In my book *The Joy of Spaciousness*, I make it very clear that gratitude is a quality imperative in our lives when we truly desire to manifest magic with ease and grace because it is our feedback loop to the universe.



Gratitude journaling is a deceptively simple practice, yet profoundly impactful. It is its consistency that renders true change in one's heart, one's overall wellbeing, and its effects on one's life.

1) I recommend that you splurge on purchasing a journal book and pens or pencils that you truly like. Pick tools that just bring you joy. As you progress on this transformational journey, you will ever more appreciate the importance of consciously taking yourself into a space of joy because it affects your vibrational state of being.

2) Love yourself enough to choose just a few minutes each day, at a time that suits you best, to sit in peace and perhaps begin with three qualities, things, character traits, ... that you are truly grateful for. As your practice progresses, you may find that the number of things you are grateful

for increases rapidly. For example, I did not ever really stop to be grateful for my very breath. But after I experienced a classic pneumonia during which I labored for each and every breath, my every breath became a treasured thank you in my book.

3) Here is key piece: *FEEL* your way into gratitude, really *FEEL* it. Check in with your body to see how you *experience* the feeling of gratitude. You really want to learn to go to that feeling, stay with it, learn to sustain it. Why?

Gratitude, in the moment that you dwell in it fully, melts any and all resistance to all that is. Gratitude and resistance simply cannot reside within simultaneously, they cannot coexist. This is a key motivator for all of us who choose to manifest magic with ease and grace from our “Magic Space,” as I call it. It is this heavenly state of being where we are in full acceptance, flow, and trust. To cultivate gratitude as a foundational quality of one’s life is a key component to rendering our desires manifest on this physical plane.

