



Inner Journey Coaching

“The journey forward begins inward!”™

A Message from Elaine: August 2009

Hello to ALL the amazing women out there!

During times of change and uncertainty, it is easy to overlook the good things in life – specifically the **blessings** that have *enriched our journey* and are *evident in our everyday lives*. It's SO true that each time we acknowledge our blessings, we nurture our **mind and body** with the **power of GRATITUDE**. In a state of gratitude, we naturally connect with feelings of **joy and peace**. This engages a woman's receptive side, allowing her to **receive the abundance** that exists all around her.



Like attracts like as they say – similar to that of a magnet! By focusing on **abundance** and appreciating what **we have**, we create more **opportunities** for ourselves. These opportunities come in many forms, including: relationships, new inspiration or insight, healing, creative solutions, resources, personal growth, etc.

Here are a few simple ways to tap into the **transformational power of gratitude**:

- 1) ***Being grateful for the small things***. This includes things like: sunshine (bringing new light into our lives); rain (nurturing our trees, flowers and landscape); singing birds (reminding us of the life that surrounds us); squirrels playing in the trees (representing the importance of playfulness); the funny antics of our beloved pets (getting us to laugh and live more in the moment); and building sand castles with our children (showing us all the beauty we can create together). These are among the many simple yet priceless opportunities that we can notice, be grateful for and feel joy around.
- 2) ***Appreciating the people in our lives***. Here we notice and are uplifted by: a friend who calls when we most need to hear her loving voice; someone really listening to us with compassion and understanding; laughing until we cry with a woman who has definitely been there; meeting someone and feeling an immediate connection; and an unexpected kindness shown to us by a complete stranger. Blessings come from many people – some we've known for years, others we are just getting to know and some we only meet once. Yet, their impact on our lives is undeniable. We need only notice these connections for the special gifts they truly are – gifts that come into our lives to nurture and support us.



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- 3) *Noticing all those blessings in disguise.* Ever feel disappointed or frustrated by an experience (like when you didn't get that opportunity, home, job or relationship you wanted) only to find out later that the universe had something much better in store for you? When these experiences first present themselves, we often respond with anger or hurt. However, with the passage of time, we come to recognize these for what they really were: *blessings in disguise!*

When we pause to reflect on our life's journey in totality, we begin to recognize the **abundance of blessings in disguise**. By exploring each blessing in more detail, we come to appreciate its deeper wisdom and purpose. We begin to view our lives from a much broader and higher perspective. We come to understand it was the challenges we faced that gave rise to our inner strength and courage. We come to appreciate that each experience had great meaning – that every step of our journey served a deliberate purpose for our higher good. Through this personal reflection, we can **acknowledge with gratitude** how significantly those *blessings in disguise* have shaped who we are today! This can be a profound realization for most women – a very life-affirming one.

As women, it is important to celebrate the **blessings** in our lives. Start by asking yourself: *What am I grateful for today?* Connect with the answers that come from your **heart**, fully embracing the **positive feelings** each blessing evokes in you. Allow these feelings to **heal, inspire and uplift** your entire being. Visualize your body filling with beautiful white light – then extend that light out past your physical body to encompass your life, loved ones, home, community and finally all of humanity. Use this powerful exercise anytime you need to nurture yourself, revitalize your energy *or* come back to your center.

When we bring our focus back to: 1) what we **have**; 2) the **simple things** in life; 3) the **people** that have blessed our journey; and 4) how our challenges helped us reach **new heights**, we connect with the **power of gratitude!** Through gratitude, we embrace the CORE essence of our being. Within that core place (**our spirit**), our **body and mind** can reconnect with our innermost truth – our cumulative wisdom, unique gifts and significant life purpose. All healing, fulfillment and authentic power come from this inner core – a place that is **ENDLESS** and ever present *within* us all!

Let's close today with an inspirational quote from Henry Ward Beecher:

“Gratitude is the fairest blossom which springs from the soul!”