



## Module 5. The Big Give, the Key to Manifestation

The greatest blessing of all is the transformation that occurs when you learn that your entire life has brought you to this place of honoring your heart path. It's your passion, your joy and your deep sense of gratitude that leads the way. In this session, we will explore that as a way of life and how your own special brand of "gifting" is a kind of pay it forward for the next person, the next generation, the next blessing.

In this module, you will learn how to:

1. Understand the power of gratitude for manifesting more joy in your life
2. Transform your life by gifting your joy forward

### Concept 1. Gratitude

#### **Appreciate life in all its glory**

Visions that come with dreaming big are like mountains. You can see the big picture and even to the other side of where you are standing. You can see the beautiful valley, the river, and the trees. You can even see the contour of the land. In your imagination, you can even smell the fresh air and the breeze gently tousling your hair. Enter gratitude. No matter where you are in your life, the very act of gratitude places you squarely in the energy of your wildest imagination. Because your dreams represent your deepest desire —and your desire is closest to your heart.

Gratitude (and the expression thereof) is taking that moment to pause, to feel the feeling of thanksgiving. You are grateful for all the love and joyousness in your life in present moment.

Gratitude is the very essence of grace personified. It's both the trigger that sets your dreams into motion and their realization. The practice of gratitude brings the cycle of creation full circle. When you actively express gratitude you are acknowledging the blessing of a heart-filled commitment to honoring yourself.

You are acknowledging that you have achieved, at least, in part, your heart's desire. And in this very act of saying yes, "I do see, hear and feel this about my life", you are honoring yourself and gifting yourself with more of the same.

Light begets more light, and gratitude is the juice that turns it on, and the beauty of gratitude is that you can start wherever you are. It doesn't matter how you feel in your present moment. It doesn't matter if you are feeling particularly sad or dissatisfied, under-appreciated or unnoticed. Not a bit. In fact, by practicing gratitude, you will be doing yourself a favor—and every one else around you—because the very act of gratitude opens your heart. Even if it's just a crack. That small opening today will lead to a bigger one tomorrow. And the day after that. Trust me on this one, you'll see.

Gratitude is not dependent on your current life pattern. It's a function of the attention you place on a particular aspect of your life. Resentment or anger makes the heart connection to gratitude impossible, and expectation or a sense of entitlement kills it altogether. The expression of gratitude, first as a thought that is then expressed as your words and deeds require an open heart. All three levels of expression have the affect of heightening your personal experience of gratitude, which is what the following exercise is all about.

**Exercise:**

Try this to see where you are. If you are having a hard time with this, keep it going. The list will grow as you become more aware of what you appreciate about your life.

|                                     |                   |
|-------------------------------------|-------------------|
| I appreciate (this life experience) | Because of it am: |
| 1. _____                            | _____             |
| 2. _____                            | _____             |
| 3. _____                            | _____             |
| 4. _____                            | _____             |
| 5. _____                            | _____             |

**Now take one of those experiences and be more specific:**

**Create a statement:** I am grateful for [the experience, conversation, meeting of]:

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Without that experience, I never would have:

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It has taught me:

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## Concept 2: Transformation

### **Give back and receive the blessing**

The most magical thing about connecting to your passion that drives you to create great things big and small is the people that come into your life as you do. There are those who cheer you on, pick you up, lift you high into the air. Those who just love to help you celebrate the victories and sooth the heart in all manners of being.

The transformation that comes about when you have lived a life of grand adventure is exponentially enhance by the most amazing people you meet along the way. You can probably count a few right now. That person over there; the one who stepped in at just the right time, the one who gave you an open ear, the leg up, the one who said *yes you can. I know you can do it*; now you know.

What will come full circle—if you are paying attention—is the **feeling of connection**. You can't help but feel a sense of family or a part of something bigger than even your dreams!

There is no such thing as competition and we all get what we desire because there's no such thing as lack—only unlimited potential. That's the real magic. As you step back, for just a moment, you are aware of the grand tapestry of life.

It's the loving with an open heart that keeps you in the flow that brings you so much joy. It's the gratitude for all those blessings you have received, and continue to take note of. Your heart is now open wide and you get it: **It's in the giving that you receive**. Like a flower that opens to receive nourishment from the sun—so too, do you open your heart. As you give back to the universe of life, you receive this blessing right back.

The blessing doesn't come the way you give back. No. It comes to you in fulfillment of your deepest desire—your ultimate dream. You've allowed yourself to trust the flow enough to open your heart and there you are. Grace. Know the river of life flows through you as you are allowing the blessing to reveal itself to you in service to others.

*Key: It's as if life is continually coming full circle but in fact it's more like a spiral. It only gets better.*

**Exercise:**

First, dream your biggest dream. My dream is to:

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Draw it here:

Write about all the ways that you are inspired to gift a skill, demonstrate, support, share your time, talents, knowledge with your family, community, or organization that most match your dream.

Document the things you love to do in your dreaming and use this space to explore potential ideas for how you would like to “gift your heart” forward.

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**Your Practical Life Assignment**

Plan to set aside just five minutes of your day, every day (morning, afternoon or night), just to tune-in to your heart. Find out what you are most grateful for. Just by putting this one step into motion, your entire world will open up, so much so that you'll begin to not only see the big picture but small the pines, the valley floor filled with wild flowers, and the cool fresh rush of river water along the way.

I am most grateful for today:

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Part two of this practical life assignment is to pay attention to that feeling of gratitude in the ways that you put focus on that big dream of yours and how you might apply that to your life as a gift to others.

What I most love to do that most matches my dream today:

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**Points to Remember:**

Integrate the practice of gratitude into your daily life, especially when you feel you could just as easily fall back into a space of anger or fear instead. Dream your dreams really big then take the steps to be the most honorable generous you as you gift your heart forward.