

Take Time for

# Gratitude

by Lori Powell, CHTP

*Gratitude.*

I am grateful for the warm sun on a chilly day.

*Gratitude.*

I am grateful for all of my wonderful teachers.

*Gratitude.*

I am grateful for my loving family and friends.

*Gratitude.* The perfect topic for the season.

I recently had a client who decided that she needed to change her focus. She wanted to attract more of what she desired to her life. To help her accomplish this, we agreed that the intention for the session was to focus on gratitude. At the close of her Healing Touch session I suggested she incorporate 'The Gratitude Game' in her life. She recently told me she plays this game with her three year old son. He loves to play, and it's now part of their bedtime routine.

My husband and I have been playing 'The Gratitude Game' for years. It's a simple game that came to me when we were experiencing a very stressful situation that called for us to shift gears. We played and it worked! We continue to frequently practice 'The Gratitude Game',

whether we feel stressed or not. Sharing gratitude is an especially nice way to bring closure to our day.

To play 'The Gratitude Game,' you and another person tell each other something for which you feel thankful, each taking at least three turns. You can play this simple game anywhere, anytime, and for as long as you like. If you live alone, you can call a friend or family member, or play by email.

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One friend and I have an ongoing email game. Each time we write to one another, we include three things about which we are grateful. I've learned a lot about my friend through this exchange.

Sometimes I express my gratitude for "big" things...for Spirit, for Love, for Mother Nature. Other times I express my gratitude for "little" things...my garden, a walk in the woods, the library, or canned tuna for lunch! Big or small is not what matters. The important thing is that you are focusing on what is good and wonderful in your life.

Is there something you want in your life, or something you want to increase in your life? By focusing on gratitude for what is already there...you can attract more of what you want. Here is an example: Would you like to share the benefits of Healing Touch with more people in your life? Think of the ways you have already been successful.

Have your family members, friends or co-workers listened to you talk about Healing Touch and perhaps benefitted from your healing hands? Whenever you think about wanting to share this wonderful gift with more people, express your gratitude for what has already happened – and you will be pleasantly surprised – more doors will open for you.

Gratitude. It's a nice way to connect with someone you care about. It's also a great way to shift gears if you are feeling frustrated, blue or stuck. My teacher, Maggie Freel, CHTP/I, told me early in my training, "Gratitude changes your vibrational energy."

And it feels good!

Whatever it is for which you feel grateful...you can attract more to your life!

At this very moment... for what are you grateful? ☺

Lori's Bio:

Lori Powell is a Certified Healing Touch Practitioner. One of her professional goals is to create more awareness in her community of the power of Healing Touch. Lori has a private practice in the Redlands of Grand Junction, Colorado. She offers Healing Touch sessions as well as workshops on the Energy of the Human Body. She especially enjoys working with women who want to enhance their quality of life by increasing their connection to Spirit. In addition to her years of practice and training in Healing Touch, she is also a Nationally Certified Educator. Lori often teaches clients simple energetic self care techniques. You may reach her at [loripowell7@acsol.net](mailto:loripowell7@acsol.net) or at 970-256-1840. Her website is: <http://www.ahealerstouch.abmp.com>