

Count your blessings, create your life

by Eleonora Pilley and Ian Tucker

‘ If the only prayer you say in your entire life is thank you – it will be enough.’

Is German philosopher Meister Eckhart suggesting that just by watching our “P’s and Q’s” everything will be OK? Or is he reminding us that by simply recognising what we have in life can create a perfect platform for all that we need and more?

Religious and philosophical text has always told us that living in the moment is the true path to sustained peace and happiness. Is this practical with today’s busy lives? Even if we make a conscious effort we have to make plans for the family, juggle our time and divide our attention across many areas – all of which seemingly takes us further away from the present moment.

Being grateful for what we already have refocuses us on the moment, it counteracts our concerns about what might have been or what may or may not come along in the future.

Gratitude is a true healing balm for the modern age; it gently eases the pain of needing more to be happy whilst softening the effect of regret for something in the past.

So how can we develop a sense of gratitude in our everyday lives? Or Find a way to gently refocus our mind towards the positive aspect in a particular situation?

A wonderful place to start is with a simple but powerful exercise where you draw a heart on a page; for most of us the image of a heart signifies love and compassion.

Write a single word or phrase within the heart that represents someone or something that you wish to give thanks for.

Take a moment to clear your mind and look to develop a feeling of appreciation, now begin to find things that you are thankful for associated with what you have placed ‘in your heart’ and write them down as they come to you. Fill the page, and prepare to amaze yourself as gratitude flows as a result of you simply focusing on what was there all along.

Recognising what we have in life brings great rewards, perfectly summarised by Eckhart Tolle

“If you want abundance, you need to find that sense of fullness first, which is inseparable from the present moment.”

So how can being grateful bring more in to our lives?

Many of us have a longing to manifest new experiences into our lives be it a relationship, job, home or optimum health. So many sources tell us that if you focus on what you want and put out an intention, it will come into your life.

Whilst this is a powerful first step to take, why is it that so many people find that their full desires may not come into fruition?

Putting out a strong intention is just one part of the process to manifest abundance in your life. You may have the best of intentions for yourself, however if your unconscious mind is not in agreement with what your conscious mind wants it can be a struggle to get where you want to be.

The first step to truly welcome abundance into your life is to look within yourself. Many of us have unconscious limiting beliefs,

conditioning and emotional blocks that can put a lid on our true potential.

To draw to you what it is you wish to manifest, you have to give out the right energy. By uncovering and clearing out what holds you back, you become an open vessel for abundance.

Your journey starts by turning the spotlight on yourself. If you nurture and tend to your own seeds first then everything around you will blossom.

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*Ian Tucker is a writer who spends time giving talks and running workshops that encourage us to develop a simple, caring outlook on life, his forthcoming book *Your Simple Path* will be available soon – Please visit www.yoursimplepath.co.uk.*



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