

*Dr Amy McLaughlin*

*Sacred Connection Journeys*

*Gentle Guidance for Everyday Life*

# **CREATE Your Life!**

## **A Fresh Twist on Gratitude**

**By Dr. Amy McLaughlin**

*“Wear Gratitude like a cloak and it will feed every corner of your life.” — Rumi*

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Hi there!

Thank you for saying yes to learning how to use gratitude to create your life and take it to a whole new level. In this 4 step process you will learn how you can expand your imagination and what is possible, all the while allowing gratitude to fuel the process.

Are you ready to take your power back as the unique, amazing Soul that you are and start creating your life? Everything in life happens FOR you, and is truly there to serve you in some way. Taking responsibility for your part of what happens. Does it feel good or bad? And if it feels bad, what can you tap into to change it? Yup, it's all about you! You get to decide how you want your life to be.

Once you are able to accept that, you can access that limitless Spiritual undercurrent that runs through all life to help you create your highest and best life. I offer this Creative Gratitude Guide as a tool to allow you to mature into the person that you want to be, being open to all of the amazing Sacred Lessons along the way.

### **What does it mean to create your life using gratitude?**

Most people think they need to be grateful for stuff that already happens to them (if they feel compelled to feel grateful at all!). But I'm here to tell you that you can actually use gratitude to create what hasn't happened yet.

There is so much value and power in gratitude. Have you ever noticed that when you are really experiencing deep gratitude your heart feels more open and things appear brighter?

What if you allowed that feeling of gratitude to fill you up by being grateful for what you want your life to feel and look like?

What if you were willing to be open to your dreams and desires in a way that allowed you to feel gratitude for them as if you were experiencing them in your life now?

### ***That's the twist!***

Experiencing and feeling gratitude is one of the keys to unlocking the creative potential within us. Use that feeling of gratitude to open up to limitless possibilities.

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***“Gratitude unseals fountains of creativity, because a grateful person is relaxed.” — Harold Klemp***

## **What happens if you do Creative Gratitude first?**

Right away you are opening yourself up to your creative potential with the expansive energy of gratitude around it. The more we feel good, the more we attract those people and things to us that continue to make us feel good. It's just how it works.

By starting with gratitude you immediately tap into that positive, expansive, and creative space.

Starting with what you want to create first opens your imagination, and allows in possibility. Finishing with what you are grateful for now, brings you back into the present. Following that thread of gratitude from possibility to the tangible, you are anchoring in the energy of that expansive flow into your every day life.

## **Anyone can use Gratitude To feel good!**

Gratitude is a universal, spiritual principle.

Incorporating this fresh twist to create your life with gratitude is available to anyone who has a desire for more in their life. A desire for more love, spiritual connection, peace, money, freedom...etc.

It doesn't matter where you are in life — you can start using Creative Gratitude now.

Here's how...

## **Step 1: Be grateful for how you want to feel.**

I understand that this may be counterintuitive. Shouldn't it be more important to be grateful for what I want, do and am?

The question I want to ask is: WHY do you want to have certain things in your life? Maybe you want to be in a relationship and that is what you want to create. When you ask yourself why, the answer ultimately is because you want to feel a certain way.... to feel love, connection with another human being. To feel valued, needed etc.

Maybe you want to own a home. That's great...but why? When you get down to it, you might find that it's because you want to feel security, as if you've arrived, have freedom in your own space, or perhaps because you want to feel like a grown up.

You want to be able to travel and go on vacations. Why? To FEEL adventure, meet new people to feel more connected, to have fun, to share experiences and memories with the people that you love and allow you to feel good.

Step 1 is about really being grateful for how you want to feel. In creating your life, feeling deeply is what creates that energy to bring that feeling to you. The better you feel, the easier things flow; that's just the way it works. So make feeling good the main goal and use gratitude to help bring it in. Be grateful for how you want to feel AS IF you are already feeling that way.

There are a few common categories to start with: Spiritual, Self, Health, Family, Work.

I put spiritual first on purpose. In my experience, when the spiritual area of your life feels good it has a positive affect on the other categories.

Here are some examples:

### **Spiritual**

I'm so grateful that I am worthy and deserving of my own, personal, unique connection with Spirit.

I'm so grateful that I am connected to Spirit and that I'm beginning to feel that connection more deeply every day.

I'm so grateful that I am worthy of receiving Divine Love.

I'm so grateful that I that I am guided in all that I do.

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## **Self**

I'm so grateful that I am loving and lovable.

I'm so grateful that I am starting to know that I am enough.

I'm so grateful that I am starting to feel more and more confident.

I'm so grateful that I love and respect myself.

## **Health**

I'm so grateful that I feel healthy and full of energy.

I'm so grateful that my body is strong, flexible and supports me in all that I do.

I'm so grateful that I feel good in my body and in my life.

## **Family**

I'm so grateful that I love my family and have loving relationships.

I'm so grateful that I have fun with my family.

I'm so grateful that I am loving with my partner.

## **Work**

I'm so grateful that I feel fulfilled and inspired with my work.

I'm so grateful that I feel needed and appreciated at work.

I'm so grateful that I respect what I do and am respected.

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***“Creativity, bountifulness and gratitude go hand in hand.”  
— Harold Klemp***

## **Step 2: What are your desires? What do you want your life to look like? Be grateful for that NOW**

The good news is, you are constantly creating your life. That spiritual current is running through everything and whether we are aware of our role or not, we are creating our life. So wouldn't it be nice if you did it more consciously?

What do you want to create? What do you want to do, be or have?

If this isn't clear to you yet, start with what you don't want. Usually this is pretty easy. If you know what you don't want, often what you do want is just the opposite of that. Take some time and write down what you don't want on one side of a piece of paper and then on the other side what you do want. This will help you get some clarity.

In this step you can be super specific or you can be super general. All of it works. You might find yourself vacillating back and forth between the two. As you get specific about what you want to create in your life, add in the feeling you are wanting to get from it.

Here are some examples in the different categories:

### **Spiritual**

I'm so grateful that I have a regular practice where I feel and know my connection with Spirit.

I'm so grateful that I feel more and more connected everyday.

I'm so grateful for the spiritual experiences that I have.

### **Self**

I'm so grateful that I know who I am, what I want and confidently express that in the world.

I'm so grateful that everything in life always works out for me.

I'm so grateful that life is easy and that I am happy and joyful.

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## **Health**

I'm so grateful that I'm making great choices in what I eat and I feel great.

I'm so grateful that I can run a marathon.

## **Family**

I'm so grateful that I am in a loving and supportive relationship.

I'm so grateful that I am with someone who makes me laugh and who I can totally be myself with.

I'm so grateful that I have fun with my children and we laugh together a lot.

## **Work**

I'm so grateful that the right people come into my life at the right time.

I'm so grateful that I am getting paid well for the value I bring and that I receive an accept that.

I'm so grateful that making money is easy.

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***“Gratitude unlocks the fullness of life.”  
— Melody Beattie***

## **Step 3: Be grateful for who you are and what you have now!**

When we are in the process of actively and consciously creating our lives it is so important to be grateful for where we are now. Because every step we are in the process of taking is important on our sacred journey. Be grateful for every step along the way.

Being grateful for what you have and where you are in life feels good. Hopefully, it's pretty clear now how feeling good is crucial in creating the highest life.

So be grateful for the little things and the big things. Be grateful for the present moment.

Here are some examples:

I'm so grateful that I am alive and breathing.

I'm so grateful that I have a roof over my head and food on the table.

I'm so grateful that I have people who I care about and who care about me.

You can go through each category again if it helps or just free style and write down what you are grateful for NOW!

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***“Let go and exist in harmony...”  
— Dr. Wayne Dyer***

## **Step 4: Detach and Let Go!!**

‘Be open to the outcome, not attached to it.’ Someone said this to me years ago and it has stuck with me since. Looking back, I realize this was Spirit speaking to me through another person. (One of the many ways that inner guidance comes).

With this sentence, I began to understand that I am creating my life AND I need to be open to how that creation unfolds and not be attached and dogmatic about the result. If I am attached, I may be so focused on how I think it needs to show up that I’m not able to take in the amazingness around me or notice there are doors sitting wide open with neon lights flashing “This Way!!”.

Create your life, let go, and be open to what comes... Wash, rinse, repeat!!

Perhaps you have heard of the phrase, “Thy will be done.”

I like the phrase, “May the blessings be” simply meaning that the blessings already are perfect. Acknowledge them and be grateful for what comes.

There are gifts in every situation, Sacred Lessons to learn whether big or small. Take a look. Ask the question “What is the gift here?”, and continue creating.

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## **OneLast Word**

This isn't about a quick fix...this is consistent practice that creates a feeling of goodness and possibility within yourself which then accelerates the creation process.

Often in doing this practice some stuff will come up—resistance or doubt or not being able to get to a place of feeling good. This is normal.

You don't need to do this alone. In fact, the more resources that we have available to us, the more we allow ourselves to change and grow at an accelerated pace with more comfort because the support is there.

So whether stuff is coming up for you around creating your life, or you're on top of the world feeling amazing and you want more of that, I'm here to support you.

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Here's how I can help:

1. **Clear your path.** Remove energetic blocks in your way and create room for new possibilities as you practice living from a place of deep connection and complete trust in the goodness of life.
2. **Add new ways of connecting with the Sacred, unique to you.** Expand and deepen the practices and tools you use to strengthen your Sacred Connection on daily basis. (Did you know that we each have our own ways to connect to the Sacred?)
3. **Tune in.** Learn how to consistently 'drop in' to the spiritual current running through your day-to-day life like an underground river.

There you go! The four steps to create your life and feel good using gratitude.

My wish for you is that you have fun with this and let it be easy.

Much Love and Aloha,



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