



# GIFT OF GRATITUDE

Online Class on Zoom November 21, 2020

Replay Available for all Participants

"GRATITUDE is the KEY to the UNIVERSE.

Don't forget where you left your key!"

Quote from Master Cat Puddah-Seth



Do you use the power of Gratitude in your daily life?

The goal is to retrain yourself to stay in Gratitude for all of Life's experiences.





Gratitude expands your consciousness.

Gratitude accelerates Manifestation in your life.

**Gratitude connects you to your Soul or I AM Presence.** 

Gratitude births a new self-sustaining reality.

Gratitude brings people together and more is accomplished for the greater good.

Gratitude is the easiest way to give back to others that have served you.

Gratitude and giving thanks are rocket fuel for the Soul.

In this workshop we will practice processes that support Gratitude and Forgiveness in your life.

The emotions and processes we will share support you in living in a balanced way.

We will help you access and balance your Circle of Life.

#### Forgiveness Mantra

I forgive myself, for everything. I forgive everyone, for everything. I forgive my life, for everything. I forgive my fear, for everything. I forgive my judgement, for everything.

I forgive those who judged me.

I forgive those who feared me.
I forgive myself for love not yet given to myself.

I love myself.
I am free.
I am free to be fully me

~ Lee Harris



The true secret to a happy life is NOT having what you want, but really being grateful for what you HAVE. This very simple concept changes everything in life as you move from transcending DESIRE into CONTENTMENT.

We will discuss Conscious Creation. Nothing can happen without your permission. We will assist everyone in taking responsibility for their thoughts, words and deeds. In truth, No one can hurt you but YOU





# SOME OF THE WORKSHOP ACTIVITIES INCLUDE:

Choosing personal items to Create or Enhance an Altar of Gratitude

Create your own list of what YOU APPRECIATE

Create your own description or Prayer of Gratitude.

We will offer processes that will help you SHIFT from the analytical process to Living in Your Heart.

Learn to find SOLUTION ENERGY for every situation, so you can be Grateful.

We will work with the teachings of the Gray Whales as they express their wisdom on how to stay in Gratitude.

### GRATITUDE OFFERS A UNIFIED FIELD TO LIVE WITHIN:

As soon as you remove expectations from ALL outcomes and remain unattached to how things need to be or look, you immediately remove the element of disappointment.

This is where we find that wonderful state of balance.

With balance comes a higher vibration, that in turn creates the very conditions for effortless manifestation.





Remember to use the laws of the Universe wisely as you expand. Once you have an emotion anchored into your system through creative visualization, you create the perfect field for it to arrive, and you simultaneously drop the NEED to have the external thing show up in your life.

Because you already have the underlying FEELING of what you think this external thing will bring you.

This great paradox allows you to let go of the NEED of having the external things and truly drop into the instantaneous enJOYment of the internal feeling state you think it would bring.





We hope you will join us!

There is power in coming together to express Gratitude and Appreciate for our lives.

## **WORKSHOP INFO**



#### **GIFT OF GRATITUDE Class**

- Saturday, November 21, 2020
- 1-4 pm., Pacific Time
- The class will be presented as a Zoom webinar and will be recorded. You need not be present to participate.
- The recording will be made available to all participants
- Class Fee \$33

To Register, Please Visit LaurieReyon.com, Calendar Page



#### **FOR MORE INFORMATION:**

Visit: <u>LaurieReyon.com</u>

Call: 619-271-9461

Email: <u>LaurieReyon@yahoo.com</u>