

## *Rev. Anne Presuel*

**11.24.14**

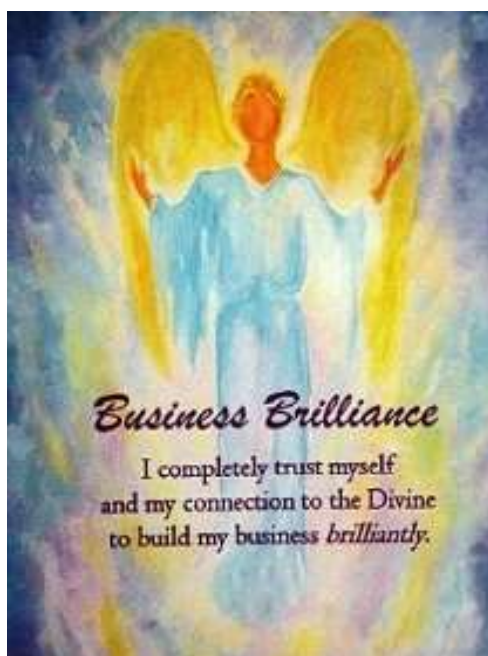
**Rev Anne Presuel, Interfaith Minister, Divine Intuitive™, and Master Energy Therapist, *How the Energy of Gratitude Propels Your Biz Forward.***

The link to listen to today's call is at:

<http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/11/26/rev-anne-presuel-how-the-energy-of-gratitude-propels-your-biz-forward>

**Rev Anne:** The angel card for this week's show is **Business Brilliance:**

*I completely trust myself and my connection to the Divine  
to build my business brilliantly.*



Imagine you're wanting to create something, but you're afraid to do it. There are things you can do to support yourself, tricks and techniques, to become more powerful in manifesting.

***The first one is gratitude:*** coming from a space of knowing you are always taken care of.

I remember that Oprah said the single thing that changed her life most was keeping a gratitude journal and writing three things a day she was grateful for. She said it forced her to realize all the things she had.

It's also really about being present and focusing. When you focus on something, it expands. The energy of gratitude also expands.

I was listening to Abraham Hicks talking about the flow of gratitude, and I would go and practice this, and, in the post office, instead of thinking, "*What a long line*", I would be thinking, "*I'm so grateful for the air conditioning and for knowing that they will deliver my package safely and timely.*"

What you have to know is that by shifting your energy, you shift everything in your life. Your energy is creating for you 24/7. When you come from gratitude and abundance, guess what... everything in your life starts seeming to work really, really well. That's huge.

For most of us, this is step-by-step. An integration into your energy that you will start to see manifesting all around you, whether it's money in your bank, great team members, or finding what you need just when you need it.

***Number two is thanking your body.*** As part of growing older things don't work as smoothly as before. So be grateful for your body. I remember Wayne Dyer saying how he says thank you to his body the first thing in the morning.

*Thank you that my feet can take me across the floor.*

*Thank you to my body for eliminating fluids I don't need.*

*Thank you to my lungs for bringing in the wonderful air.*

*Thank you to the cells for storing, moving and healing things.*

In my opinion, this is a factor, a big part of what helps us maintain health. And good luck building a business when you don't feel good!

I know people who are building businesses in spite of health challenges, and they're doing it with gratitude.

Part of gratitude is choosing. When I go to bed, I crawl into bed. I love, love, love my bed. I love the feel of things. I'm kinesthetic so I love the feel of things. For me, Maya, my 4-year old kitty, is my night-time companion. I thank Maya; I thank the Angels; I thank God; I thank my bed.

I thank things all the time. I think about things and I thank them: my computer, my body, my clients.

Before going to sleep I always say thanks for the wonderful things during the day. Figure out a way so that you can remember to do it. Perhaps in the shower when you're cleansing your auric field, or when you drive, or when you're putting make-up on, or when you go walking. Just do it because it will transform your business and life.

Be present to what you already have. Much is given to those that already have and who are honoring it.

Another technique, as well as the journal and thanking, is to do this in your business: how to transform the feeling that there's not enough into abundance. Whether you feel like you've not got enough clients, time, energy....fill in the blank.

When you work with a client and you finish the session, you can say thank you from your heart to theirs, thanking them for their trust. Having someone working with you, you're holding their trust.

I won't pretend that everything goes smoothly for me all the time, but getting into the space of gratitude has made a huge difference; I'm very centered and grounded in my business because of it.

This is another way to look at it: technology. I don't know if Blog Talk existed 10 years ago. This is one example of how technology has changed our lives. If you look at some of the topics and wisdom and knowledge out there, it is

magnificent. So thanking technology is one thing you can do to transform your relationship with technology and embrace and expand your business with it.

Everyone needs a website, a way to capture email addresses.....technology to help you maintain contact and connection with your Divine peeps. Being grateful, even if you are struggling with it, will help you find the right systems for you.

Thank your bank account. Have you thought about what it does? It lets you hold your money, send money, receive money, and lets your money grow; it allows an overflow, usually for a small fee a month. I think to myself, *“That’s incredible that it’s taking care of my business.”*

Connect with the Angel overseeing your bank account and ask them to help you out. Thank your credit card companies for their trust in you and their gifting of the money that you need.

When you really sit down and start allowing the attitude of gratitude to transform your life, you will find yourself having a magical transformation in your life, which is what we all want, right?

Those of you who are more kinesthetic will be to actually feel the gratitude and focus on that feeling.

In my own personal life, we lost a kitty last week, and another one a year ago. On Monday she told me she was ready to go and I was heartbroken. During the week we had to coordinate schedules for the vet to come and release her. We

had decided on Friday, so from Tuesday to Friday I had a mix of angst, gratitude, sorrow and when we went through this amazing life transition for her; it was very beautiful.

My husband and I called in the angels and we played my favorite music. Part of the releasing process is gratitude. We've already communicated a little since then.

Sometimes getting into the feeling of gratitude is a challenge. So for me the trick is

- (1) to take care of my body, to feel that there is a lot of things that are already okay (or me it's swimming and releasing), and
- (2) sleep.

After her transition, Francisco and I both needed to sleep a lot after going through this trauma.

So we have a caller for a reading today: Linda Lang. Welcome, Linda!

**Linda:** I love the show today. I just wrote a short ebook about gratitude.

**Rev. Anne:** Linda, how can I help you? Tell me what's going on.

**Linda:** I have a fear about becoming more visible. Perhaps it is about opening to receive more. I'm a big giver. I do have a website; I've had it out for three years.

When I put it out, I was a basket case of nerves, but then I realized it doesn't mean that everybody is going to look at it!

**Rev Anne:** Visibility is such a big issue for spiritual entrepreneurs. What is the reason you think you have this issue?

**Linda:** I live in a small redneck town which is close to a bigger city full of healers, so I don't see where I fit in. I think there's a lot of past-life stuff.

**Rev. Anne:** Answer this question, I don't want to be visible because...

**Linda:** It's scary

**Rev. Anne:** And it's scary because...

**Linda:** They'll expect too much of me.

**Rev. Anne:** Your first card is Intuition. I think you don't listen to your red flags and then they expect too much. Right now the imbalance is, *"I want to give them what they ask for."*

**Linda:** That's been on my plate recently.

**Rev. Anne:** Now, are you doing something about this? This is a new muscle you're practicing. So, choosing to trust your intuition and not second guessing yourself as much, whether you're in a session, or someone has asked you to do

a session. My sense is that this is during sessions. You can't give them everything in a session.

Your second card is the Singing and Dancing card. It's about expressing yourself through joy. It's about you moving and experiencing the magic of joy in your body.

**Linda:** That's very doable for me.

**Rev. Anne:** Your third card is about Receiving. It's about the safe part of you, the root chakra.

**Linda:** I'm actually really smiling because I put together a workshop on root chakra clearing and I did it last night.

**Rev. Anne:** Your next card is the Emotional Sensitivity Card. It's about your ability to receive things. You pick up on other people's energies, you want to help soothe them. It makes sense to you to do it, whether you get paid or not. This is about recognizing that it comes back to you as well. This is so congruent.

Your last card is the God Box card. Create a beautiful box where you can put your prayers, dreams and struggles. This way you are tangibly turning it over to the Divine.

**Linda:** I really like that. I really appreciate the spirituality that you bring into marketing and business. There's so many people doing coaching that are 3D.

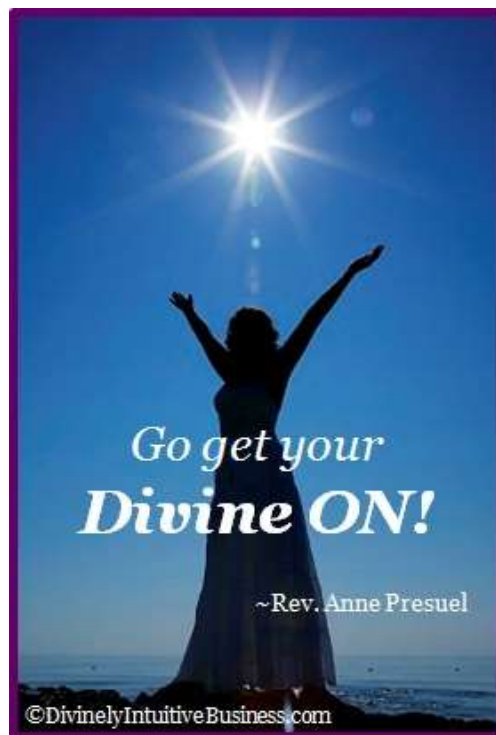


[Closing blessing]

*Have a beautiful Thanksgiving!*

*Fill your heart with love and gratitude.*

*Be present to it because there's so much available out there for everyone.*



**Rev. Anne Presuel**  
*Your 6<sup>th</sup> Sense Guide to a 6-Figure Business*  
**DivinelyIntuitiveBusiness.com**