

# Gratitude changes all

Today, I am privileged to work with people all over the globe, helping them rise to their best selves – but often I forget to take care of myself. So I want to share ways in which I am working to manifest abundance in my life. I want to share a morning meditation which helps focus on manifesting what I want and what I am thankful for. I share it here as a way that you and your clients can carry a similar practice into your life.

## Meditations on abundance and gratitude...

**Repeat to yourself: May I always believe something wonderful is about to happen.**  
Growing up in a home full of confusion and tragedy, my natural inclination is to see the world through dark lenses, so I must consciously and vigilantly believe something wonderful will happen – and stay.

## Repeat to yourself: May I discover what I want in this next decade of life.

As the 12-Step teaches, act courageously one day at a time. For today I am kind, honest, working a programme, transparent and manifesting abundance for myself and others.

## Repeat to yourself: May I manifest and practice gratitude daily by writing down each morning what I am grateful for.

These are just a few things I'm grateful for:  
Seeing the Big Dipper  
Learning new ways of being  
Hearing from friends far and near  
My clients, who are my teachers  
The benefits of recovery, of sobriety.

## Repeat to yourself: May I manifest good health and exercise.

Moving to a new city has switched my daily routine so today I am vigilant in finding new ways to move my body.

## Repeat to yourself: May I manifest kindness and gentleness with myself and others.

Be kind to everyone you meet, for everyone is fighting some sort of battle.

## Repeat to yourself: May I manifest big ideas – so big that they grow wings.

Concentrate on where I want to go not what I fear. For instance, I want to speak with Oprah. I want to do a TED Talk. I want to climb Machu Picchu and I want to take my husband to Norway. I want to be of service to others. I want to write with purpose.

## Repeat to yourself: May I manifest money and work. "I love money, I love work. Work and money love me."

## Other ways you can call on abundance.

Here are some other ways that I call on abundance, saying out loud...

May I watch my grandchildren grow and soar.  
May I laugh and take them to places near and far, and play with them.

May I laugh, love, work, be of service to others, forgive myself if I have harmed another, and embrace those who are my enemies and those who are my friends.



### About the author

Louise A. Stanger, EdD, LCSW, CIP, CDWF is a speaker, educator, clinician and interventionist who uses an invitational approach with complicated mental health, substance abuse, chronic pain and process addiction clients. Louise is published in the *Huffington Post*, *Journal of Alcohol Studies*, *Sober World* and other media. The *San Diego Business Journal* listed her as one of the "Top 10 Women Who Mean Business" and *Quit Alcohol* as one of the Top 10 Interventionists in the US. Foundations Recovery Network named her 2014 Fan Favorite Speaker. Louise's books *The Definitive Guide to Addiction Interventions: A Collective Strategy* and *Falling Up: A Memoir of Renewal* are available on Amazon and *Learn to Thrive: An Intervention Handbook* can be found at [www.allaboutinterventions.com](http://www.allaboutinterventions.com).

*Gratitude helps to maintain a sober lifestyle by increasing patience, decreasing depressive symptoms, and building a more fulfilling life. Louise Stanger offers words to start us off.*

May I be gentle with my soul, striving to not live in a dark lonely place of "you're not good enough" – rather, that I am enough. Always.

May my phone ring with work and clients that I can serve. May I train and learn from others.

May I love more and worry less. I want to do the next right thing. I don't always know what results may come from my actions, but if I do nothing there will be no result.

May I embrace the epic changes that I have made – great opportunities are always worth the risk.

May I have the courage to dig deep, to look inside and out and find grace.

May I be proud of the recovery work I do, the person I am and the difference I make in this world.

May I learn to recognise all the dazzling important things that my eyes cannot see.

May I have the patience and courage to do what is right.

May I find laughter, silliness and play for I am often way too serious.

May I thank 'outside the box', thank people who least expect a thank you. Those that might have fired me or turned away. Or thank the grocery clerk, mail person, etc.

May I cultivate deep gratitude for all that life offers me.

May I realise I am resilient. "When there is no enemy within, the enemies outside cannot hurt you" (African proverb).

May my difficulties only serve to help me discover who I am.

May I find a home for my talents in this world.

May I surround myself with people who help me grow and be a better me.

May I find a world that is kinder than I knew and often on my side.

"May I live the kind of life I imagine for myself – for this is my one time to be me. I want to experience ever good things" (Maya Angelou).

May I show myself deep kindness for the world and, hence, deep kindness for myself.

May I always remember: "Gratitude can transform a common day into Thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings" (William Arthur Ward).