

# Giving Thanks Empowerment



instructions

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# About the Giving Thanks Empowerment

America has a wonderful holiday each November called Thanksgiving. It is a time where Americans come together with family and friends to show appreciation for one another and for the blessings of life. Other countries also have similar holidays. Canadians have their own Thanksgiving holiday and in Europe people celebrate the fall harvest with harvest festivals.

The Giving Thanks Empowerment is inspired by the Thanksgiving holiday - why not participate in "Thanksgiving" all year long?

Giving thanks helps reminds us of the good in our lives and helps shift our energy towards the positive instead of the negative. By experience a feeling of gratitude we are more open and able to create more good in our lives and the lives of others.

# Activating the Empowerment

Use this energy in meditation. Say to yourself “I give thanks for...” and then add all the things in life you are grateful for. Feel the energy of gratitude surrounding you and blessing your life.

To bless an object you have received, direct the palms of your hands towards that object and say “I give thanks for you.” You can also do this for a person, and it's great to do this to your food before a meal.

To go even further with this energy, try to give thanks for things you might not feel so grateful about. Give thanks to the backed up sink. Give thanks to your broken down car. Give thanks to the traffic you are stuck in during rush hour. Give thanks to your ex who is driving you crazy. Give thanks to your credit card debt. Notice how this shifts your energy towards the “problem.”

# Attunements

Connect to your higher self, and then the higher self of the recipient. Ask to connect to the Giving Thanks Empowerment energy. See it as a golden ball of light.

Use your traditional attunement method if in person to send the ball of light into the chakras.

Via distance, imagine the person in front of you as you send the ball of light to the recipient.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

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### **Additional Attunements**

More Reiki attunements and systems are available at Element Energy Center:  
[www.elementenergy.com](http://www.elementenergy.com)