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Raise Your Vibration

Masterclass

# Video 32: Practicing Being Grateful to Manifest What You Want

As I said, gratitude is so important that I wanted to make an extra video about it. It plays a crucial role in manifestation.

By being grateful, you shift into a positive state, and this helps you manifest what you want. Gratitude creates a positive feedback loop, a kind of upward spiral.

You recognize all the good things in your life. You feel good. You take action. You get results. And you notice even more things to be grateful for. This gives you more motivation, makes you do more, leads to even more results, and brings even more gratitude.

And this cycle keeps going. Just like you can also have a downward spiral. But that's not what you want. And actually, you can break that instantly just by choosing gratitude.

Because you can't feel negativity while being grateful.

When you live in a state of gratitude, it naturally makes you do random acts of kindness for others or for the planet.

I actually made a video about this back in 2020, which you can find [here](#).

But the point is, in life, you get back what you put in. When you live in gratitude and do small acts of kindness from a good heart, when no one is watching, the universe will return it to you at an unexpected time.

Just be better. For yourself. For others.

The more you give, the more comes back to you.

If you live in abundance and embody that energy, you will attract abundance.

And this is a mindset shift you can make, where gratitude is always the starting point.

Because when you are grateful for what you already have, you feel no sense of lack. And that allows you to give freely.

I think this is really important, and this information could have easily been part of the last video about meditating to manifest, because this is largely about manifestation. But because it's so essential, I wanted to dedicate a separate video to it.

In the next video, I'm going to explain the optimal timeline meditation. This is a video that's available for free online, where I walk you through how the meditation works. But if you haven't seen it yet... please watch it.

And in the video after that, I'll share a tip on how you can get the effect of a 20-minute meditation in just 5 minutes.