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At Thanksgiving, Tap into Abundance

By Louise Morganti Kaelin

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Many of us live in a state of `scarcity' thinking. We find it incredibly easy to imagine the worst happening. We also feel extremely justified in feeling that way because we are bombarded daily with extremely negative and disturbing news. All of this negativity confirms our belief that, well, that life sucks and then we die.

My personal theory is that this is a very definite `chicken and the egg' scenario. I believe we get all that confirmation because our belief is so strong, not that our belief is strong because of all that evidence.

For example, have you ever bought a new car (or really, really wanted a particular model)? Suddenly, you're driving down the road and every second car seems to be the car of your choice. Is that because all of a sudden there ARE MORE cars of that make and model out there? Or is it because your consciousness is more TUNED IN to that car?

It's the same way with energy. We all know how effective it is with negative energy, but the truth is it works just as effectively with positive energy. It does help, however, if we are familiar with the feeling we are going for. We all know we want to be happy, or joyful, or confident, but it's hard to truly experience the feeling because it's not a feeling we're used to.

How do we shift from scarcity to abundance? One way is to start practicing `feeling' abundant. Thanksgiving in the

States is a perfect time of year to tap into that feeling, and I'm sure there are other holidays around the world that would allow this same experience.

When we think Thanksgiving, we tend to think of food, and family, and football (usually in that order!). There is a feeling of `fullness' that comes with that image. We actually find ourselves smiling that `satisfied' grin associated with Cheshire cats just at the memory. These physical responses just come unbidden. In fact, if we `try' to feel that happiness, it tends to dissipate. The key is to `remember' the feeling and not `try' to feel it.

Make this coming Thanksgiving into an abundance—consciousness day. Let the feelings that come up fill your entire body. Enjoy the holiday to its fullest and create an anchor that you will be able to tap into all year round. It is so easy to live in abundance consciousness when we have a deep, full and personal experience of what that means.

(c) Louise Morganti Kaelin. Louise is a Life Success Coach who partners with individuals who are **READY** (to live their best life), **WILLING** (to explore all options) and **ABLE** (to accept total support). Find many free resources to assist you in living the life of your dreams at <http://www.touchpointcoaching.com> For her free newsletter of insightful, practical suggestions for creating your best life, email <mailto:on-536@ezezine.com>

Thanksgiving Holiday History

By Mrs. Party Gail Leino

Thanksgiving Holiday History by

... Gail Leino

America celebrates Thanksgiving every year by festive family gatherings, traditional holiday meals and offering thanks for all good fortunes. The

has a

history that dates back to early American settlers. These settlers were known as the Pilgrims and they were the first to have a

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The Pilgrims came to America to escape religious persecution in England. They were granted free passage on the Mayflower on September 6th, 1620 as long as they would work in exchange for the next seven years. Unfortunately, the winter was so harsh that over half of the pilgrims didn't make it to the spring. Less than fifty Pilgrims survived the brutal winter out of 110, but poor health improved with the good spring to come.

The local native Americans taught the pilgrims about growing crops such as corn and what plants could be used for medicinal purposes. With The Native Americans help the Pilgrims had a good harvest in October. The Pilgrims invited local Native Americans and settlers to all feast in thanks for there bountiful harvest. They celebrated and feasted for three days and this became known as the first Thanksgiving in America.

President Lincoln would later declare Thanksgiving a National Holiday to be celebrated every fourth Thursday in November in 1863. We as Americans can all take pride and give thanks by enjoying this rich American tradition of a

with all our family and friends.

Mrs. Party... Gail Leino is the internet's leading authority on giving the best possible

, using proper

etiquette and manners while also teaching organizational skills and fun facts.

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