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THE MIRACLE OF GRATITUDE



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The Miracle of Gratitude

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About this E-Book

This E-Book shows you that what gratitude is and what gratitude can do for you and how you can use gratitude to improve the different parts of your life as well as you wish. Just you need to read it step by step and apply the instructions in your daily life from now on. Yes that's it! You have one of the best tools for improving your life not only in a specific part but also it covers your entire life. So don't hesitate to use it because now the key of transforming your life is in your hands. You'd be able to make and bringing lots of Miracles into your life by using the power of gratitude. Remember that you can't get any result if you just read this e-book and do not follow the instructions and apply them really and practically into your life. But what makes this E-book different than the other similar books? Actually the instructions of this e-book is not only recommend you to use them at the normal situations of your life while you are doing your work, eating your meal, studying at the schools or universities, spending time with your family and friends etc, but it also asks you to hold a daily gratitude session regularly in your life in order to make very powerful effects to reach your ideal life and this is a very important key for you in using the power of gratitude in your life. So you'd be able to increase the effects of gratitude in your own life than the others who are not using your way! You'll find more about it by continue reading this E-Book. **Learn how being thankful for every blessing in life will change your future. Welcome to the worlds of Miracles!**

About Gratitude

Why can't you be more grateful? It's likely at some point you've heard this remark from a parent, grandparent or have even uttered these words to a child yourself. (Or even worse, a partner!) Our need to see gratitude in others is a huge part of us seeing that person also as a loving, caring person.

Having gratitude helps us to enjoy life more. It can break through huge barriers and reduce our stress loads, give us more confidence and help us to meet our goals- no matter how big they may be.

There is now doubt that being grateful goes a long way. It's just how to be grateful in times of stress or when suffering from disappointment or sadness that's difficult.

Chapter 1

What's Missing for Success?

Synopsis

From what I've witnessed, there's a really basic piece that gets left out of plans for success. We become so busy doing that we disregard it. There are likewise a few mental obstacles that get in the way and become a problem. It's an easy idea, but it's not always effortless, for causes we're going to go over in this book. It's likewise among the few matters that my mother taught me about life that worked out to be true!

Something We Need

My mother used to say, “Once you get something, you need to say thank you!” Naturally, there’s more to it than that, and my mother was merely half correct, however at any rate she was on the correct course. “Now, hold off a minute,” you may say. “I work break my back on my business and trying to be successful in life and I’ve got the crocked back to prove it! Who or what am I supposed to be stating ‘Thank you’ to, and how comes?” We’ll progress to the “who” later, but for the “how come” we must look at the sort of universe we live in.

We do not live in an existence of random accident or luck. We live in a world that operates by laws; predictable, repeatable, perceivable laws. There's a law of gratitude and appreciation, and if you're to get the results you are looking for, it's utterly essential that you ought to abide by this law.

Now, what is this law of gratitude and appreciation and how does it function? It's a practice of the law of cause and effect: The law of gratitude and appreciation is the innate principle that action and response are forever equal and in opposing directions.

Here’s what this entails – we understand that everything we place attention and emotional energy on, great or foul, will one of these days come out in our lives. The universe, and our subconscious, doesn’t recognize great from foul, and they address fear and exuberance precisely the same. If we’re placing energy on it, we’re establishing an order for it.

It's crucial, then, to be placing positive energy on what we require, not damaging energy (fright, concern) on what we don't wish for. Gratitude and appreciation is as crucial as it's a really high energy positive vibe of thought. It's strongly attractive! It ties us with the origin of happenings. You can't use a great deal of power without gratitude and appreciation as its gratitude and appreciation that keeps you tied with power.

The creative power inside us makes us into the mental image of that to which we provide our attention. The thankful mind is perpetually fixed upon the most beneficial; consequently it will get the most beneficial. Do you understand what I'm saying? If we're grateful and appreciative about everything, we're centering on what we require. It's a way of making a point that we're placing the greatest possible positive energy on our wants, and keeping energy from the uncertainties and fears that we don't wish for.

This is the reason that almost everybody who teaches about goals takes a firm stand in that you view your goal as already achieved, and that you be grateful and appreciative for it – today! It's a mighty way to be certain you're placing solid energy on the goal – using gratitude and appreciation.

You'd believe with gratitude so crucial that everybody would be witting of it. But what I've observed is that a lot of individuals are in reality pushing aside the success they wish without recognizing it as they're going against this law!

There are five cardinal errors that keep individuals from being grateful and appreciative. They all have to do with mistakes in our thinking and our notions, and these are what we're going to demonstrate to you how to rectify.

We're going to begin by considering the question that Einstein stated was the most crucial one that each individual has to answer for themselves. Albert Einstein proposed that the answer to this was really crucial:

Is the world friendly to our wants?

It appears a bit strange that a scientist like Albert Einstein would connote that the universe may have a prejudice about whether we succeed or not. All the same, I believe he was requiring us to decide if the universe was configured to make it simple for us, or hard. Put differently, is there plenty to go around? How we resolve this question does make a huge difference! After all, if there's a fixed supply of "things" and lots of individuals need it, then life is hard.

A lot of individuals believe this way. We address it as "scarcity" or "deficiency" thinking. It's difficult to be grateful and appreciative when there's not enough. This notion leads to competitiveness thinking – the thought that in order to get what you wish, you have to take it away from somebody else.

This is a belief scheme that promotes dread and concern. Most sales training is established on this thought. So are all states of war. How simple is it for anybody to be thankful when they believe that the

universe is configured to make matters hard for them? Particularly when their thinking keeps producing situations where they get to be correct about how hard it is.

Let me demonstrate to you how abundant the universe truly is. Both science and spirituality evidence to us that everything is made out of the same master stuff. Science claims it as energy. And so how much is there to make more of whatever we require? A late scientific study of the cosmos added together everything they could find and ascertained that merely about 4% of the available energy was utilized to make the whole universe! There's ninety-six percent left over, or enough for twenty-five more universes! That appears pretty abundant to me.

So let's pick another way of thinking. We may see an abundant supply, instead of scarceness. We may choose to produce our success, instead of contend for a fixed supply.

Once we do this, we stop being a victim of circumstances and we start to reclaim our great power over our lives! Viewing the universe this way is the beginning step in the law of gratitude and appreciation.

Chapter 2

Don't Resist

Synopsis

Not resisting is among the most misinterpreted principles of success, and not exercising it keeps an awful lot of individuals out of gratitude and appreciation. Not resisting is merely accepting the mental attitude that whatever is, just is, and we don't oppose it.

Let It Be

Many of us run through life with a lot of beliefs in our mind about how matters that “are” a particular way “ought to” be some other way. Don’t get me wrong, here. I’m not discussing easy stuff, like the car’s in the street and it ought to be in the garage. If it is, get up and put it where it should be!

What I’m discussing is commonly the behavior of individuals and circumstances that we can’t do anything about. We state to ourselves (and other people), “He should not have caused that!” or “The car should not have crashed here!”, or “She should not have addressed me like that!”, or “We should have gotten that contract!”

Sound like something you've said? It likely does, we’ve all done this. There are a few things to observe about this, however. First of all, notice that we're arguing with reality being the way it is! How successful are we likely to be acting that way?

2nd, observe the thoughts that go with this mental attitude. Somebody or something has taken our “junk” (revenue, success, love, regard) and we're victims. This is all founded on “not-enough” believing. How are you going to discover any gratitude and appreciation in a batch of mental poor like that?

So this is where not resisting is so crucial. Bear in mind that not resisting doesn't mean you have to be a wuss for anybody. It only implies that you don’t debate with reality. What is, is. Rather than debating, apply one of the universal laws, the law of inverses (or

polarity). This law merely says that everything has 2 equal and polar sides. Each situation that looks foul has an equal measure of good, if you seek it. If you truly comprehend this, it will alter your life dramatically, so consider this carefully! Everything that occurs just “is”. Like 2 sides of a coin, it has a side that appears “foul” and it has a side that looks “great”. You get to pick. Whatever you call it, it turns into for you.

Here’s how you implement not resisting in any state of affairs. 1st, you remind yourself that the universe is friendly to you. There's a virtually innumerable supply of everything you require. There has forever adequate money, clients, time, love, acquaintances, and so forth. So that no state of affairs can leave you without those things for long. You don't absolutely require “that one”; you are able to move on to the following.

Next, you cue yourself that you get to choose what to call the state of affairs – great or foul. You understand the good is there (and, yes, I recognize, it's occasionally hard to see when you’re in the midst of it), but you do understand it’s there.

In my life the sorriest experiences that I've gone through have without exclusion finally proved to be the biggest gifts. They were my instructors, and each one bore in it the seed of something amazingly great for me. Took me some time to discover it, occasionally, but it was forever there.

I've discovered that resistance (calling it foul) step-ups the suffering and draws out the experience. Placing the energy on the "foul" experience only produces more of it! The value of not resisting is that it truly speeds the procedure up and gets you to the great part quicker!

So discover the great in the situation, and be grateful and appreciative for it! This switches the energy to what you wish, and is the 2nd step in the law of gratitude and appreciation.

Chapter 3

Be Satisfied

Synopsis

You are able to discover success precepts anyplace, even in classic rock music! While I learned this not from Jagger, the song title "No Satisfaction" details a crucial lesson about gratitude and appreciation. You see, there's a key difference between happiness and satisfaction. And we wish to get happy, but we don't wish to get satisfied. The difference between those 2 words is a construct that a lot of individuals battle with, initially, as the words are utilized almost interchangeably, at any rate here in the U.S. But it's critical to comprehend the difference.

Satisfaction

Satisfaction means an acceptance of the status quo, being easy with the way matters are. Individuals may be satisfied without being grateful as they've just accepted matters the way they are, even while it's not what they truly want. Happiness, in counterpoint, means a quality of mind, a state of delight and gratitude, for what we get and what we are. It's, by definition, a really positive and magnetic mental energy.

A lot of individuals are satisfied, but unhappy. "I detest this cheesy job, but it's the most I can do, so I'll stick it out till retirement." Whew!

What a miserable way to endure!

Satisfaction with the status quo puts a lid on that want inside you that always wishes to grow, to enlarge, to be more, get more, and feel more. Once we become satisfied, we grind to a halt, quit growing, and begin to rust. The place you wish to be is happy and dissatisfied! Put differently, to be tickled with what you have, joyous and grateful for your achievements and blessings, and at the same time, enthusiastic about your power to do even more.

So in the case above one might better state, "I'm not satisfied with this occupation, as I understand I may do better. I'm happy and grateful that I have it as it's presenting me the chance to earn while I learn, and I'm learning what I need to know to produce the better occupation that I truly wish."

Do you understand the difference? Dissatisfied, but happy and thankful. All advancement in society and in our separate lives, springs from dissatisfaction, the ceaseless quest after a better way. Happiness, on the other hand, is the power to view the present and see it as great. If we choose that our happiness is arriving in the future, then we don't have much to be thankful for today.

We all hear individuals state, "once I acquire the job, the raise, the relationship, the home, the success.....then I'll be pleased." Hey, I've got sorry news for you, buddy! Today is the sole time you've got. If you can't be pleased now, you never will. View your life and discover what works.

Center on that and see that you are able to be thankful for it! Everybody has something to be pleased about. We understand that what we center on grows in our life. So what are you centering on? What you have or what you do not have? Are you existing in the future, or the here and now? When you're grateful for what you already hold, you spread the channel for more to come.

When we're able to exercise living in the here and now and being thankful for what we have right now – approving what we have – we have surmounted the next step in the law of gratitude.

Chapter 4

Forgive

Synopsis

We're doing pretty swell with this law of gratitude and appreciation. We've got the friendly and abundant cosmos, we don't debate what is, we discover the good in everything and we're pleased and grateful right where we are. What more may we potentially need to do? Well, there are a few small things. The following one you may not like. I understand I didn't. It took me a while to comprehend this one. I hope you are able to go through it quicker than I did. It's only a single word.....Forgive.

Forgive

Forgiveness for everybody whomever did anything that you've been carrying a grievance about. The guy who screwed you in that deal. The sister-in-law who never paid off the \$50. The teacher that gave you the failing grade that you didn't merit. The ex-spouse who dredged you through the atrocious and expensive split up. Everybody. Anything.

And here's how you are able to tell if you've truly forgiven them: Can you really wish them well? Are you thankful for them? Sorry, but screwball pretend forgiveness won't do the job. You have to do this wholly. Forgiveness isn't something you do for the other individual; it's something you accomplish for yourself. We know that long-run bitterness has awful physical consequences on your body. It may surface as migraines, or heart attacks, or cancer. Why would you wish to hold on to that?

The beginning step in becoming unhampered by debt is to release everybody from debts to us! This includes the emotional debts we call bitterness. We can't acquire what we aren't willing to give. In a cause and effect creation, each thought we plant returns to us multiplied. Bitterness is an emotional bomb that forever boomerangs back on us, one way or a different.

For this reason, each area of your life where you can not or will not forgive is an obstruction in the flow of your success. The sole way to

unblock it is to be willing to free the individual or situation with gratitude for what they bestowed you. Remember, the cosmos works by law, not by accident. There are no happenstances in the individuals that turn up in our lives. And as the universe is friendly, they don't appear to penalize us, but frequently to teach us.

We may utilize the law of opposites and understand that there's an advantage, a learning, a present, someplace in that experience with that individual. We may discover that gift, if we look, but occasionally we have to have some distance from the events to view it distinctly.

After all, whatsoever they did wasn't about us, anyhow. It was regarding them. Once we get to the point that we may be really grateful for them, when we may truly wish them well, then we have cut the chains of bitterness that tied them to us and we're free to march on.

The final step in forgiving has to do with ourselves. There's no escaping this step, as we can't provide love or support to other people unless we may provide it to ourselves first. We need to be grateful for everything. That entails forgiving ourselves for all the alleged errors and imperfections in our life. We have to be able to love that individual in the mirror.

Once you look in the mirror and detest what you see, you've addictions to survive. If you don't like the chief person in your story, then everything and everybody in it gets to be a nightmare. However

if you accept yourself a hundred percent then you trust yourself. And whatsoever you wish to manifest in the cosmos will occur.

I can tell you from my own experience that simply starting the procedure of forgiving and showing gratitude for everybody in your life and your past is an unbelievable present to yourself. And it's the fulfillment of the next step in the law of gratitude and appreciation.

Chapter 5

Give

Synopsis

Everything we've discussed until now has been about our thinking. There's a rationality for that – everything in this creation we see starts with a thought! For a long time I played the game of attempting to alter the final results in my life without altering me or my reasoning.

The only way we may arrive at any true changes is to begin with the thinking role. The error a few individuals make is they cease at that point. However effective change forever turns up in our actions. So how does a grateful individual, one who's worked through the previous steps of the law of gratitude, behave? It's truly easy – they give!

The Final Step

Successful people give revenue, time, support, encouragement, everything. As they're grateful for what they have, they give it to others. As they understand that they live in an abundant, friendly, cause-and-effect existence, they understand that by giving, they make getting possible.

If you truly wish to comprehend the might of giving, you have to view everything you have, not as “junk”, but as evidence of a swift current, a river of abundance. Once you give, you're evidencing your confidence in this abundance and your Appreciation for it. You're establishing room for more to show up.

By giving gratefully and ceaselessly, you place yourself square in the flow of life and turn into both an inlet and an outlet for the abundant universe to go through. Let me give you a few cases of my own. These exemplify the principle that we frequently get paid back in whatever it is that we give.

In my industry, since I deal in info, I utilize books as giveaways. So what is the final result? Individuals are forever giving us books! One of my wife's colleagues gave us a bunch of books and tapes, over one hundred things. Last month I brought up a specific writer that I was interested in to a few folks here and inside a week was surprised with an entire set of his books! It's difficult for me to give books away quicker than they come in.

A different case - in my seminars I've never let profit keep anybody out who was truly moved to learn. I've done this with no anticipation of return - a few individuals have sooner or later paid me, a few haven't. I don't care; either way I recognize it will return to me. Conceive of my delight when we got to one city where my wife is attending school and I discovered that as a partner I could attend and take part in her speaking class and all the particular events and workshops along with the pupils. That's access to info that the pupils are paying 1000s of dollars in tuition free of charge! Isn't that amazing? We do get repaid in the currency we utilize.

So if you require income, give money. If you require time, give time. If you require books, give books! By carrying out the action of giving, you show your gratitude for what you have, and this finishes the last step in the law of gratitude and appreciation.

Chapter 6

Learn More about Gratitude

One of the secrets of Gratitude

Absolutely Everything!

When you are in a **sincere state of gratitude** your energy (vibrational resonance) is one of acceptance and harmony. You resonate and as a result project a much higher vibrational frequency which is exactly what attracts to you the events, conditions, and circumstances that you desire.

To provide more clarity on the resonance created and projected by gratitude consider the following analogy...

Think of yourself as a giant magnet. Whatever you are feeling, whether it be love, fear, anger, happiness, anger, joy, gratitude, resistance etc. you are in essence creating a magnetic force that attracts and draws to you events, conditions and circumstances which are in direct correlation to what you are feeling. Fear of something creates a magnetic force that will attract more of what you fear. Expressing Gratitude for any situation projects a magnetic force that draws to you more of what you are expressing gratitude for.

In other words gratitude puts you in a harmonious vibrational resonance which attracts additional energies

At any time that you are NOT expressing gratitude for an outcome you are in essence resisting the outcome which places your focus on NOT WANTING that outcome. When this happens what are your thoughts and emotions fixated on? What you DON'T want, correct? That focus of NOT wanting creates a "magnetic force" which only serves to draw to you more of that which you are NOT WANTING or resisting.

Let's look at the difference between expressing gratitude and resistance in your day to day life...

When you experience an outcome that you find displeasing and you choose to *fight* or *resist* whatever is happening in your life at any given moment you are actually **creating resistance**, which puts you in a disharmonious vibration, or a lower vibrational frequency, and we all know what begins to happen then, don't we? You resonate with and begin to attract the dis-harmonious events, conditions and circumstances into your life that you are resisting. As mentioned above, you are drawing to you or attracting through your "magnetic force" the polar opposite of what you have a desire to experience.

Resistance is placing focus on what you would rather NOT have happening which is in essence creating and projecting a magnetic force which is drawing to you what it is that you are placing your predominant focus on (resisting) or DON'T have a desire to experience. This focus can only draw more of that which you are focusing on.

Gratitude on the other hand is an acceptance of things just the way they are which correlates with acceptance which in turn resonates and projects a much different resonance of energy creating a magnetic force that is conducive to attracting the "desired" outcome.

A common question that comes up is.....

"How in the world can I be in a state of gratitude when everything seems to be going wrong? Let's dig down a bit deeper, analyze this a little further and you'll have a crystal clear understanding of what is actually happening.

First of all it's important to recognize the importance of accepting responsibility for whatever is going on in your life. As we've covered in *The Power Of Thoughts*, the events, conditions and circumstances that you're currently experiencing are manifestations based on thoughts and emotions that you've chosen at some point in the past.

It's due to those thoughts and emotions which represent the seeds, that you are experiencing whatever outcome you currently are. Remember, **you** are the one that thinks your thoughts. Your thoughts **do not** think you. In the same way, the emotions experienced serve as a gauge and are a reflection of the quality of thoughts that you are thinking.

Since your current outcomes are based on what you have thought and felt at some point in the past and those outcomes are now being experienced in your life, guess who created them? YOU did!! Although that may not make you feel any better about them just yet, consider this...

Since it is you that is responsible for attracting and creating "undesirable outcomes, then isn't it also possible to change the thoughts and emotions responsible for creating them which will produce the desired result? Absolutely!!

Simply recognizing the fact that you brought them into your life in and of itself provides you with an understanding of your creative power which in and of itself should instill a sense of gratitude that you've been provided the choice as to what you will create for your life.

Although prior to understanding how this process works you were in essence "unconsciously creating", now you can begin to "consciously create" more to express gratitude for.

Once you fully grasp and understand that your current experiences here and now are merely guideposts showing you that you are either on the right path of creating your desired outcomes or that you need to make some adjustments in your thought processes that created them, you will become empowered to express heartfelt gratitude for whatever is currently happening in your life recognizing the fact that YOU created it.

Sure...you could get mad at yourself and choose to be upset but what energy are you resonating through that choice? NOT the kind that will attract desired outcomes for sure.

Your perception of something going wrong is **only your perception**, that is all. A misguided perception based on false beliefs and a lack of understanding that EVERYTHING unfolds in your life perfectly just as you choose and instruct.

In the bigger scheme of things, Nothing EVER goes "wrong." It is only based on a lack of deeper understanding concerning the process of creation that you "perceive" something as going wrong. The process of creation NEVER wavers. It is, has been and always will be perfect, precise and unfailing 100% of the time.

It is only wrong thought and wrong perceptions that are responsible for igniting emotions that attract creations that show up in your life in the form of events, conditions and circumstances that you perceive as "going wrong."

It's important to recognize and express gratitude for the fact that EVERYTHING in your life is a miracle, a creation that YOU created.

Creation, regardless of how you might perceive it is ALWAYS 100% of the time a miracle. Learn to recognize that fact and express gratitude for EVERY miracle in your life and you will begin to see the life changing power that gratitude holds in creating MUCH more to be grateful for.

Those miracles (creations) which show up that aren't in harmony with your intended or desired outcomes are merely signs that YOU need to make adjustments within yourself. When you fully grasp and internalize this truth you'll learn to express gratitude for the sign that you mis-created it and that you have been provided with the evidence that will enable you to change the thoughts, emotions and perceptions which brought it into your life.

Your perceptions regarding any event, condition or circumstance are only based on a memory of something in the past that is stored in your subconscious mind and can be consciously changed if you discover that it is not in harmony with what you have a desire to accomplish.

For example, let's look at two people with totally different perceptions regarding the same situation, and see first hand what an attitude of gratitude is, and isn't.

This analogy will validate the old saying that "There's a silver lining in EVERY cloud." That's MUCH more true than most understand.

Let's say that you wake up on a Saturday morning after a good night's rest. You've worked hard all week and you're really looking forward to getting outside and playing in a golf tournament that you had entered, and enjoying your weekend of R&R. You're feeling pretty good about the day ahead of you. You make your coffee and head for the window to open the blinds. You get them opened up and look out the window. ARGGHHHHHH, it's raining outside!

Next, yourself talk kicks in and it goes something like this. "Oh man, my whole day is ruined. I was planning on doing this and that and now I can't. Why do things always have to happen like that? Another weekend shot! I can't ever get a break!"

Obviously your perception is that everything went wrong and your whole weekend is ruined. Based on your thought pattern and perception, your right, it is. Unless you are able to change that perception, you'll allow yourself to have a less than desirable weekend. In fact, by remaining in this state, you will literally attract additional events, conditions, and circumstances to you that will make **Certain** that you have a less than desirable weekend!

This is a classic case of resistance, or ungratefulness. No silver lining here right?

Now let's take a look at the neighbor down the street who always seems to have things going his way. Let's imagine it's the same scenario. He has worked all week and made plans to play in the same golf tournament that you were entered in.

He walks to the window, opens the shades and sees exactly the same situation that you did when you opened them **except**, although he initially has a little disappointment because he can't go to the golf tournament he was planning on, he decides that there is nothing he can do to change the situation and begins his habitual thought process and self talk which goes something like this...

"Boy I sure was looking forward to that golf tournament. Oh well, I've got a few things that need to get done around here today anyway. That means I don't have to water the grass for a few days and that will sure save a little on my water bill. It's been a few weeks since it rained and we sure needed it."

Although the person in the second example was a little disappointed initially, a conscious decision was made that wouldn't allow it to ruin the entire weekend and shifted the focus to something more positive and productive.

This is a classic case of remaining in gratitude, regardless. No resistance, no allowing undesired emotions to ignite and the end result is a harmonious vibration.

Do you see what I mean about perception? Same situation, different people, different perception, different outcome.

Although that's a "physical" example, it conveys from that perspective how varying perceptions can create completely opposite experiences.

When you have developed a crystal clear understanding that **all things work for the greater good** *no matter how seemingly bad things may appear*, it becomes much easier to stay in a state of gratitude.

When you are able to fully develop that awareness, (and with a little practice, you will) not only is it an extremely freeing experience, but you are setting yourself up for a much greater flow of Abundance and Happiness being attracted and coming into your life...EVERY area of your life! When the Universe sees that you are grateful for what you have, it will send you more.

This is exactly how Universal Laws operate. The universe doesn't perceive anything as good or bad, it only sends outcomes to you based on your vibrational resonance, and your attitude concerning **any** given thing is exactly what determines that vibrational resonance.

God, Universal Consciousness, Super-Conscious Mind or whatever you perceive Source to be, loves each person unconditionally exactly the same and only delivers to each precisely what we are asking for, based on our individually chosen vibrational output. If that output resonates anger, fear, doubt, worry etc. the vibrational resonance that you're projecting communicates and the universe perceives that you are asking for outcomes based on that output, and that is exactly what you'll receive!

As spiritual text states it..."As you sow, so shall you reap."

On the other hand, by learning to consciously control the emotions that determine that output, and developing the ability to remain in a state of Gratitude regardless of what the situation may temporarily consist of, your vibrational output or magnetically attractive force is conducive to attracting outcomes that are in vibrational resonance with Gratitude and you can only attract to you the events, conditions and circumstances that are in alignment with Gratitude. Positive and Desired Outcomes!

We can't possibly control everything that is going on around us in the world but we can most certainly control ourselves and how we perceive what's going on.

The unwavering systems (Universal Laws) have been put into place, and you only need to learn to operate in harmony with them, which will allow you to attract the Abundance and Happiness that you desire.

Developing an **attitude of gratitude** is *one of the most important things that you can do* for attracting and manifesting the things that you desire into your life. In fact, if you have a desire to consistently attract desired outcomes; it's essential that you do!

Why Gratitude Is Good

Robert Emmons, the world's leading scientific expert on gratitude, reveals why gratitude is good for our bodies, our minds, and our relationships.

With Thanksgiving approaching, we'll all soon be taking time to acknowledge what we're grateful for. It's a nice gesture, of course, but why do we do it? What good is gratitude?

For more than a decade, I've been studying the effects of gratitude on physical health, on psychological well-being, and on our relationships with others.

In a series of studies, my colleagues and I have helped people systematically cultivate gratitude, usually by keeping a “gratitude journal” in which they regularly record the things for which they're grateful.



Gratitude journals and other gratitude practices often seem so simple and basic; in our studies, we often have people keep gratitude journals for just three weeks. And yet the results have been overwhelming. We've studied more than one thousand people, from

ages eight to 80, and found that people who practice gratitude consistently report a host of benefits:

Physical

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of their health
- Sleep longer and feel more refreshed upon waking

Psychological

- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness

Social

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated.

The social benefits are especially significant here because, after all, gratitude is a social emotion. I see it as a relationship-strengthening emotion because it requires us to see how we've been supported and affirmed by other people.

Indeed, this cuts to very heart of my definition of gratitude, which has two components. First, it's an affirmation of goodness. We affirm that

there are good thing in the world, gifts and benefits we've received. This doesn't mean that life is perfect; it doesn't ignore complaints, burdens, and hassles. But when we look at life as a whole, gratitude encourages us to identify some amount of goodness in our life.

The second part of gratitude is figuring out where that goodness comes from. We recognize the sources of this goodness as being outside of ourselves. It didn't stem from anything we necessarily did ourselves in which we might take pride. We can appreciate positive traits in ourselves, but I think true gratitude involves a humble dependence on others: We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives.

What good is gratitude?

So what's really behind our research results—why might gratitude have these transformative effects on people's lives?

I think there are several important reasons, but I want to highlight four in particular.

1. Gratitude allows us to celebrate the present. It magnifies positive emotions.

Research on emotion shows that positive emotions ware off quickly. Our emotional systems like newness. They like novelty. They like change. We adapt to positive life circumstances so that before too

long, the new car, the new spouse, the new house—they don't feel so new and exciting anymore.

But gratitude makes us appreciate the value of something, and when we appreciate the value of something, we extract more benefits from it; we're less likely to take it for granted.

In effect, I think gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures you get from life. Instead of adapting to goodness, we celebrate goodness. We spend so much time watching things—movies, computer screens, sports—but with gratitude we become greater participants in our lives as opposed to spectators.

2. Gratitude blocks toxic, negative emotions, such as envy, resentment, regret—emotions that can destroy our happiness. There's even recent evidence, including a 2008 study by psychologist Alex Wood in the *Journal of Research in Personality*, showing that gratitude can reduce the frequency and duration of episodes of depression.

This makes sense: You cannot feel envious and grateful at the same time. They're incompatible feelings. If you're grateful, you can't resent someone for having something that you don't. Those are very different ways of relating to the world, and sure enough, research I've done with colleagues Michael McCullough and Jo-Ann Tsang has suggested that people who have high levels of gratitude have low levels of resentment and envy.

3. Grateful people are more stress resistant. There are a number of studies showing that in the face of serious trauma, adversity, and suffering, if people have a grateful disposition, they'll recover more quickly. I believe gratitude gives people a perspective from which they can interpret negative life events and help them guard against post-traumatic stress and lasting anxiety.

4. Grateful people have a higher sense of self-worth. I think that's because when you're grateful, you have the sense that someone else is looking out for you—someone else has provided for your well-being, or you notice a network of relationships, past and present, of people who are responsible for helping you get to where you are right now.

Once you start to recognize the contributions that other people have made to your life—once you realize that other people have seen the value in you—you can transform the way you see yourself.

Challenges to gratitude

Just because gratitude is good doesn't mean it's always easy. Practicing gratitude can be at odds with some deeply ingrained psychological tendencies.

One is the “self-serving bias.” That means that when good things happen to us, we say it's because of something we did, but when bad things happen, we blame other people or circumstances.



Gratitude really goes against the self-serving bias because when we're grateful, we give credit to other people for our success. We accomplished some of it ourselves, yes, but we widen our range of attribution to also say, “Well, my parents gave me this opportunity.” Or, “I had teachers. I had mentors. I had siblings, peers—other people assisted me along the way.” That's very different from a self-serving bias.

Gratitude also goes against our need to feel in control of our environment. Sometimes with gratitude you just have to accept life as it is and be grateful for what you have.

Start With Just One Day of Gratitude

Has adopting an attitude of gratitude been a challenge for you? Do you start each day with the best of intentions and then find yourself losing focus as you encounter more and more negativity?

The problem stems from trying to change the habits of a lifetime in one fell swoop!

If you've spent a large portion of your life not focusing on gratitude, you can't expect yourself to change your whole mind-set immediately. (Most of us always try though, don't we?)

But can you do it for one day? Can you commit to adopting a grateful focus no matter what happens during the course of one single day? You'd be surprised how easy it is to do something for one day.

Here's how to start:

First, select a trigger object to keep with you on the day of your gratitude experiment. It can be a special piece of jewelry, a rubber band around your wrist, a special baseball cap, your lucky shirt, or anything else you feel would help you remember.

On the morning of your "one day of gratitude", spend a few moments holding your reminder object. Bring up a feeling of gratitude in your heart while you do. When you are fully immersed in the emotion of gratitude, recite an intention something like this:

"Today I choose to feel grateful for every experience I have. I will find a positive focus for every challenge I face, every moment of

frustration, and every person I meet. I will make a conscious effort to stay rooted in the present moment so I am aware of the temptation to slip from this grateful focus and I can bring my thoughts and emotions back on track immediately. This (object) will serve as a powerful reminder that I can choose to be grateful about anything and everything today and I will exercise this freedom of choice during my one day of gratitude."

Put on your trigger object, and then go about your day.

Don't fool yourself into believing that your day will be smooth sailing just because you performed your little gratitude ceremony! (You didn't really think it was going to be THAT easy, did you?) Anything is possible of course, but it's more likely that you'll find your patience and focus being tested repeatedly throughout the day.

Believe it or not, that's a good thing! The more opportunities you are given to choose and strengthen your focus, the better you'll get at developing a true attitude of gratitude. Go with it. If you find yourself getting mired in anger or frustration, simply return your focus back to gratitude again. Make it your mission to find something positive about every situation and keep working on turning your thoughts around as often as necessary.

By the end of the day you should be feeling very proud of yourself! Even if you didn't manage to keep a steady focus on gratitude, you were probably able to focus on it more than you have in the past.

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Now, lather, rinse and repeat! Keep doing this exercise one day at a time, over and over again. Before long you will find that you don't have to work so hard at staying focused on gratitude, and it starts becoming more natural.

As author Annie Dillard once said, "How we spend our days is, of course, how we spend our lives."

Start with one day, and everything can change.

Let Gratitude Be Your Mirror

Have you ever heard that the people and situations in our lives mirror back what we project out? You can probably remember plenty of times when this seemed to be so.

For example, perhaps you awoke one morning in a grumpy mood - and then proceeded to encounter one grumpy person after another during the rest of the day. Or you felt overwhelmed with problems - and seemed to attract dozens more problems, both minor and major.

This type of "instant attraction" can be unsettling to say the least! However, just as it can work in a negative fashion, you can also learn how to turn this mirror effect to your advantage through the practice of gratitude.

Try this little experiment for starters:

When you wake up in the morning, spend a few minutes reciting an affirmation like this: "I am so grateful for the kind and generous people in my life! Everyone is so supportive and nurturing and I feel blessed to be surrounded by so many great people."

Really allow yourself to get into the feelings of gratitude for the great people in your life. Stay with these feelings for several minutes, letting them soak into your mind and heart.

Then, as you go about your daily routine, imagine flowing a strong feeling of love and gratitude toward everyone you encounter. You can do this with both people you know and strangers. Find something

appreciative to say to the people you know. You might compliment your co-worker on her problem-solving skills, or tell your friend you enjoy his sense of humor. Make it a genuine compliment without expecting anything in return.

As you focus on this little experiment, you may be surprised to notice that other people act more kindly toward you also. You might receive spontaneous compliments, offers of assistance when you need it most, or any number of other pleasant surprises.

Here's another experiment:

Do your best to find something positive about every situation and experience you have during the course of a day. This might be challenging if you are used to looking at the negative side of most situations, but keep working at it until you can think of at least one blessing in every situation.

Don't try to fake it! If your car blows a tire on the freeway, you can't mutter through gritted teeth, "I'm really grateful for this" over and over and expect good things to come from it. You're really NOT grateful at that moment (few of us would be).

Instead, find an aspect of the situation that you really CAN be grateful about. For example, you might decide to feel grateful that your blown tire didn't cause a serious accident. You might feel grateful that you happened to be in the slow travel lane instead of the fast lane when the tire failed.

Whatever angle you choose to focus on, be sure your feelings of gratitude are genuine - and watch how that quality is reflected back into your life in a myriad of ways.

Easy Ways to Count Your Blessings

You may have heard the phrase, "count your blessings" before, but how often do you actually do it? Do you pause to feel grateful when something good happens? How about when you need an emotional boost? Counting your blessings is one sure way to develop a constant mind-set of gratitude, which can turn a mundane life into a miraculous life.

You may have tried keeping a "gratitude journal" by recording the things you are grateful for each evening before bed, and that is one effective method, but there are other ways of focusing on gratitude if that didn't work well for you.

Below are three more simple ways to count your blessings every day:

- 1) Journal your blessings all through the day. Rather than saving your gratitude journal activities for bedtime only, why not make them an ongoing activity all day long? Keep a small notebook and pencil in your pocket and write a quick note every time something positive happens. Your entries don't have to take up a lot of time. For example, you could write things like, "A clerk offered to assist me at the hardware store" or "Janet admired my blouse" or "I got a free bagel with my coffee this morning." Little things matter! The more

you focus on them, the more you'll begin to feel grateful about the bigger things too.

2) Just like you can journal your positive experiences, you can make it your mission to find something positive about difficult situations. Using the same little notebook, every time you encounter a challenge or seemingly negative situation, find one positive thing you can say about it and write it down. For example, if your boss seems to be in a bad mood, you could write, "My boss doesn't determine my emotional state; I do. I choose to feel happy and grateful for this freedom." Or if you encounter obstacles while working on a project or goal, you could write, "I relish the opportunity to put more effort into this project because it will contribute to a better end result."

3) Finally, you could literally count your blessings. Rather than recording the specifics, simply make a mark in your notebook every time you experience something to feel grateful about. At the end of the day, glance over your page of marks. How many are there? Make a note of the number and then try to beat it each day afterwards. There are literally thousands of possible things to be grateful about in the course of a single day; you just have to be willing to see them

The more time you spend emphasizing your blessings, the more you'll find yourself feeling genuinely grateful for every day of your life.

Gratitude is a Miracle

A miracle is traditionally defined as an extraordinary event by divine intervention, but we also use the word to describe an occurrence that was previously thought to be impossible.

Gratitude can be one of these miracles in your life if you let it. How? By giving you the power to turn any difficulty, any challenge, or any heartache into a blessing.

The thing about miracles is that you have to be willing to see and acknowledge them. If you wanted to keep a pessimistic or cynical outlook, you could easily ignore what appears to be a miracle. We see this all the time! A person with a supposedly terminal illness is told he only has 3 months to live, and he's still going strong 10 years later. A woman who is told she can never conceive a child decides to adopt, and finds out she's pregnant shortly after. There are endless stories like this, where the impossible suddenly became possible - in other words, a miracle occurred. Yet, some people choose to see these events as "coincidences" or merely random flukes.

Any miracle can be explained away if a person has a vested interest in remaining cynical. The question to ask yourself is: do you have such an interest? Or are you willing to allow a gratitude focus to perform miracles in your life?

Take a moment and consider any "impossible" situations in your life right now. Why do you believe they are impossible? Are you willing to believe in the possibility that a miracle could occur?

If you answered yes to that question, here is how to use gratitude to invite miracles into your life.

1) Never say "never". How many times have you been absolutely certain that something couldn't happen, only to find out later that you were wrong? It happens a lot! Begin to open your mind to the possibilities and believe that what you think is impossible may not be so at all. Just because you can't see any possible way for something to happen doesn't mean a way doesn't exist! Express gratitude for the possibilities you are aware of, and also those you haven't even considered yet. Open your heart and mind to gratitude for the miracles that might be coming your way.

2) Even if something does appear to be totally hopeless by all the laws of physics and tangible reality as we know it, allow gratitude to turn it into a miracle through the grace of acceptance. Embrace what you cannot change. Let it become something that blesses you rather than hinders you. Even better, let it become something that blesses others. Use your impossibility to change lives and by extension, the world. A way exists if you open to it.

3) Apply gratitude to every hardship, challenge, obstacle and pain in your life. Be thankful for the ways they help you grow in wisdom and inner strength. Love your illnesses, your heartaches, your struggles and your enemies. Bless them for imparting deeper meaning and richness to your life.

Through love and gratitude, ANY situation can be healed. Perhaps the healing will not come in the form you expect or in the exact

timeline you hope for - but healing will come. Simply open to it and embrace it, and you will have created your very own miracle.

Discover Your Life Purpose with Gratitude

A lot can be said for an attitude of gratitude, but did you know it can also help you clarify your life purpose?

If you rarely make the effort to feel grateful, you are probably familiar with a pervasive sense of boredom, frustration, dissatisfaction and emptiness. Even if your life circumstances are bearable for the most part, you might still feel a bit disconnected and aimless on a regular basis.

A shift toward a more appreciative mind-set can trigger incredible changes in your life - one of which is inspiring you to move toward the activities that speak most deeply to your spirit. In other words, your life purpose!

Here's why:

1) Gratitude reconnects you with your authentic self.

Whether you call it your soul, your spirit, your essence, or your authentic self, this is the part of you that experiences your life on the deepest level. It is not only who you are, but who you were meant to be. It is the part of you that is most pure and abundant, and from which the rest of your life springs. Your authentic self is the part of you that is naturally joyful, lighthearted, loving, compassionate, generous . . . and yes, grateful. As you focus more and more on gratitude (as well as joy, passion and love!), you automatically shift

into this part of yourself. You feel happier and more loving - and express these emotions freely and easily.

Most importantly, your authentic self already knows what your life purpose is! Whether you believe you have a predestined purpose or you can choose your purpose - the deepest part of you understands the activities that make you most happy. The more you can connect with this part of yourself, you will feel inspired to move naturally toward those activities.

2) Gratitude helps awaken you to limitless possibilities. The deepest part of you also knows that for every desire born within you, a corresponding possibility exists. Perhaps you know what you would like your life purpose to be, but your skeptical mind won't allow you to go for it. You make excuses about how hard it would be, how you have too many demands on your time, how you don't have the talent or experience required to do what you really want to do - but gratitude can change all this. The more time you spend being grateful, the more positive you feel and the more easily you can believe in the seemingly impossible. A grateful mind-set convinces you that even if you can't see a clear path to your dreams, a path must surely exist and will make itself known at the right time.

3) Gratitude helps you honor the best parts of yourself and everyone else. The more you can build yourself and others up, the more you will find yourself fulfilling a powerful purpose in life. It has been said that our life purpose has nothing to do with us personally, but with all of the lives we touch through the fulfillment of it. That's

powerful! If you focus on expressing gratitude for everyone you encounter, you help them to become better people. You build them up, encourage and support them. Likewise when you express gratitude for yourself.

When you are fully connected to a sense of reverence and gratitude for your life experiences, you cannot help but attract ever greater levels of meaning and purpose in everything you do. Your very focus on the goodness of life triggers a flow of abundance and clarity that can illuminate even the darkest path.

How Gratitude Can Birth New Beginnings

Few things in life can bring up a sense of sadness and loss than endings. Whether the ending involves the dissolution of a marriage, the termination of a job, a forced residential change or anything else, we are thrust into a state of disconnection and emptiness.

Part of this feeling is caused by the disruption of our normal routine, but the biggest part of it stems from our reliance on the lost situation(s) as part of our identity. We don't know who we are without them, and we struggle to find a foothold in our lives again.

One way to make life transitions smoother and less disruptive is by using a gratitude focus.

Gratitude can help you remember that along with the darkness of every ending comes the dawn of a new beginning. Gratitude can smooth the sharp edges of any painful experience and usher in a more gentle transition that contributes to your personal growth. Finally,

gratitude can help you shed the burden of unhealthy situations in order to clear a space for something better to arrive in your life.

Below are a few simple steps to help you turn any negative situation into one of healing and growth:

1) Open a notebook or journal to a clean sheet of paper and write, "I grieve the loss of this situation because _____. " Write the reasons why you feel sad about your loss, how you feel without it, and how you think it will affect your quality of life.

2) Turn to a new sheet of paper and write, "I value these things that I received from the existence of this situation in my life: _____. " In this space, write all the good things that came from the situation you are now releasing.

3) Finally, turn to another clean sheet of paper and write, "The release of this situation from my life now provides an opening for _____. " Think of how the release of the old situation has provided an opportunity for something better to come along. For example, if your marriage has ended, one possibility is that you can now invite in a healthier relationship that will better fit the person you are becoming. Likewise for the loss of a job, and so on. Find some positive things that will eventually happen because you are releasing the old situations/people/experiences.

No matter how terrible a loss may seem at first glance, there are always hidden blessings within it - if you're willing to look for them.

It's important to understand that it may take time to see obvious benefits from your gratitude exercises. Remember that there is a grief process involved when transitioning through life phases. Allowing yourself to feel the sadness of your loss will help you move more quickly through the grief. At the same time, giving more of your focus to the formation of something better can make the process seem less devastating.

Do these exercises as often as you feel necessary to help shift your mind-set from helplessness to optimism and healing.

How Gratitude Can Improve Your Attitude

Few things can affect your overall quality of life as powerfully as your attitude can. Your attitude affects your career, your relationships, your hobbies, and even your financial status. Most people discover that when they improve their attitude, everything else in their lives seems to improve also.

A daily practice of gratitude is one simple way to give yourself a painless attitude adjustment because it reduces your temptation to focus on more "negative" mind-sets. When you feel grateful it is nearly impossible to feel frustrated, sad, empty, or disconnected. A negative focus and a gratitude focus cannot co-exist! They are opposites and will repel each other.

Here are a few suggestions for using gratitude to improve your attitude:

1) Use gratitude to blot out unproductive feelings.

Sometimes we just get into a "funk" without knowing why. We wake up one morning and realize that we've lost our zest for life and a numb disinterest has taken its place. To turn this around, find something to be grateful for. Just one tiny thing is enough! Begin focusing on this thing as often as you can during the day, but most especially when that feeling of boredom or disinterest comes over you. Let a feeling of strong gratitude flood through your body, and you will shift to a more positive attitude almost immediately.

2) Begin expressing gratitude for the people around you each day.

Is your co-worker getting on your nerves? Find one thing about her you can be grateful for, and focus all of your attention on that when you start to feel annoyed. Remind yourself that everyone has both positive and negative personality traits - and you will encourage more displays of whatever you focus on! Focus on the positive traits of the people you encounter daily and watch as it transforms your interactions into mutually beneficial connections.

3) Become an optimist with the help of gratitude.

Do you find yourself in the habit of always expecting the worst? When you become aware that you have shifted into a pessimistic mind-set, consciously choose to shift into grateful optimism. For example, if you catch yourself saying something like this, "My boss doesn't appreciate anything I do so I probably won't get a raise this year" - stop and turn that thought into something like this: "I always do my absolute best for the company, and my commitment to excellence will

reap great rewards. I'm so grateful for the opportunity to shine every day."

The results you get from these exercises may not be too obvious at first, but as you keep up with them you should begin to see a big difference in your attitude. You'll find yourself feeling lighter, happier, and automatically finding things to be grateful about all the time.

Be Grateful for Challenges!

Is it possible to feel grateful for the challenges you face on a daily basis? Yes, if you get into the habit of recognizing the benefits the challenges offer to you! What benefits, you ask?

We tend to think of challenges as big mountains that stand between us and our goals. That seems like a bad thing at first glance. But ask any mountain climber what benefits they gain from conquering such rough terrain and they would probably talk your ear off about overcoming fears, sharpening focus, physical strength and building character. Mountains don't seem like such a bad thing to them.

What lessons can we learn from these brave souls?

One of the most powerful lessons that comes to mind is the ability to switch perspective. Rather than seeing a mountain as an impossible obstacle, these people see a mountain as a welcome test of their strength and endurance. They see it as an opportunity to thrill and inspire themselves, stretch their limits and push themselves to greater levels of achievement and self-mastery.

Are you beginning to see how this same mind-set can be used in your own goal achievement?

Whether your mountains are literal or figurative, stop seeing them as dead-ends. Stop letting them intimidate you and instead let them fuel your determination to succeed anyway. When you stand at the foot of a mountain and gaze up toward the peak hidden in the clouds, don't focus on the difficult climb ahead but on the benefits you stand to gain in the process.

Ask yourself these questions:

- What can this challenge teach me about myself?
- What parts of myself can this challenge help me develop?
- What natural skills and abilities can I use to help me through this challenge?
- What will I gain by working through this challenge?

And then, most importantly - be GRATEFUL for the OPPORTUNITY! A challenge can only intimidate you if you let it. It can only stop you in your tracks if you sit down and stop climbing.

If you instead learn to see your mountains as a welcome opportunity to stretch and grow beyond where you are now, you will never encounter a mountain that can't be climbed. You will develop your own system for mental and physical preparation, and you will come to enjoy the thrill of the challenge.

Let gratitude become your climbing partner. The more grateful you are for the experiences that strengthen you, the more worthwhile the journey will seem when you finally stand at the top of that mountain.

How to Choose an Attitude of Gratitude

How often are you grateful? Like many people, you probably focus on gratitude when something great happens in your life, and maybe once a day on Thanksgiving. If you are part of a rare group of people, you might actually keep a daily gratitude journal and take time to reflect on your blessings regularly.

These are beneficial habits, but you can also use gratitude in a more proactive way to transform your life. The way to do this is as simple as making a series of choices throughout the course of your day.

Most of us are in the habit of thinking negatively. We experience something difficult or painful in our outer environment that throws us immediately into a negative state of mind. We fluctuate between feelings of anger, resentment, annoyance, boredom, and disappointment - never once realizing that it doesn't have to be that way!

Remember that not consciously choosing your mind-set is a choice all its own. If you don't choose, your experiences will choose for you. Let this happen and you will soon find yourself on an emotional roller coaster with a broken "off" switch.

If you want to make gratitude a bigger part of your daily life, you need to choose it. Here are two powerful ways to do that.

1) Make gratitude a consistent focus as often as you can. Instead of allowing your outer circumstances to determine your mind-set, begin reciting positive statements like this to yourself: "I choose to be grateful for _____. " (Choose anything and everything you can think of to be grateful for.) As you recite this statement, allow yourself to actually FEEL grateful. With practice this exercise can transform negative emotions and turn your whole attitude around.

2) Find something to be grateful for in every experience. This exercise can often be more challenging, especially when you experience difficult situations. However, remember that gratitude is a CHOICE. Just like there is usually a downside to each situation, there is also a positive side. Which one you focus on is up to you. When something happens, either good or bad, pause for a moment and choose how you want to feel about it. The more you choose gratitude, the better your life circumstances will be - simply because you won't be obsessing over the negatives anymore.

When you really immerse yourself in this habit, you will be amazed by the changes it inspires in you. And as you change, you will notice a corresponding change in the way people interact with you and the things that just seem to happen to you. The more positive you can be, the more positive everything else will seem!

How to Be Thankful

Being thankless is among the biggest acts of self-centeredness. It's crucial for one to realize that it's a behavior to be quashed at any cost. Being thankful for everything you have makes you a better individual, and it makes other people happy to be around you. As well, they'll be more willing to provide you assistance in the time to come.

Make Appreciation part of your daily life. Recognizing other people for what they've done for you, even the little acts of kindness, is essential even when the individual is family or a close acquaintance.

Say "thanks" for each act of kindness incurred. It's so easy to state and yet so frequently taken for granted. It's particularly true when it bears on your own loved ones.

Convey your Appreciation and gratitude frequently. Take the time to author a note or send an e-mail even if you already said thanks. Send a present to show your gratitude for someone's help.

Seek chances to reciprocate favors as soon as conceivable. Be observant and provide service rather than asking if help is required.

Calculate your blessings rather than wanting for more and moping around about what you don't have. Put down a list of things you're thankful for and you'll be astonished at what you have to be thankful for. Feeling gratitude is intimately tied to being pleased.

Supply ways to support other people who are less fortunate. You never know when the tables may be turned.

Acknowledge the little things. There are little things about life that you are able to be thankful for at this minute. The air you're breathing, this is a major one. Take a breath and realize being permitted to have air is an astonishing feeling. Don't take this for granted. Likewise the water you ingest... be thankful for this too. This is crucial to life.

Make a list daily. Make a list of the matters in nature that you're thankful for and bit by bit provide reasons and notions why you're thankful for them. As you construct this list you'll feel very empowered. This Appreciation list will help you on your life travel. Remember to place matters here you feel thankful for.

Be thankful for life. There are a lot of matters to be thankful for on the material level. A roof over your head, your auto, your apparel etc. But what I wish to point out here is there's a 2nd level of gratitude that's more potent than the material. This 2nd level is being thankful for life. This is being thankful for life experiences, trees, wind, friendships, and close relationships. These are more potent as they've a feeling attached to them. This makes it more tangible and authentic to you and the cosmos.

Thanksgiving attitude and Harvesting Gratitude

We live in a world of plenty and a world of want. For some of us, shelter, fresh water and food on the table are things we take for granted; for others, these are their hearts' deepest desires. As we head into various Thanksgiving or other fall celebrations, let's harvest an attitude of thankfulness that lasts the year through.

The World Health Organization estimates that one third of the world's population is well fed, one third is under fed, and the final third is starving. These are unsettling statistics, especially when many of us are entering a time of abundance. Fields are being ploughed, and great harvests collected. Fall brings with it family feasts and celebrations. And many of us have a lot to be thankful for: food, shelter, clean water, school, health care, the list is seemingly endless. While there are so many things to give thanks for, many of us have begun to take these and other things for granted.

Oprah Winfrey once said "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." It's true isn't it? Think back to the last time you looked at your life and saw the abundance you had. The freedoms won for you, the social structures to sustain your health and education. How can we remain focused on being thankful for all the abundance in our lives? It's a simple shift in "gratitude."

Each night, take time to write out at least three things that you are thankful for that day. Look at the small and the big pictures – what has happened at home and in the world? Think of the various events:

of a kind gesture or compliment paid to you; of the health of your family; of something that happened at work or in the lives of your family; of the safety of the world. Then, begin the next day by reading over what you wrote the night before. You can do this on your own, with your partner or as a family. By starting and ending each day by taking time to give thanks, you will, in time, begin to change your perspective on the world. You will begin to live a life of thankfulness and gratitude; you'll begin to see all that you have, and not that which is lacking.

Your shift in attitude, to living a life of thanksgiving and gratitude, will help you to see the world in a new light. You may begin to see how you can help others who are in want, and then give freely of your abundances, be it in the form of time, friendship or finances. Giving of your abundances freely will help you to continue to see all that you have to be thankful for in your own life, and so a cycle of gratitude is fostered – one that is no longer relegated to one day or season in the year, but that is celebrated each and every day.

Raising Kids of Strong Character: Gratitude

Have you ever given your child a gift only to have them respond with something like, "Is this it?" or "Where's the rest of it?" If so, you probably felt embarrassed for a second. But then you probably got mad at your child for their lack of manners and their lack of thankfulness. You're lucky if this has happened in the privacy of your own home. Many parents have turned seven shades of red after witnessing their child say similar things to



family members and friends when given a small gift. There are ways that you can prevent this from happening and make your child more thankful when somebody gives them a gift. Here are some tips to help your child appreciate "the thought" instead of focusing on gifts.

1. **Show your thankfulness for them.**

Many children feel like people owe them big presents just because they were born. But you can change this attitude by being grateful for them and showing it. Lots of hugs and caring is one way to show them that you're thankful for them. You can also tell them that you're thankful for them. It only takes a second to say, "I'm so glad you're my son," but it

can work wonders for changing their ungrateful attitude into a more positive one.

2. **Be a thankful role model.**

As with any character trait, children learn best by watching their dad. That's why it's so important that you be a thankful person yourself. Whenever somebody gives you a gift, be grateful for it in a genuine way. That way, when somebody gives your child a gift, they will mimic your behavior. Many nursery school workers won't tell children to say things like "please" and "thank you." Instead, they teach them to say it by modeling the behavior themselves. Children are more likely to learn good manners when they see respected adults apply good manners. They are less likely to exhibit good manners just because somebody told them to.

3. **Respect a child's impulses.**

If your child hasn't asked you why the person behind you in line at the supermarket is so fat, count your blessings. Children, especially the smaller ones, have a tendency to say exactly what's on their mind. They have no social skills whatsoever in that regard. So if they get a gift they don't like, don't be surprised to hear them say, "I hate this gift!" Rather than punishing your child for this (which could serve to reinforce the behavior because negative behavior only reinforces negative behaviors), simply apologize to the gift giver and thank them for the gift yourself. When the gift giver leaves, you can explain to your child that they should say "Thank you" regardless of what the gift is, even if they hate it. Teach them that it's the thought that counts and not the actual gift.

4. **Be thankful the entire year.**

Many families take only one day out of the year to be thankful for everything they have. But Thanksgiving isn't the only day we should be grateful. Some families go around the table every Sunday afternoon before eating lunch to name something that each person is thankful for. This is a consistent ritual that ingrains a sense of gratitude into your children. It's great for your own attitude, too.

5. **Teach giving.**

One of the best ways to be thankful for what you have is to give something to somebody else. When mom's birthday comes around, take your son or daughter out and let them pick out the gift. If they're old enough, let them help you wrap it and even write in the card. Do this for other gift-giving holidays as well. When it comes time for mom to open the present, your child will be so excited they might even forget their own gift.

6. **Serve those less fortunate.**

When you teach your child about the blessings they have in life as compared to other less fortunate families, they'll feel grateful for what they have. You can do this by encouraging them to donate some of their toys to orphanages or shelters. You can also visit the children's hospital with your son or daughter and to cheer up some of the patients. This is not only a great way to create a thankful attitude for you and your child, it's also a very humbling experience.

7. **Delegate responsibility to your child.**

When your child is responsible for something, they'll appreciate them more. For instance, let them choose their outfits for school each day. It seems like such a minor detail, but they'll feel thankful that they can have at least a little bit of say in what happens in their lives. If that becomes a success, let your child decide what type of food the entire family eats on "take-out night." But if you're too worried about their decision, give them a few options to choose from. It might not seem like much to you, but your child will be so grateful that you're entrusting them with more responsibility. Although it might sound like a corny cliché, having an "attitude of gratitude" is essential for growing up to be a well-developed adult. But children can't learn this trait on their own. As a dad, it's your job to demonstrate gratitude and thankfulness for your child. By following the mentioned suggestions, you can have a child that is grateful for everything they have in life. After all, who wants to be the parent of an ungrateful brat?

Chapter 7

Daily Gratitude Sessions For Making a Most Powerful Results

Daily Gratitude Sessions

Gratitude fulfills the law of multiplication. Whatever you genuinely feel grateful for, you multiply in your life. Therein lies the secret of abundance and prosperity.

Notice on the picture in right, that when you express gratitude to the universe for the blessings in your life, you totally open yourself to receive more blessings. In the process you surrender yourself to infinite abundance, and you become like an empty cup ready to be filled.



Think about it, if you gave a gift to another and that person felt genuinely grateful for the gift, you'd want to give that person another gift - just so you can experience those wonderful feelings of appreciation and perhaps to see a glow in another person's eyes, or feel really good about yourself for being able to do a good deed.

Well, the universe, or life in general, works exactly in the same way. As you feel a deep sense of gratitude, you begin to release that wonderful vibration that draws into your life countless blessings.

**"When you are grateful fear disappears
and abundance appears."**

- Anthony Robbins

The brain structure

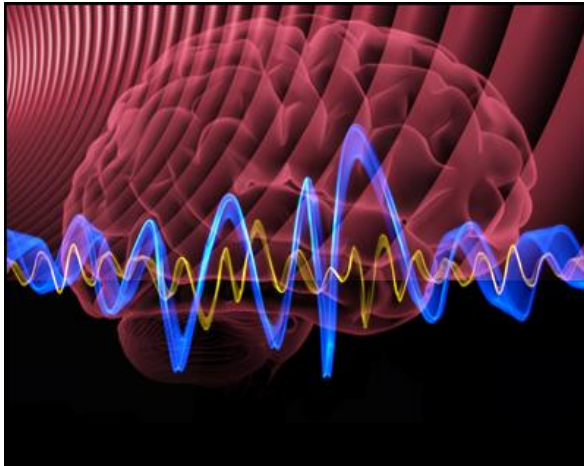
Why making a daily especial gratitude session is so effective? For finding the answer, you need to know more about the structure of your brain and its relation with the universe first.

Actually your brain waves have different frequencies during each 24 hours. EEG (Electroencephalography) technology is used to measure brain's electrical vibrations from the surface of the scalp. The resulting EEG pattern will contain frequency elements mainly below 30Hz. The frequencies are categorized into four *states* as follows:

State	Frequency range	State of mind
Delta	1Hz - 3Hz	Deep sleep
Theta	4Hz - 8Hz	Drowsiness (also first stage of sleep)
Alpha	9Hz - 14Hz	Relaxed but alert
Beta	15Hz - 30Hz	Highly alert and focused

The dominant frequency in the EEG pattern determines what shall be called the current state of the brain. If the amplitude of the alpha range frequencies is highest, then the brain is said to be in the alpha stage. Note that other frequencies still exist and it is impossible to give any "exact frequency your brain is operating on". However, later references to the brain states use the simplification of assuming that such a single frequency exists.

Brain Wave Frequency Levels



Brain wave frequency is measured in cycles per second or hertz (Hz). The amplitude, or size and strength, of the wave are also measured. Gamma brain waves are the fastest and smallest waves. Delta waves are the slowest and largest.

Beta is the level of normal waking consciousness and focus. When you are having a conversation or engaged in an activity, you are at the beta level. Usually in beta one side of the brain is dominant. This varies by individuals, but women tend to be right brain dominant and men tend to be left brain dominant. As brain waves slow, brain hemispheres synchronize and can communicate better.

Higher levels of beta are related to anxiety, stress, separation, and dis-ease. When slower, our thinking is clearer. Beta brainwaves vary from 15-30 cycles a second.

Alpha brain waves are slower than beta waves. The higher alpha brain wave frequency is related to relaxed focused attention. This is a learning state of mind.

You often experience this level when you are engrossed in a movie, book or activity and that's all you are aware of. This is a very light

trance or hypnotic state. Alpha brain waves range from 9-14 cycles per second.

At deeper alpha you are not quite asleep and still have some conscious awareness and waking. This state is related to focused attention and intuition. Having more alpha brain waves is equated with feeling happier and a greater sense of well-being.

Most people generate alpha brain waves when meditating.

Theta brain waves are associated with dreaming, visions, and more contact with the unconscious mind.

When you are learning something or make a fundamental shift in how you see things, you release a burst of theta waves. The brain chemicals that are released as a result reward you for learning.

When you drive the car while lost in a day dream, that's theta. We have free flowing ideas and think creatively when we are making theta brain waves.

People who make too many theta brain waves all the time are considered delusional.

Young children are often at theta level. That is why their subconscious minds are so easily programmed and they have difficulty telling the difference between reality and their imaginations.

When you reach deep alpha or theta brain wave frequency levels during meditation and other practices, your visualizations and

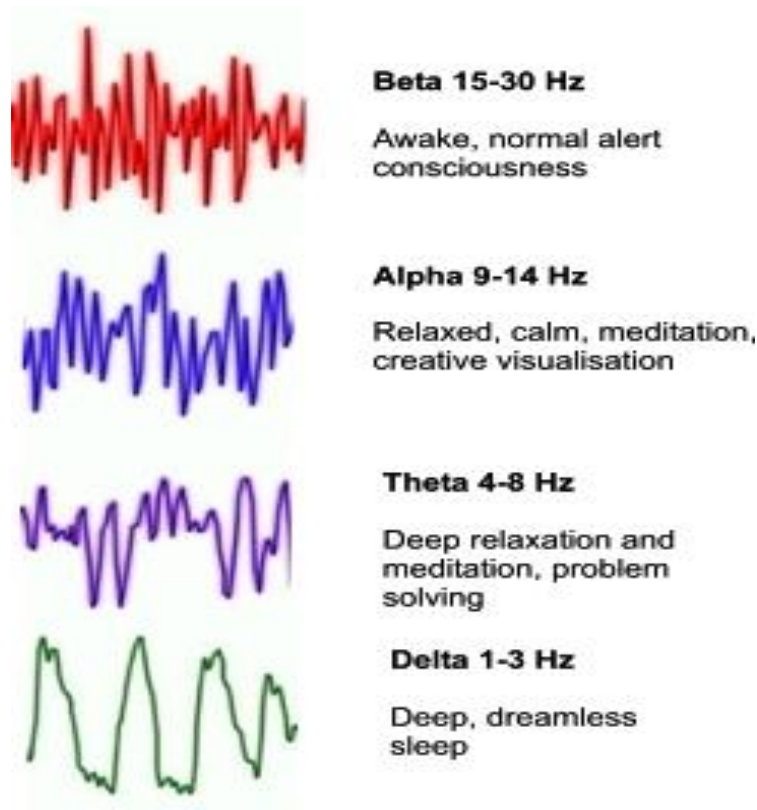
affirmations are more likely to enter your subconscious mind. You can also access the super-conscious mind. Theta brain waves vary from 4-8 cycles per second.

Delta waves are the slowest brain wave frequency. They occur during dreamless sleep. Your unconscious autonomic processes are carried out through delta waves. Delta waves are slow and large, occurring at 1 to 3Hz.

You can be in waking delta if you are in an advanced state of meditation. This state is associated with kundalini experiences.

Because delta waves are so large, the brain is forced to handle a lot more energy than usual. It has to create new neural pathways to accommodate the extra energy. This helps improve communication between both sides of the brain.

People who make a lot of delta waves can be incredibly persuasive with other people and manifest powerfully. In the right hands this can be used for great good.



The relevance between your mind and the universe

Now you know what brain wave frequency means. For making a daily gratitude session, you need the Alpha brain wave level. When your brain wave is in Alpha position, you are likely to be at the same level with the universe frequency. At this time achieving to the goals and desires is more accessible than the normal times when our brain wave is in Beta level. You can directly send your desires to the universe when you are in Alpha level. That's why the effects of gratitude for you will be higher and more powerful than the others who do not use your way (Daily gratitude session).

Just you need to make the Alpha level in your mind and stay at this position for about 10 – 15 minutes each day and doing gratitude while

your mind is in Alpha level and your body is relaxed. Think about the good parts of your life and being thankful for each one of them separately and do gratitude at the Alpha level. This will send the positive signals directly to the universe where can sent you back more and more good things and happens for being thankful to and so making your ideal life.

Please note that gratitude at all the times and days in your life is necessary and will have the good results for you and will make you closer to your ideal life but making a daily gratitude session is highly recommended for getting a very better, most effective and more powerful results.

When your mind is in Beta level during the day times, there are several filters between the frequencies of your mind and the frequencies of the universe. It means that you have to gratitude more and getting less result because the frequencies of your gratitude are weaker in Beta position as your mind is more far from the core of the universe, but being in Alpha brain wave level will make a direct path from your mind to the core of the universe and will open most of the close doors of this path.

How to reach the Alpha brain wave level

After realizing the importance of a daily gratitude session while your mind is in Alpha level, you need to learn and practice a technique which will make your mind and body into a relaxing position. When your mind and body become relax, the level of your brain waves will decrease and change from Beta to Alpha. So it calls relaxation method and if you are a beginner to learning relaxation, you have to practice this technique for a period of 42 days or six weeks. After this period, your brain will learn doing it anytime you wish and there will be no longer necessary for doing any regular practice after this period.

Your daily relaxation practice has some rules which you have follow to get the good results. It would take about 30 minutes of your time each day for learning relaxation but after 42 days you can get into relaxation position in less than 10 minutes.

Learning Relaxation

The Progressive Muscle Relaxation of Dr Edmund Jacobson

Progressive muscle relaxation is a systematic technique for achieving a deep state of relaxation. It was developed by Dr. Edmund Jacobson more than fifty years ago. Dr. Jacobson discovered that a muscle could be relaxed by first tensing it for a few seconds and then releasing it. Tensing and releasing various muscle groups throughout the body produces a deep state of relaxation, which Dr. Jacobson found capable of relieving a variety of conditions, from high blood pressure to ulcerative colitis.

In his original book, 'Progressive Relaxation', Dr. Jacobson developed a series of 200 different muscle relaxation exercises and a training program that took months to complete. More recently the system has been abbreviated to 15-20 basic exercises, which have been found to be just as effective, if practiced regularly as the original more elaborate system.

Progressive muscle relaxation is especially helpful for people whose anxiety is strongly associated with muscle tension. This is what often leads you to say that you are "*uptight*" or "*tense*." You may experience chronic tightness in your shoulders and neck, which can be effectively relieved by practicing progressive muscle relaxation. Other symptoms that respond well to progressive muscle relaxation include tension headaches, backaches, tightness in the jaw, tightness around the eyes, muscle spasms, high blood pressure, and insomnia. If you are troubled by racing thoughts, you may find that systematically relaxing your muscles tends to help slow down your mind. Dr. Jacobson himself once said, "An anxious mind cannot exist in a relaxed body."

The immediate effects of progressive muscle relaxation include all the benefits of the relaxation response described at the beginning of this chapter. Long-term effects of *regular* practice of progressive muscle relaxation include:

- A decrease in generalized anxiety
- A decrease in anticipatory anxiety related to phobias
- Reduction in the frequency and duration of panic attacks

- Improved ability to face phobic situations through graded exposure
- Improved concentration
- An increased sense of control over moods
- Increased self-esteem
- Increased spontaneity and creativity

These long-term benefits are sometimes called *generalization effects*: the relaxation experienced during daily sessions tends, after a month or two, to *generalize* to the rest of the day. The *regular* practice of progressive muscle relaxation can go a long way toward helping you to better manage your anxiety, face your fears, overcome panic, and feel better all around.

There are no contraindications for progressive muscle relaxation unless the muscle groups to be tensed and relaxed have been injured. If you take tranquilizers, you may find that regular practice of progressive muscle relaxation will enable you to lower your dosage.

Guidelines for Practicing Progressive Muscle Relaxation (or Any Form of Deep Relaxation)

The following guidelines will help you make the most use of progressive muscle relaxation. They are also applicable to *any* form of deep relaxation you undertake to practice regularly, including self-hypnosis, guided visualization, and meditation.

1. Practice at least *20 – 30 minutes per day*. Two 20 – 30 minutes periods are preferable. Once a day is mandatory for obtaining generalization effects. (You may want to begin your practice

- with 30-minute periods. As you gain skill in relaxation technique, you will find that the amount of time you need to experience the relaxation response will decrease.)
2. Find a *quiet location* to practice where you won't be distracted. Don't permit the phone to ring while you're practicing. Use a fan or air conditioner to blot out background noise if necessary.
 3. Practice at *regular times*. On awakening, before retiring, or before meals are generally the best times. A consistent daily relaxation routine will increase the likelihood of generalization effects.
 4. Practice on an *empty stomach*. Food digestion after meals will tend to disrupt deep relaxation.
 5. Assume a *comfortable position*. Your entire body, including your head, should be supported. Lying down on the floor of your room or a bed are supporting your body most completely. (When lying down, you may want to place a pillow beneath your knees for further support.) Sitting up is preferable to lying down if you are feeling tired and sleepy. It's advantageous to experience the full depth of the relaxation response consciously without going to sleep.
 6. Loosen any tight clothing and take off shoes, watch, glasses, contact lenses, jewelry, and so on.
 7. Don't practice before nightly sleeping or when you are tired because you may fall asleep during your practice session.
 8. If you fall asleep, give yourself credit for the work you did up to the point of sleep.

9. Make a decision not to worry about anything. Give yourself permission to put aside the concerns of the day. Allow taking care of yourself and having peace of mind to take precedence over any of your worries. (Success with relaxation depends on giving peace of mind high priority in your overall scheme of values.)
10. Assume a *passive, detached attitude*. This is probably the most important element. You want to adopt a "let it happen" attitude and be free of any worry about how well you are performing the technique. Do not try to relax. Do not try to control your body. Do not judge your performance. The point is to let go.
11. You should practice your relaxation method for a period of 42 days continually and without any delay.

Progressive Muscle Relaxation Technique

Progressive muscle relaxation involves tensing and relaxing, in succession, sixteen different muscle groups of the body. The idea is to tense each muscle group hard (not so hard that you strain, however) for about 10 seconds, and then to let go of it suddenly. You then give yourself 15-20 seconds to relax, noticing how the muscle group feels when relaxed in contrast to how it felt when tensed, before going on to the next group of muscles. You might also say to yourself "I am relaxing," "Letting go," "Let the tension flow away," or any other relaxing phrase during each relaxation period between successive muscle groups. Throughout the exercise, maintain your focus on your muscles. When your attention wanders, bring it back to the particular

muscle group you're working on: The guidelines below describe progressive muscle relaxation in detail:

- Make sure you are in a setting that is quiet and comfortable. Observe the guidelines for practicing relaxation that were previously described.
- When you tense a particular muscle group, do so vigorously without straining, for 7-10 seconds. You may want to count "one-thousand-one," "one-thousand-two," and so on, as a way of marking off seconds.
- Concentrate on what is happening. Feel the buildup of tension in each particular muscle group. It is often helpful to visualize the particular muscle group being tensed.
- When you release the muscles, do so abruptly, and then relax, enjoying the sudden feeling of limpness. Allow the relaxation to develop for at least 15-20 seconds before going on to the next group of muscles.
- Allow all the *other* muscles in your body to remain relaxed, as far as possible, while working on a particular muscle group.
- Tense and relax each muscle group once. But if a particular area feels especially tight, you can tense and relax it two or three times, waiting about 20 seconds between each cycle.

Once you are laying down comfortably supported in a quiet place, follow the detailed instructions below:



1. To begin, take three deep abdominal breaths, exhaling slowly each time. As you exhale, imagine that tension throughout your body begins to flow away.
2. Clench your fists. Hold for 7-10 seconds and then release for 15-20 seconds. *Use these same time intervals for all other muscle groups.*
3. Tighten your biceps by drawing your forearms up toward your shoulders and "making a muscle" with both arms. Hold... and then relax.
4. Tighten your *triceps--the* muscles on the undersides of your upper arms--by extending your arms out straight and locking your elbows. Hold ... and then relax.

5. Tense the muscles in your forehead by raising your eyebrows as far as you can. Hold ... and then relax. Imagine your forehead muscles becoming smooth and limp as they relax.
6. Tense the muscles around your eyes by clenching your eyelids tightly shut. Hold... and then relax. Imagine sensations of deep relaxation spreading all around them.
7. Tighten your jaws by opening your mouth so widely that you stretch the muscles around the hinges of your jaw. Hold ... and then relax. Let your lips part and allow your jaw to hang loose.
8. Tighten the muscles in the back of your neck by pulling your head way back, as if you were going to touch your head to your back (be gentle with this muscle group to avoid injury). Focus only on tensing the muscles in your neck. Hold ... and then relax. Since this area is often especially tight, it's good to do the tense-relax cycle twice.
9. Take a few deep breaths and tune in to the weight of your head sinking into whatever surface it is resting on.
10. Tighten your shoulders by raising them up as if you were going to touch your ears. Hold ... and then relax.
11. Tighten the muscles around your shoulder blades by pushing your shoulder blades back as if you were going to touch them together. Hold the tension in your shoulder blades ... and then relax. Since this area is often especially tense, you might repeat the tense-relax sequence twice.
12. Tighten the muscles of your chest by taking in a deep breath. Hold for up to 10 seconds ... and then release slowly. Imagine

any excess tension in your chest flowing away with the exhalation.

13. Tighten your stomach muscles by sucking your stomach in. Hold ... and then release. Imagine a wave of relaxation spreading through your abdomen.
14. Tighten your lower back by arching it up. (You should omit this exercise if you have lower back pain.) Hold ... and then relax.
15. Tighten your buttocks by pulling them together. Hold ... and then relax. Imagine the muscles in your hips going loose and limp.
16. Squeeze the muscles in your thighs all the way down to your knees. You will probably have to tighten your hips along with your thighs, since the thigh muscles attach at the pelvis. Hold ... and then relax. Feel your thigh muscles smoothing out and relaxing completely.
17. Tighten your calf muscles by pulling your toes toward you (flex carefully to avoid cramps). Hold ... and then relax.
18. Tighten your feet by curling your toes downward. Hold ... and then relax.
19. Mentally scan your body for any residual tension. From a particular area remains tense, repeat one or two tense-relax cycles for that group of muscles.

Note. Be careful not to hurt yourself, as compared to feeling mild pain. *Contracting the muscles in your feet and your back, especially, can cause serious problems if not done carefully; i.e., gently but deliberately.*

20. Now imagine a wave of relaxation slowly spreading throughout your body, starting at your toes and gradually penetrating every muscle group all the way up to your head. You should focus on each muscle at least for 30 – 40 seconds and thinking that each muscle you are focusing on is getting relaxed and heavy more and more.

After completing the step No.20 and before leaving your relaxation position, it is the time when you can reach the alpha brain waves level and now the frequency of your brain is about to be at the same level with the universe's frequency. Just let your mind being free of any kind of stress and don't think to any of your problems in your life and so you can gratitude here in this step by following the instruction of gratitude in this book and you can now being thankful for the different good things and happens of your life and the result is attracting more and more good things and happens to your life and you are likely to go toward your ideal life. You have to do this after the 42 days period of your relaxation practice as your each daily gratitude session.

21. When your body gets deeply relaxed after each session, it is important to become active again, slowly. Become aware of your feet against the floor; your body against the chair. Take 5 deep breaths and feel yourself becoming more and more alert with each breath, more rested and refreshed. Wiggle your fingers and your toes. And, at your own rate, whenever you are ready, go ahead and open your eyes. (Orthostatic hypotension—

a sudden drop in blood pressure due to standing up quickly—
can cause you to faint.)

The entire progressive muscle relaxation sequence should take you 20-30 minutes the first time. With practice you may decrease the time needed to 15-20 minutes. You might want to record the above exercises on an audio cassette to expedite your early practice sessions.

After 42 days of your practice period, you have just focus mentally to each muscle's group of your body separately and start from your toes and continue it up to your head. This will take maximum 10 minutes to get the relaxation position and making alpha brain waves level. There is not necessary to tense your muscles after 42 days and there is not necessary to practice learning relaxation every day because you mind and body gains this skill as well and you can reach this position every time you wish in your life. But as you want to make powerful effects of gratitude in your life, so you may do it every day as your daily gratitude session.

You need 10 minutes to reach the position of relaxation and alpha brain waves level and you need about 10 – 15 minutes for gratitude in that level. (You can do it longer. It's up to you.)

Four Stages of Gratitude that you can consider to use in your daily gratitude sessions

1. Take some time to think about the things, people and circumstances that are truly beneficial to you and that are enriching your life now or have enriched your life in the past and feel a sense of deep gratitude for those blessings.

2. There may be things, people and circumstances that are beneficial to you, but which you took for granted because they've been such an intrinsic part of your life that you're not even aware of their wonderfulness and usefulness in your life - such as the air that you breathe, the bed on which you sleep, the clothes that you wear, maybe even your family and friends. Think about the life that animates your body, the wonderful mind that you have. Feel a sense of deep gratitude for those things, people and circumstances which are enriching your life every day, but which you might have taken for granted.

3. The more challenging step for most people, is feeling gratitude for dismal experiences in their lives, for losses, trials and tribulations, for those people and situations in our lives that brought us even some pain and discomfort.

Suffering may be considered useful or useless. Useless suffering is when we've gone through the experience and haven't learned anything from it. Useful suffering is when we've gone through the unpleasant experience but have gained some valuable lessons. Perhaps the unpleasant experiences have helped us to develop some

skills and abilities we didn't feel motivated to develop before. Perhaps the unpleasant experiences have pushed us to the point where, unaware of any other choice to stop the suffering, we finally discovered incredible resources within ourselves, powers that were lying dormant and untapped.

When we express gratitude for these dismal experiences, we acknowledge the blessings within them and our power to transmute any condition into its higher state - instead of coal we begin to notice diamonds. In this way we also release undesirable conditions and embrace and amplify hidden treasures, because that's what we choose to focus upon.

4. Now, go one step further and think of those things you'd like to have in your life - feel how you would feel having them right now and express gratitude for them as if you already have them. Gratitude is the fastest way to draw those experiences into your life. When you feel gratitude for something, you acknowledge that you have already received it, you program this desirable experience as your reality into your subconscious mind, you expect it to happen, you begin looking for proofs that it is a part of your life, you begin acting as if this is true for you now and you begin to experience what may be nothing short of miracles.



Chapter 8

Sayings around Gratitude

Sayings

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" ~William A. Ward

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving. ~H.U. Westermayer

Silent gratitude isn't much use to anyone. ~G.B. Stern

If the only prayer you said in your whole life was, "thank you," that would suffice. ~Meister Eckhart

There is no such thing as gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude. ~Robert Brault,

Gratitude is the memory of the heart. ~Jean Baptiste Massieu, translated from French

When we were children we were grateful to those who filled our stockings at Christmas time. Why are we not grateful to God for filling our stockings with legs? ~G.K. Chesterton

The only people with whom you should try to get even are those who have helped you. ~John E. Southard

Gratitude is an art of painting an adversity into a lovely picture. ~Kak Sri

If you have lived, take thankfully the past. ~John Dryden

As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world. ~Terri Guillemets

I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder. ~G.K. Chesterton

You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink. ~G.K. Chesterton

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

~Ralph Waldo Emerson

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. ~Frank A. Clark

The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings! ~Henry Ward Beecher

Grace isn't a little prayer you chant before receiving a meal. It's a way to live. ~Attributed to Jacqueline Winspear

Praise the bridge that carried you over. ~George Colman

If you count all your assets, you always show a profit. ~Robert Quillen

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. ~Epictetus

What a miserable thing life is: you're living in clover, only the clover isn't good enough. ~Bertolt Brecht, *Jungle of Cities*, 1924

Gratitude is the best attitude. ~Author Unknown

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~W.T. Purkiser

We thank Thee, O Father of all, for... all the soul-help that sad souls understand. ~Will Carleton

We can only be said to be alive in those moments when our hearts are conscious of our treasures. ~Thornton Wilder

Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all. ~William Faulkner

If you want to turn your life around, try thankfulness. It will change your life mightily. ~Gerald Good

Gratitude is the least of the virtues, but ingratitude is the worst of vices. ~Thomas Fuller

There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance. ~Joseph Addison

I feel a very unusual sensation - if it is not indigestion, I think it must be gratitude. ~Benjamin Disraeli

There is no greater difference between men than between grateful and ungrateful people. ~R.H. Blyth

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. ~Henry Clay

Who does not thank for little will not thank for much. ~Estonian Proverb

Thou hast given so much to me,
Give one thing more, - a grateful heart;
Not thankful when it pleaseth me,
As if Thy blessings had spare days,
But such a heart whose pulse may be Thy praise.
~George Herbert

The hardest arithmetic to master is that which enables us to count our blessings. ~Eric Hoffer, *Reflections on The Human Condition*

Gratitude is the fairest blossom which springs from the soul. ~Henry Ward Beecher

When our perils are past, shall our gratitude sleep? ~George Canning

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy

We often take for granted the very things that most deserve our gratitude. ~Cynthia Ozick

Only a stomach that rarely feels hungry scorns common things.

~Horace

The grateful person, being still the most severe exacter of himself, not only confesses, but proclaims, his debts. ~Robert South

Gratitude is merely the secret hope of further favors. ~François Duc de La Rochefoucauld

Most human beings have an almost infinite capacity for taking things for granted. ~Aldous Huxley

When eating bamboo sprouts, remember the man who planted them. ~Chinese Proverb

Thanks are justly due for boons unbound. ~Ovid

In this world of sin and sorrow there is always something to be thankful for; as for me, I rejoice that I am not a Republican. ~H.L. Mencken

Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~William Arthur Ward

Hem your blessings with thankfulness so they don't unravel. ~Author Unknown

What Are You Grateful For?

Some of today's leading artists share their gratitude lists. What's on yours?

In his recent book, *On Gratitude*, journalist **Todd Aaron Jensen** reveals what some of today's leading actors, musicians, authors, and other artists are most thankful for. Here we present excerpts from their gratitude lists; we hope they inspire you to draft your own, just in time for Thanksgiving.



Forest Whitaker is a highly acclaimed actor, who won an Academy Award for his performance in *The Last King of Scotland*:

My work has allowed me to be and see places where the polarity and duality of things are everywhere evident—the jungles of the world, where people are living, literally, in the mud to the palaces of kings, and all of the emotion and ideas and ideologies between them. These are all gifts—any chance you have to see the world through someone else's eyes is always a gift. It allows you to live your own life more clearly.

Adam McKay is the writer, producer, and director of such comedy films as *Talladega Nights* and *Stepbrothers*:

I am grateful for all of the people in the past thousands of years who died, were beaten, or were arrested for our rights and freedoms—the union people in the early twentieth century who decided they wanted a weekend or a forty-hour work week or didn't want nine-year-olds to work full-time jobs and get abused. We so take that for granted now, because we forget how much they sacrificed for the lives we live today.



Dolly Parton has recorded such hit songs as “Here You Come Again” and “I Will Always Love You,” and has starred in the movies *Steel Magnolias* and *Nine to Five*:

I was born with a happy heart. I wake up every day expecting things to be right, and if they're not I get to making them right....Sometimes people like to wallow in their sorrows and their sad tales, but I really believe that's detrimental to the lives we should be living. It's natural to have hurts and disappointments, but you have to deal with it—pray out of it, dream out of it, and get to living.

Kurt Vonnegut is a one of the great American writers, best known for books like *Slaughterhouse Five* and *Cat's Cradle*. He passed away in 2007:

I tell everybody to practice some art, no matter how badly or how well. It doesn't matter. It's the experience of becoming—of creating—

that truly matters. It is as important as sex or food. It's a tragedy to me that our schools have cut art out of the curriculum, because (they say) it's not a way to make a living. Well, it's not a way to make a living; it's a way to become, to find out what you are, what you can do, what's inside of you.

Danielle Steel is one of the best-selling fiction authors in the world, and has written such popular books as *No Greater Love to Sisters* and *Going Home to Passion's Promise*.

Parenting is the most important job of my life—my greatest accomplishment and my greatest joy. I totally forgot they'd grow up and be gone, I was so busy shuttling between the soccer matches and the orthodontist and snuggling with them...Of course there are always challenges. I lost my son (Nicholas Traina) in 1997, and he was—and still is—an enormous blessing. Since his death, I've established two foundations in his name and we've been able to help thousands of people suffering with mental illness. That help has made a difference in the world. ... That's one of the ways children—even in the heartbreak—can be a real blessing.



John Krasinski is an actor best known for his role as amiable, puckish Jim Halpert in the American version of the TV show *The Office*:

I can't describe how important my friends are to me, not only because I rely on them for inspiration and strength in good times and bad, but I would never be who I am without them. Each one of my friends has been so instrumental in opening up my mind to movies, books, plays, new experiences...My friends have helped me become who I always wanted to be.

Jeff Bridges has starred in the movies *The Big Lebowski* and *The Last Picture Show*, among many others. He won an Academy Award earlier this year for his role in *Crazy Heart*:

My wife is the big blessing in my life. We've been married more than 30 years. Marriage is a funny judo-deal—the so-called obstacles and pitfalls, the tough stuff, those are the real blessings. ... You have to appreciate the obstacles as opportunities to open up more that you thought you could, connect more deeply than you thought you could. Nothing is too big for you when you're really with your partner.



Alicia Keys is a singer-songwriter, who was a piano prodigy at the age of 7 and a songwriter at the age of 13. She also does humanitarian work in Africa:

Giving is the greatest way to touch a life—to know that you really can affect the world around you. It's so empowering. You help a cause and then you learn the names and then you see the faces and then you feel

their spirits and you're making a meaningful change in this lifetime, and it's extremely grounding and beautiful.

Good food is an amazing blessing. Whenever you can sit down to a table and eat food that is extremely delicious, and you are surrounded by people you love, and you enjoy every flavor and every bite, it's "wow, life is good." You can't truly grow until you can fully appreciate a good meal.

Chapter 9

Last Section

10 Ways to Become More Grateful

1. Keep a Gratitude Journal. Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness.

2. Remember the Bad. To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.

3. Ask Yourself Three Questions. Utilize the meditation technique known as Naikan, which involves reflecting on three questions: “What have I received from ___?”, “What have I given to ___?”, and “What troubles and difficulty have I caused?”

4. Learn Prayers of Gratitude. In many spiritual traditions, prayers of gratitude are considered to be the most powerful form of prayer, because through these prayers people recognize the ultimate source of all they are and all they will ever be.

5. Come to Your Senses. Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen

through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.

6. Use Visual Reminders. Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people.

7. Make a Vow to Practice Gratitude. Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as “I vow to count my blessings each day,” and post it somewhere where you will be reminded of it every day.

8. Watch your Language. Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.

9. Go Through the Motions. If you go through grateful motions, the emotion of gratitude should be triggered. Grateful motions include smiling, saying thank you, and writing letters of gratitude.

10. Think Outside the Box. If you want to make the most out of opportunities to flex your gratitude muscles, you must creatively look for new situations and circumstances in which to feel grateful.

An Exercise in Gratitude

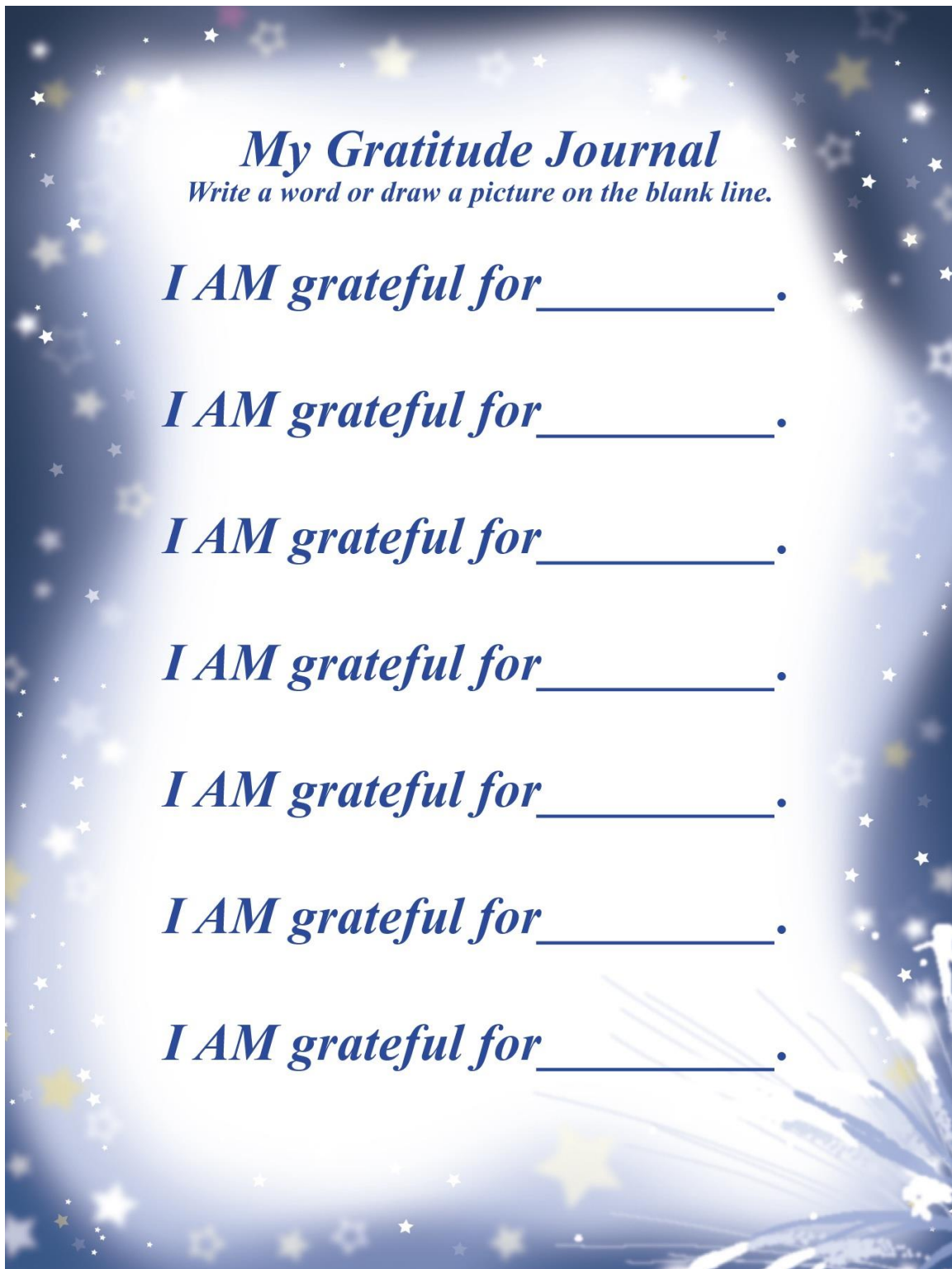


The thought and feeling of gratitude are among the most powerful tools of creation. Thinking about the things in your life that you are grateful for having not only makes you appreciate them more – it also sends out a message of “have” versus “lack” into the Universe. And since you attract what you are, you activate the mechanism of “having” versus “wanting” (lacking). Gratitude is most powerful when followed by action, so showing your gratitude brings even more of this ‘have’ energy to you. Thinking, feeling and acting thankful every day doesn’t take much – just awareness of what you’re already doing and connecting these to the thought and feeling of gratitude. Here are some personal examples:

- * I'm grateful for my fully functioning body, and I show it by exercising and walking in joy.
- * I'm grateful for my creativity, and I show it by coming up with new recipes and innovation in the kitchen.
- * I'm grateful for my family, and I show it by telling them that I love them whenever I can.
- * I'm grateful for this beautiful planet and I show it by recycling.
- * I'm thankful for my desire to help others, and I show it by sharing valuable information for a healthy lifestyle.
- * I'm thankful for my need to be who I am and say what I think, and I show it by "telling it like it is" and speaking/writing/standing for the bottom line.
- * I'm thankful for my graceful shoulders, and I show it by wearing tank tops.
- * I'm thankful for knowing that I am connected to every single soul on this planet and beyond, and I show it by smiling at everyone I meet and treating them with the Golden Rule: do unto others as you would have done unto you.

As you can see, you can practice gratefulness with the silliest thing or the most profound ideas. Right now, think of something or someone for which you are thankful and show it.

Sample of a Gratitude Journal



Last Article

Congratulation! Now that you've studied the book, are you prepared to put gratitude and appreciation to work for you? If so, this means that you're going to have to do the steps, not place this book away in a file or bury it on your disc drive. Here's a drill for you to do. I advocate that you do it each day for the following month to get these fresh habits in your brain.

Take a piece of paper and fill the paper with things you're grateful for. Make certain you've at least twenty-five – thirty items and that you've a couple of items from each area of your life. Include your monetary resource, wellness, career, relationships, playthings, recreation and anything else you are able to think of.

Stop right here and accomplish this before you advance.

How was that? Did you have any trouble mustering up enough items? A brief list means that you've a lot of things in your life that you haven't applied the law of opposites to. These are matters that you do not care for the way they are. Here's part 2 of this drill. Regardless how many or how few you got on your first list, this drill is configured to show areas where you need to utilize the first steps of the law of gratitude.

Take a different piece of paper and make a different gratitude list, with items from all the regions of your life. However, for this list, begin with things you don't like. View your boss with the foul attitude,

your auto that won't start, your eruptive adolescent stepdaughter, your ex, the Internal Revenue Service, the pimple on your nose that won't disappear, the bills that keep arriving.

For instance, utilizing my sample list, you may be grateful that you've a job and an auto, for your new parenting skills, your fresh insights into relationships, and the money you have to pay taxes on, a sound body and the Advantages of the merchandise and services made up by the bills. Get the theme?

Whatever it is for you, begin with these sorts of items, discover something to be thankful for and write it down. Fill the paper with these gratitude assertions.

Quit! You can't jump this exercise and advance. Don't read any more till you've finished.

Now, how was that? Did you complete it? You might have felt much resistance to a few of the individuals or conditions on that list. That resistance is making it hard for you to get what you wish in life. View the items that annoyed you and decide which of the first steps needs to be used. Go work on it.

Something else you are able to do is maintain a list of what you give. Each day discover some way to give someone something, to portion out what you have. If there's something you feel you don't have plenty of, give that! Be a positive, courageous, upbeat and enthusiastic giver and observe what occurs!

Now to answer the enquiries of who you're being grateful to, and how come. I believe we pretty well covered the answer of "how come." Gratitude and appreciation, we have demonstrated, is among the mightiest attractors of what we require. As for the "who" to be grateful to, you might already have your own response. As a matter of fact, you don't truly need a "who." But if you'd like a list to pick from: Power, infinite, Supreme Intelligence, Source, Cosmos, Universe, Nature, Father, and, naturally, God.

There are a lot of other names you are able to use, too, so choose one that fits you. I can tell you, it doesn't matter what you call it. Simply be grateful and appreciative that we live in a friendly universe.

Just start using gratitude in your life and make your daily gratitude sessions too and decide to transform your current life towards your ideal life and make lots of miracles for yourself and love ones by using the power of gratitude.

Believe to the Miracles of Gratitude! Welcome to your new incredible life.

Good Luck

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