

GRATITUDE

Gratitude is a prayer.

It is a joyful and selfless expression of thankfulness from within. Whenever you are in a state of gratitude and appreciation you are in a state of natural abundance. Through gratitude and appreciation you are focusing your thoughts and energy on the beauty and abundance that is *already* present in your life. You are sending a clear message to the universe that *this* is what you would like to experience more of. There is no greater prayer than one of sincere heartfelt love, appreciation, and gratitude. These pure emotions are of the highest vibrational frequency, and through the Law of Attraction they will automatically attract even more to be thankful for. They will create a vibrational match for all the beauty and abundance that the universe has to offer.

Make a conscious decision to have an attitude of gratitude. Choose to live in a state of constant, joy, gratitude, and appreciation, and acknowledge how fortunate you are. Don't take even the simplest things for granted—appreciate them and give thanks. This feeling and expression of gratitude is simply good for you. It increases your sense of well-being, awareness, enthusiasm, happiness, determination, and optimism. It raises your vibrational frequency and creates an upward-spiraling process of ever increasing joy, gratitude, and abundance that just keeps getting better and better.

Your Gratitude Journal

Every day we have so many things to be grateful for. Your daily gratitude journal is a place to appreciate all that you are already blessed with. Your gratitude journal will inspire you and serve as a daily reminder to focus on the positive and on the many areas of abundance in your life. By keeping a journal of all that you are grateful for, you will attract more of those things to you. It is a simple concept and a powerful tool in the deliberate creation of the life you desire.

Remember to be grateful for even the difficult and challenging situations in your life. These situations contribute to your spiritual and emotional growth, and they are often opportunities to develop a new quality, strength, skill, insight, or wisdom. Be grateful for the lessons and growth they provide.

Rise to these occasions, and appreciate all that you are learning in the process. By staying positive and appreciative through these trying times, you will avoid creating or attracting more challenging situations into your life. By learning to be grateful for even the difficulties you experience, you will positively shift your energy to the highest possible frequency. This will create a vibrational match for the positive energy and experiences that you do want to attract.

So, take the time to notice and appreciate all the good that is present in your life. This will automatically and effortlessly attract more good into your life. Make a commitment to use your gratitude journal *daily*. Take the time each evening before going to bed to review your day, and think about the events that have transpired. Become aware of how many good things actually happened, and remember to appreciate even the challenges that you encountered. Select the five things, people, or events that you are most grateful for, and write them down.

There is no right or wrong here, just write down whatever, or whoever, you are sincerely grateful for on that particular day. *Anything* you are grateful for. As you write them in your journal, really *feel* the appreciation, and give thanks. This time spent in gratitude will become a sacred part of your daily routine.

It's also a good idea to start your day in a place of gratitude. Take a few quiet moments each morning to really be thankful and to simply appreciate how fortunate you are. By doing so, you will begin each day in a state of powerful positive attraction that will set the tone for the rest of your day. If you prefer writing in your gratitude journal in the mornings, that's fine, too. The goal here is to begin and end each day with gratitude.

Acknowledgment

A portion of your gratitude journal is devoted solely to acknowledgment. Spend some time in quiet contemplation at the end of each day, and notice the changes that are occurring in your life. Acknowledge God's presence and the miracles all around you. Miracles can and do occur on a daily basis. Notice them, honour them, and write them down. Through your continued expressions of acknowledgment and gratitude, you will become increasingly aware of these miracles and the amazing synchronicity that is already present in your life. Use the acknowledgment portion of your journal as a place to record any specific experiences you've had that illustrate the effects of the Law of Attraction at work in your life. Since whatever you focus on expands, the more you notice it working, the more it will work.

Remember the importance of gratitude and appreciation in *all* areas of your life, and be sure to devote time daily to connect with God and with yourself. You will begin to notice a change in your perception of each day's events. You will become more aware of the positive things that happen all around you every single day. Your focus will shift, your energy will shift, and you will begin to appreciate how blessed you already are.

And...the Law of Attraction will respond to the higher vibration you are creating.

I Live in Gratitude...

*For all that I have given
And for all that I've received.
For the beauty in my life.
And for the sorrows I have known.
For the challenges I've faced
And for just how far I've come.
For my courage and my gifts,
And for the wisdom I've acquired.
For the journey and experience
And for kindness on the way.
For my dreams and my desires
And for the trust that I have learned.
For the joy and inspiration
And for my purpose, newly found.
For the miracles unfolding
And for what tomorrow holds.
For all the love I've ever known
And for that I've yet to give.
For my friends, my home, and family
And for the time to find myself.
For abundance and simplicity
And for the grace and opportunity.
For the chance to make a difference
And for the faith to know I will.*

D.D. Watkins