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The gratitude of most men is but a secret desire or receiving greater benefits. *Francois Duc de la Rochefoucauld*

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Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life. *Northrup Christine*

Introduction

Have you been applying the Law of Attraction with very little results, and thought there must be something missing?. This missing link is of course “Gratitude”. When we apply The Law of Attraction, we also need to apply gratitude. This is when the law is kicked in to action and the real magic starts to happen.

Gratitude is being grateful for what you already have, knowing better times and things are on the way.

Gratitude is more than simply saying thank you, it is also about not complaining about your current situation. When we complain about things going wrong all the time, this creates a negative vibration and creates more of these situations for us. So how do we turn things around? We start by complaining less, we accept things for how they are in this moment, knowing that good times are on their way.

How do we stop complaining? When we complain about the situation we are in, we are really avoiding taking the steps to change the situation.

If gratitude can bring you happiness and good then you will attract more good experiences

Start by being grateful and stop complaining. When we complain less we feel much happier. We should complain less about what we don't have and be more grateful about what we do have. This creates an attitude of gratitude.

Do you wish you could be more happy, have more abundance and achieve financial security? The answer is yes, of course we all wish we could achieve all these things.

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A complaint free world.

Focus on what you do want.

Know what you don't want.

Gratitude is the memory of the heart. *Jean Bapiste Massieu*

Know what you do want.

Focus on what is good and what is working.

Our minds create our world.

Complaining is negative.

Changing your inner world changes your outer world.

Stop complaining.

What are you creating today?

Make emotional connection.

Complaining is avoiding taking action.

The world is the way it is and we should be grateful

Expect miracles, you will attract miracles.

Find what's good and make that your focus.

Your wealth is your relationship with other people.

Gratitude and Money

Applying the Law of Attraction without observing the law of gratitude is like shooting in the dark.

Money is spiritual not physical. We use many different symbols to represent money. When these symbols are lost, we haven't really lost anything, only the symbol that represents money, therefore you require a spiritual method to attract wealth. Gratitude is that method to creating an abundance of wealth and may other benefits.

Praise the bridge that carried you over. *George Coleman*

You will start to feel more relaxed, have less stress, you will feel more love in your relationships. A side effect is you will feel more confident.

We all live heretic lives these days.

Having negative thoughts and feelings interrupt the flow of energy that is used in the manifestation of your desires.

If you want to be successful in business and in life you must apply the law of gratitude. This one law often gets overlooked and misunderstood. The Law of Attraction says you must obey this law.

The magic is all around you, the trick is to see it.

Basic gratitude

I like to call this basic gratitude. We all have experienced this form of gratitude. Remember when we were growing up, we were always told to say thank you, be grateful for what we were given.

Do you want more happiness, more wealth and more love, gratitude is the key to achieving these. With gratitude, you awaken the Law of Attraction

There are two types of gratitude. Firstly there is daily gratitude. This is what most people associate gratitude with. Daily gratitude is the least effective form of gratitude.

- Your health
- Your house
- The cloths on your back
- Your possessions
- Your relationships
- Your family
- Your job
- Your skills
- The holidays you take

This is the type of gratitude you practice on a daily basis. It's the kind we can relate to.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. *Melody Beattie*

Gratitude Magic

This is the most powerful type of gratitude. Using this form of gratitude is the most effective way to practice the Law of Attraction.

This form of gratitude is independent of situations and circumstances

When we practice this type of gratitude, magic happens.

- Your life
- The universe
- Time and space
- Your problems
- Your foibles
- Your mistakes

To practice this form of gratitude, here are some basic steps that will guide you

Be grateful for being able to read this ebook.

Put up pictures of people who you are grateful for who have helped you along your life's journey.

Carry an object with you to remind to be grateful that you can touch.

Gratitude is expensive. *Edward Gibbon*

Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present -- love, health, family, friends, work, the joys of nature and personal pursuits

that bring us pleasure -- the wasteland of illusion falls away and we experience Heaven on earth. Sarah Ban Breathnach

Creating a gratitude journal

A gratitude journal is simply a diary except you record what you are grateful for that day. You could use a diary or similar book for writing your gratitude journal. Just make sure you have enough pages to cover a years worth of gratitude.

Start you journal with the following line – Today I am grateful for....

Everyday write down 5 things you are grateful for. Now, these things that you have been grateful for during the day, could be as simple as being able to eat your breakfast in the morning, being able to read the newspaper. You can also be grateful for the house you live in, having a supportive partner and family that are always there for you.

Even when you are not having a good day, things are not going smoothly, you must still write down your 5 things you have been grateful for during the day. This is where gratitude is most important. Doing this will help you to look for things to be grateful for and appreciate. This will help you create an attitude of gratitude. Write only the positive things that have happened to you during the day in your gratitude journal.

In every situation, look for the good things. They are there; you just have to see them. Look for the positive things even when they don't seem to be there. You just have to look for them. Stop complaining and start to think positive.

When you are having a really good day, everything just seems to be helping you create an attitude of gratitude, you will have more than 5 things to write in your journal. Yes, you can write down more than 5 things.

Every day you can be grateful for something. When you tell someone in your life you are grateful for them is a powerful way to express gratitude. Expressing gratitude towards someone who has provided a cheerful smile, gave good service or maybe provided you with directions.

Ways we can express gratitude could be as simple as sending a card or letter thanking someone. Include what it was that made you grateful, how you felt when they made you grateful.

Here is a sample from my own gratitude journal –

Today I am grateful for waking up in the morning and able to open my eyes, seeing the sun shine through the window. I am grateful for being able to have breakfast with my family. I am grateful for the car not breaking down when I had an appointment in town. I am also grateful for finding a park

This is just a sample of my many daily gratitude entries I have in my journal. It is also important to read through your previous entries and reflect on why you have been grateful.

Just remember to write in your journal 5 things that you are grateful for everyday, even when you don't feel like writing.

Gratitude exercises

Lesson 1

Time 15 minutes

- Chose any room and stand in the centre of the room.
- Feel calm and relaxed.
- Take a look around the room and move toward the first object that you see.
- Aim to cover every object in the room including furniture, walls, carpets and even the pictures on the walls.
- Say thanks to the object for its usefulness in your life.
- Touch each object or if you can hold the object, pick it up.
- Continue around the room thanking every object for its usefulness in your life.
- Continue with the other rooms and do the same
- Notice how you felt as you thank each object.
- Return to the centre of the first room when finished.

Lesson 2

Time 15 minutes

- Move around the room again but this time show as much appreciation as you can for the object being in your life.
- Notice how you felt as you thank each object.
- As you go around, appreciate the beauty of the object, how nice it is, how it looks in your home.
- Continue around each room

Lesson 3

Time 15 minutes

- Start in the first room.
- Feel calm and relax.
- When you approach each object, recall everyone that was responsible for its creation and bringing the object to you.

- Even though you may not know who they all are, say thank you to all those people in creating and delivering the object.
- Fell a real sense of gratitude for all those people responsible.
- The earth provided the materials for creating your beautiful object, think how the earth provided the materials for your object.
- Thank the earth with gratitude for providing the raw materials for everything you have.

Lesson 4

Time 15 minutes

- Return to the first room.
- Fell calm and relaxed
- As you go around the room and approach each object, and imagine what it would be without the object if you could not replace it.
- Imagine how different your life would be without the object.
- Imagine how difficult your life would be without the object.
- How would you feel about losing the object, and not being to replace it?
- Experience the feeling of losing the object fully.

Lesson 5

Time – there is no set time for this exercise, as much time as needed.

- Picture everything as being connected to everything else in the world.
- Everything is connected in some shape of form, no one is alone and we depend on being connected with each other to make our lives easier and provide us with things to enjoy life.

The purpose of this exercises connect you with the earth, and all living creatures on earth. When doing these exercises, appreciate all living creatures and be impartial to colour, age, race, shape and size and also gender.

Lesson 6

Time 20 minutes

- Make sure you are warm and find somewhere comfortable to sit.
- Fell calm and relaxed.
- If you wish to write things down have a pen and paper handy.
- You can either make a mental note or write it down as a prompt.
- Recall all the people you have had contact within your life.

- This will include your parents and family, extended family and anyone else including friends and enemies, your teachers, customers and anyone else you have met or had contact with in your life.
- Your list should be very long.
- Thank everyone for being in your life at one time or another.
- All these people have shaped you into being who you are today.

Lesson 7

Time 15 minutes

- Now work through the same list of people and appreciate their assisting in your life.
- Don't forget to appreciate the people who have caused you discomfort, anger and hurt etc., they have also been a part of your life.
- These people are teaching you lessons, even if you don't agree with what they are teaching you about how not to treat people.
- Now appreciate the people who have helped you along the way in your life.
- Stay focused and don't let the past feelings about the person, either positive or negative, just concentrate on how people have shaped your life.

Lesson 8

Time 15 minutes

- Feel calm and relaxed
- Now work through your list, thanking all the people for their energy and the many experiences, either good or not so good you had with them.
- Have a feeling of gratitude towards everyone on your list.
- All these people have helped shape your life, into what it is today, they have helped you make decisions, be independent provide love and hate.

Lesson 9

Time 15 minutes

- Feel calm and relaxed.
- Now work through your list, and imagine if you had never met these people, how different your life would be.
- You may not know how different your life would have been without these people, either good or not good.
- How do you feel towards particular persons?
- If these people were not in your life, would you have any regrets or would you be pleased?

- Would your life have gone down a different path with out these people s influence on your life?
- What experiences would not have occurred if these people were not there to lend you a hand and guide you through life?
- Would you fell good or not so good if these people had not been there?
- Now give gratitude to all these people for being in your life, either good or not so good experiences.

Lesson 10

Time – there is no set time for this exercise, as much time as needed.

- Now picture how each person has played a part in your life.
- This time think about the part you have played in other peoples lives.
- Maybe you have caused them to be joyful, brought laughter to them, provided assistance to them.
- Would these people you have had contact with, regret or rejoice if you had not been in their lives.
- If you had never meet these people, would their lives be the same?
- Now send each person you have ever had contact with gratitude, appreciation and love for experiencing your life.
- Imagine how dull you life would be without people in your life