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Foreword

There's a ton of data floating about on how to be successful in any endeavor. I'm certain you've heard about the requirement for a clear vision, a conviction, a great understanding of human behavior and the precepts of influence.

If you're similar to me, you've likely got a ton of material about being successful. It's invaluable, and I wouldn't trade my material for the entire world. However what occurs when we feel like we're doing all that junk in the books and tapes, at any rate to the best of our ability, and we're not truly getting where we wish to be? Is it conceivable that there's a missing link in our plan for success?

Gratitude Now

Learn how being thankful for every blessing in life will change your future.

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 crooked back to prove it! Who or what am I supposed to be stating ‘Thank you’ to, and how come?” 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 so 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 – 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 poo 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.

Wrapping Up

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!