

Day 25: The Law Of Gratitude

Quote today

"Gratitude is the sign of noble souls."
Aesop

Recap of the Law

Spiritual currency magnetizes abundance to you. Gratitude is the feeling in harmony with abundance.

Today I am grateful for....

Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.)

Feel free to meditate on this law or choose a meditation of your choice.

Exercise

As you exercise today, thank your body for its strength, flexibility, and stamina and commit to making healthy choices that continue to nourish it. A suggested affirmation is - I give thanks for and honor the miracle that is my body.

Hydrate

Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight

Find someone you can thank for something, in person. If you can't do it today, arrange to do it as soon as possible!.

Your Mindful Practice

Take a moment, breathe and just be in the present. As you prepare to meditate today, silently thank the circle of life that surrounds you. "I see the world with new eyes today, and I am profoundly grateful for my close relationships and the Earth that supports me."

Day 25: The Law Of Gratitude, Continued

Your Success Strategy Write out Chapter 7: Gratitude from *The Science of Getting Rich* by Wallace D. Wattles. (If you feel you really want to integrate this chapter then find an accountability partner and write it out for 30 days. If you miss a day, then start all over again until you do thirty days in a row.) Send some thank you cards to current customers.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

Gratitude is in harmony with abundance and is closely aligned with the Law of Attraction. With the Law of Gratitude, being thankful for what you already have, makes you realize just how wonderfully blessed you are.

The more grateful and consciously appreciative you are of what you have can amplify blessings and abundance into your life. Being grateful for aspects of your life will also rouse the sense of great delight. More conscious people give thanks for what most people ordinarily take for granted. Those expressing appreciation of life are generally more willing to exercise, less depressed, and live life fully. When you're feeling grateful for what you currently have, rather than dwelling on what you don't yet have, you will deal much better with the little hiccups in life. When you feel gratitude, those negative feelings—anger, fear, despair, hatred, and so on—lessen and disappear. The positive will always dispel the negative. When you are grateful for what you already have, then the universe will manifest many more good things into your life.

Another technique using this Law occurs when you “give thanks in advance” for what you want to occur. You feel the gratitude while seeing your visualization as if you have already received it. Doing so, you are transmitting very powerful signals out into the universe. This speeds up the process of manifesting what you want to be, have or do.

Being in gratitude puts you closer to the Universal Intelligence or God energy. Living in gratitude is working in harmony with the other Laws of the Universe. Gratitude is very powerful—it is spiritual currency. It will increase your faith and your happiness. It is a very high-energy positive vibration of thought, which acts like a magnet. The entire process of receiving on the mental, spiritual and material planes can be summed up as being in a state of gratitude.

Imagine saying and REALLY feeling: For this day, I am grateful.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
