





Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment



Thank You for that

The power of gratitude is in simplicity

*Gratitude is one of the easiest and most powerful ways to transform your life...
It is impossible to be negative when you are giving thanks. . .
Einstein said "thank you" hundreds of times every single day*

~ Rhonda Byrne, Creator of *The Secret*

Introduction: Gratitude automatically connects us to Guidance. Thank You for that.

*Gratitude is our most
direct line to God and the angels....*

~Terry Lynn Taylor, Author

Gratitude gives you access to a greater sense of well being.

*Grateful people report higher levels of positive emotions,
life satisfaction, vitality, optimism and lower levels of depression and stress.*

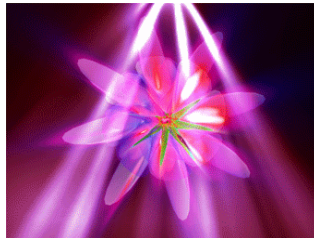
~ Emmons & McCullough, 2003

In the presence of gratitude...the static in your mind begins to loosen its dominance and influence on you. In fact, it can disappear.

I would maintain that thank you is the highest form of thought...

~G.K. Chesterton, Writer (1874- 1936)

Step One: The moment you notice anything that APPEARS to be negative, without hesitation, think or whisper the words **THANK YOU FOR THAT.**



The power of gratitude activates the Law of Grace with a direct intervention from your Guidance.

~Richard Alan, *Empowerment & The Book of e-Games*

Saying **Thank You for that** creates an increase in willingness matched by your Guidance with a clearing resistances. The more you repeat GRATITUDE-AWARENESS, the more assistance you receive. There is nothing to do. There is no action step. Allow the power of simplicity.

Step Two: The moment you notice anything that APPEARS to be positive think or whisper the words **THANK YOU FOR THAT.**



There is not a more pleasing exercise of the mind than gratitude...

~ Joseph Addison, Founder of *The Spectator Magazine*

Step Three: The moment you notice anything that APPEARS be neutral- like air, breathing...anything...think or wiper the words **THANK YOU FOR THAT.**

Train yourself never to put off the word or action for the expression of gratitude.

~ Albert Schweitzer M.D.

The thing about gratitude is you don't have to be in 'a good place' to exercise your gratefulness... And the good news about gratitude is that even if it doesn't come naturally to you (yet) — it is an aptitude that can be developed.

~ Eileen Chadnick, Big Cheese Coaching

Step Four: For no reason keep repeating the words **thank You for that**. If meaning gets attached to the words great. If no meaning gets attached great.



*Gratitude is the substance of a heart
ready to show appreciation, or thankfulness;
it is not simply an emotion...*

~ Wikipedia

The power of simplicity is letting it go into its own flow, without expectation, allowing everything to be. Gratitude is appreciation of life itself, without adding anything.



*If the only prayer you said in your whole life was,
“thank you,” that would suffice.*

~ Meister Eckhart



The Wave of Love:

http://www.universallifetools.com/waveoflove/movie/waveoflove_large.html

Click on the above video link, perhaps
thinking the words **thank You for that**
<http://www.universallifetools.com/waveoflove/movie.html>

Gratefulness Video:

<http://www.youtube.com/gratefulness>

Research on Gratitude

Dr Emoto Gratitude 3-min Video:

<http://www.how-to-manifest-thoughts.com/messagesfromwater.html>

- Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress.

Grateful people do not deny or ignore the negative aspects of life... they have higher levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy.more likely to have made progress toward important personal goals...feel better about their lives as a whole, and were more optimistic about the upcoming week. ~ Emmons & McCullough, 2003

- In people who are grateful in general, life events have little influence on experienced gratitude ~ McCullough, Tsang & Emmons, 2004
- People who tend to experience gratitude more frequently than do others also tend to be happier, more helpful and forgiving, and less depressed than their less grateful counterparts. ~ Kashdan, Uswatte, & Julian, 2006

More reasons to say **thank You for that. . .**

The greatest thief of human happiness and abundance is ungratefulness. Any lack in our lives - whether in money, health, or relationships - is simply the evidence of a lack of gratitude. If you focus on lack you are not being grateful, and that will bring more lack into your life. Yet the simple state of radiating gratitude summons everything to you.

~Rhonda Byrne, Creator of [The Secret](#)

. . .Because it turns bad things into good things. Having problems at work? Be grateful you have work. Be grateful you have challenges, and that life isn't boring. Be grateful that you can learn from these challenges. Be thankful they make you a stronger person.

Give thanks for "negative" things in your life. There's always two ways to look at something. Many times we think of something as negative — it's stressful, harmful, sad, unfortunate, or difficult.

But that same thing can be looked at in a more positive way. Giving thanks for those things is a great way to remind yourself that there is good in just about everything. Problems can be seen as opportunities to grow, to be creative.

~ zenhabits.net

Thank You for That: Part 2:

<http://eempowermrnt.com/tyft2.pdf>

Remembering to Remember:

<http://www.eempowerment.com/catch.pdf>

Forward and share Gratitude with others...

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