

Module 4

Gratitude

As the saying goes, Gratitude is the great attitude. My husband Jim claims that there is no person who expresses their gratitude more than me. I don't know how accurate that statement is, but I do know that if there is one emotion that I cherish the most, that is gratitude.

I've enjoyed a very full life and I owe it all to being in gratitude. You see, the more that I appreciate what I've received in life, the more great things come my way. That is not the reason why I am in gratitude. But it is a side benefit that perpetuates the understanding of why gratitude is key to our lives.

You too can enjoy the side benefits of being in gratitude, but first, let's focus on just being in gratitude.

You have control over how you view and interact with the world. Events happen in life all the time. Some we label good events and some bad events. For the sake of understanding gratitude, let's just refer to events as neither good nor bad, but just an event. Now just give thanks for them.

That's it! No judgement to whether they are good or bad, just thank them for being.

My husband told me the story of a friend of his who saw a beautiful woman drive by in a cute sporty red Miata. He said to himself, "Boy, I'd like to bump into her some time."

Well he did. Within minutes, the traffic stopped suddenly and he braked short and bumped into the car in front of him. Yes you guessed it, the cute

sporty red Miata. So they pulled over and exchanged insurance information and got to meet this beautiful woman. Well they are still together to this day. If I had asked most people if having a fender bender was a “good or bad” thing, the majority for sure would perceive it as being “bad” because who would want to be in an accident?

The point of the story for all of us is that you can be sure that this guy thanked his lucky stars for “bumping” into his future wife. Rewards don’t always happen so quickly as it did for him. But why wait to be grateful? In fact, even though he did bump into this beautiful gal and had a slight auto accident, there was no guarantee that this event would lead him to continuing that relationship towards marriage. Regardless, he should be thankful just to be thankful.

The energy that gratitude holds is some of the highest vibrations, right up with the vibration of love. The more vibrations that you produce, the more it attracts other things of the same vibration. Like energy attracts like energy. That is not junk science but the real deal. On the quantum level all matter and form is simply vibration of energy at different frequencies. This is why being in a continual state of gratitude, you are sending out quantum messages all around you attracting more of the same.

If you’ve ever gone shopping at a Macy’s or Nordstroms type department stores, you’ll see the attraction of gratitude. Especially around the holidays when spirits are high. By the way, this is another way of saying your emotional vibrations are high. People will open the door for you as you are entering and exiting the store. You hear a constant flow of “thank you, thank you and thank you’s” as people’s heightened energy of gratitude is passed

from one shopper to another for opening a door. I know that's a simple example. It's what happens on a larger scale when you live a life of gratitude towards all things.

When I first meet my husband Jim in person, it was on a brunch date at the Loews Beach Resort Hotel in Santa Monica. Even though we had met through an online dating site, he was not officially a member of the site. So to learn more about him, Jim gave me his URL website of his company that had pictures of him as well as a detailed bio of his life and work. Now don't laugh, this was in the Spring of 2000 and I was confused with what a URL was and an email address. Okay, now that you got your amusement, the point was that when I met him for the first time, I told him that story and said, "look, we've been talking on the phone for over 7 weeks and I don't know what you look like to find you in the hotel lobby. I don't care if you are short, fat and balding, I love who you are and look forward to finally meeting you!"

Well I was pleasantly surprised when we finally did meet. He stood behind me at the hostess table and when I realized who he was, I turned around, saw his bright blue eyes and said, "Thank you God!" and kissed him on his cheek. I was in gratitude to having this man in my life without even knowing what he even looked like!

Well there is nothing more that you need to know about gratitude. What you need is to experience gratitude. Purchase yourself a good quality journal and commit to writing in it at least once a day the things that you are in gratitude for today. If this is a bit challenging for you to write. You can also record them with a transcription type program and have them typed out for

you. I personally suggest starting small, like write three things that your are in gratitude for today. Then as it become easier, continue adding 2-3 more gratitudes at a time. Notice how you feel once you've completed writing in your gratitude journal. You should feel more alive and light. It opens up the possibilities to your life as well. You'll also notice people being attracted to you that haven't been attracted to you before. Work becomes more fluid and easier. Problems become opportunities. All from how you view the world around. So don't wait. Go get your gratitude journal now and begin immediately. Start now creating a life of gratitude.