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received is grateful by the amount of thanks you give! If you are a business owner, your business value will increase or decrease depending on the amount of thanks you give. If you're a parent and your job is to take care of the kids and run the house, look for things you can be grateful for at this point in your life. This often happens once in a lifetime, and if you can be grateful for that time, you will get more support, more help, happier moments, and more joy from the experience. You should love your job, whatever it is, and enjoy going to work, and you shouldn't settle for less. If you are not comfortable in your current job or it is not your dream job, the first way to get your dream job is to be grateful for the job you have. Imagine today that you have an invisible manager whose job it is to record the thoughts and feelings you have about your job. Imagine your manager following you everywhere you go, pen and laptop in hand. Whenever you find something in your work to be grateful for, your supervisor will notice. Your job is to find as many things to be grateful for as possible so that at the end of the day your supervisor has a long list of all your thanks. The longer the list, the more magic your invisible manager can bring to your money, job success, opportunity, joy, and fulfillment. Think of all the things you can be grateful for at work. First, remember that you actually have a job! Think how many unemployed people would give anything to have a job. Think about the time-saving devices you use, such as phones, printers, internet, and computers. Think about the people you work with and the friendships you make with them. Think of the people who make your job easier, such as receptionists, assistants, janitors, and delivery people.about how good it is to get paid and think about the favorite aspects of your job that you enjoy doing. Every time you find something to be grateful for, ask your invisible guide to make a note to yourself, "What am I so grateful for? The deeper the manager can recognize your gratitude, the sooner the manager can begin to realize the magic of your work and more magic will happen. You may develop so much gratitude for your work within a day that you will immediately see how things improve. Happy moments don't happen by chance. You are simply a magical force of gratitude at work! If this practice works like magic on the weekend or if you are not at work, continue the practice or practice the next day and use this magical practice the first day you are back at work. Magic Practice Number 6 Works as charms1. Repeat steps 1 through 3 of spell exercise 1. Count Your Blessings: Make a list of ten blessings. Write why you are grateful. Read your list again, say thank you, thank you, thank you and feel gratitude for each one. 2. Imagine today at work that you have an invisible supervisor who follows you everywhere and takes notes every time you find something to be grateful for. Your task today is to find as many things as possible to be grateful for. Each time you find something to be thankful for, ask your manager to note, "What am I so thankful for?, and be as grateful as possible.4. Right before you go to sleep tonight, hold your magic stone in one hand and say the magic words Thank you for the best things that happened during the day. Day 7 Magical way out of negativity A grateful person is grateful in any circumstances. Bahulh (1817-1892) PERSIAN FOUNDER OF BAH FAITOB Relationship crises, financial pressure, health or work problems, negative situations arise from a prolonged lack of gratitude. If we are not grateful for everythingIn our lives, we inadvertently take these things for granted. Taking things for granted is the main cause of negativity because when we take things for granted we don't mind and stop the magic in our lives. Just as gratitude for others always makes our lives magically grow, forgetfulness always causes our lives to shrink. Are you grateful for your health when it's good? Or do you only notice your health when your body is sick or in pain? Are you grateful for your work every day, or do you only appreciate your work when you hear you're getting a share? Are you grateful for your paycheck or paycheck every time you receive it, or do you take it for granted? Are you grateful to loved ones when everything is going well, or only talk about loved ones when problems arise? Are you grateful when your car works well? Or do you only think about your car when it breaks down? Are you grateful every day for being alive? Or do you take your life for granted? Taking things for granted breeds complaints, negative thoughts and words. So if you're complaining, according to the Law of Attraction, you need to bring more things into your life to complain about! When you complain about the weather, traffic, boss, spouse, family, friend, stranger in line, bills, the economy, the cost of something or company services, you are ungrateful and push away the life of your dreams with every complaint. Now you realize that you are complaining, have negative thoughts and words, and take things for granted. stops good things in your life. Now you realize that when things go wrong, you just happen to not be grateful enough. It is impossible to be negative when you are grateful. It is impossible to criticize and blame when you are grateful. It is impossible to be sad or negative when you are grateful. And that's the best news!If you have any negative situations in your life right now, it won't take you long to change them with gratitude. Negative situations disappear in the blink of an eye, as if by magic! First, as difficult as it is, you need to look for something to be grateful for in a negative situation. No matter how bad things get, you can always find something to be grateful for, especially when you know that your gratitude will magically change any negative circumstances. Walt Disney, who knew the true magic of life, showed us this in his film Pollyanna. The 1960 Disney movie Pollyanna featured The Fun Game, which had a profound effect on me when I was a child. I played The Fun Game in the movie all my childhood and adolescence. To play the Fun Game, you look for as many reasons to be happy as possible, especially in a negative situation. Finding things to enjoy (or find things to be grateful for) in a negative situation brings solutions! Walt Disney demonstrated the magical power of gratitude in Pollyanna, and thousands of years ago the Buddha showed how to use that same magical power by saying, "Let's stand up and be thankful, for if we haven't learned much today, at least we have learned a little, and if they didn't learn, at least they didn't die; so let's all be grateful. Gautama Buddha (c. 563 B.C.-483 B.C.) FOUNDER OF BUDDHISM Let the words of the Buddha be your inspiration, and today take one problem or negative situation in your life that you want to solve the most, and find ten things you can be grateful for. I know it can be difficult to start this practice, but the Buddha shows you how to do it. Make a list of ten things on your computer or in a gratitude journal. For example, your problem might be that you don't have a job and despite your best efforts, you are still unemployed. To magically change this situation, you need to focus gratitude for the situation. Here are some examples of what you can say: 1. I am very grateful that I was able to spend more time with my family during this time. 2. I am grateful that my free time makes my life so much better. 3. I am grateful to have had a job and experience most of my life. 4. I am truly grateful to be unemployed for the first time.5. I am grateful that new jobs are created every day. 6. I am grateful for everything I have learned from job applications and interviews.7. I am grateful that I am healthy and able to work. 8. I am grateful for the encouragement and support of my family. 9. I am grateful for the rest I had because I needed it. 10. I am grateful that losing my job made me realize how much it means to have a job. I never understood that until now. The gratitude of the unemployed will attract them to other circumstances, and their current situation must and will magically change. The power of gratitude is greater than any negative situation, and there are limitless ways a negative situation can change. All you have to do is practice gratitude and watch the magic happen! Let's take another example; a son whose relationship with his father is troubled. The son feels that no matter what he does, it is never good enough for his father.1. I am grateful that most of the relationships in my life are really good. 2. I am grateful to my father that he worked hard so that I could get the education that he did not. 3. I am grateful to my father for supporting our family throughout my childhood because at that time I had no idea how much hard work and money it takes to keep a family alive. I am grateful to my father for taking me to basketball every Saturday when I was a child. I am thankful that my dad is not as strict with me today as he used to be. I am grateful to my dad for taking care of me so much, because that's who he is;be steadfast if he doesn't care. I am grateful that my relationship with my father taught me to be compassionate and better understand my children. I am grateful to my father for showing me the importance of encouragement in raising happy and confident children.9. I am very grateful to be able to laugh with my father. Some people never had to because they didn't have a father. And others who have lost their father will never have the opportunity to laugh with their father again. 10. I am so thankful to have my dad because there were good times in hard times and there will be more good times with my dad. As a result of the son's sincere gratitude to his father, he changed his relationship for the better. The son has changed the way he thinks and feels about his father, which immediately changes what he attracts from the father. Although the son was grateful in his mind, the son's gratitude will magically affect his relationship with the father on an energetic and quantum level. According to the Law of Attraction, if he remains grateful, the son should have a much better relationship with his father, and their relationship should improve immediately. Remember that you can recognize gratitude by how you feel. After practicing gratitude, you should feel a lot better about the situation. The first proof that a gratitude spell works is that it increases your feelings. So when you feel better, you know things are getting better and a solution will appear. The answer to any negative situation you want to resolve is to focus on it until you feel better. then you will see that magic works like a miracle in the outer world. As you make your written list, be sure to list all ten things you are grateful for like this: I am very grateful for . Or I'm really thankful for. And end the sentence with who you areto the. You can also use Walt Disney's way of harnessing the magical power of gratitude if it's easier for you: I'm so happy that... And end the sentence with something you're happy about. Once you have listed ten things you are grateful for, complete your magical exit from negativity. email: Thank you, thank you, thank you for the perfect solution. And just for today, see if you can get through the day without saying a bad thing. This can be a challenge, but see if you can overcome it one day. There's a good reason for that, because most of us don't realize how often we say negative things, but you'll have an idea after looking at your words for a day. Remember that negativity and complaining lead to more of these things, and if you know what you're saying, you can stop and decide if you want what you're about to say to have consequences. Here's a magic lifeline to use when you're thinking or saying something negative. Stop right now and say: But I have to say that I'm really grateful for . Complete the rest of the sentence with things you are grateful for. Carry this magical lifebuoy with you and access it when you need it. And if a small problem or situation arises in the future, gratefully extinguish the embers before they turn to fire. At the same time, you will ignite the magic in your life! Magical Practice #1. 7Magical Way Out of Negativity! Count Your Blessings: Make a list of ten blessings. Write why you are grateful. Go through your list and at the end of each blessing say thank you, thank you, thank you, and feel as grateful for that blessing as you can. 2. Choose a problem or negative situation in your life that you would most like to solve. List ten things you are grateful for in a negative situation. At the end of the list, write: Thank you, thank you, thank you for the perfect solution. Just see today if you can get through the day without saying a bad thing. In case you noticewhen you think or say something negative, use the magic lifeline. Stop right now and say: But I have to say that I am very grateful for the 0.6. Right before you go to sleep tonight, hold the magic stone in one hand and say the magic words "thank you" for the best thing that happened during the day. Day 8. The magic ingredient of Grateful Heart continues to feast. J. Cameron (1879-1953) JOURNALIST AND ENTREPRENEUR Giving thanks for food before eating is a tradition that has been observed for thousands of years, dating back to the ancient Egyptians. Given the fast pace of life in the 21st century, the need to give thanks for food has often been put on the back burner. But using the simple act of eating and drinking as an opportunity for gratitude will exponentially increase the magic in your life! If you think back to a time when you were really hungry, you'll remember that you couldn't think or function normally, your body was weak, you might start shaking, your mind was confused, and your emotions plummeted. All this can happen after a few hours of not eating! Food is necessary to live, think and feel well, so you can be grateful for food. To make yourself even more grateful for food, take a moment to think about all the people who made it possible for you to have something to eat. In order for you to eat fresh fruits and vegetables, growers had to plant and tend the fruits and vegetables with constant watering and protection for months until they were ready to harvest. Then there are the pickers, packers, distributors and transporters who travel long distances day and night, all working together in perfect harmony to ensure the supply and availability of fresh fruit and vegetables all year round. Think of the meat farmers, fishermen, dairy farmers, coffee and tea farmers and all the food packaging companies who work tirelessly to produce the food we eat. Globallyproduction is a breathtaking orchestration that takes place every day, and it is impossible to understand how it all works when you think about the number of people involved in maintaining the world's food and drink supply for shops, restaurants, supermarkets, cafes, airplanes, schools, hospitals, and in every house on the planet. Food as a gift! It is a gift of nature because none of us would have anything to eat if nature did not provide us with soil, nutrients and water to grow. Without water, there would be no food, vegetation, animal and human life. We use water to cook food, grow food, maintain gardens, fill bathrooms, operate all moving vehicles, support our hospitals, fuel, mining and manufacturing, provide transportation, build roads, make clothing and every consumer product and appliance on the planet, the planet to produce plastic, glass and metal, to produce life-saving medicines and to build our homes and all other buildings and structures. And water keeps our bodies alive. Water, water, water, wonderful water! If there is magic on this planet, it is contained in water. Lauren Eiseley (1907-1977) ANTHROPOLOGIST AND NATURE AUTHOR What would we be without food and water? We just wouldn't be here. None of our family or friends would be here. We want this day or any tomorrow. But here we are together on this beautiful planet, living life with its challenges and enthusiastic joys thanks to nature's gifts in the form of food and water! Saying the simple magic words "thank you" before eating or drinking is an act of appreciation and gratitude for the miracle of food and water. The amazing thing is that when you are grateful for food and water, it affects more than just your life; Your gratitude also affects the supply of the world. If enough people felt grateful for food and water, it would really help people who are starving and in great need. According to the law of attraction and Newton's law of action and reaction, mass gratitude should work the same mass response that would change the circumstances of food and water scarcity for everyone on the planet. Moreover, your gratitude for food and water keeps the magic in your life, weaving with its beautiful golden thread everything you hold dear, love and dream of. In ancient times, people believed that blessing their food and water with gratitude would purify it.

