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Very few people in history have understood that words are a mystery and that once you solve a riddle, once you solve a mystery, a new world opens before your eyes. In Magic, Rhonda Byrne reveals this vital knowledge to the world. Then, on an incredible 28-day journey, they teach you how to apply this knowledge to the world. Then, on an incredible 28-day journey, they teach you how to apply this knowledge in your eyes. In Magic will change your entire life! . THE MAGIC, THE POWER and The Power logo are trademarks of Making Good LLC. THE SECRET and The Secret logo are trademarks of Making Good LLC. THE SECRET and The Power logo are trademarks of Making Good LLC. THE SECRET and The Secret logo are trademarks of Making Good LLC. THE SECRET and The Secret logo are trademarks of Making Good LLC. THE SECRET and The Secret logo are trademarks of Making Good LLC. THE SECRET and The Secret logo are trademarks of Making Good LLC. THE SECRET and The Secret logo are trademarks of Making Good LLC. 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Thank you, and Isolde Sauer. I am blessed to have such an amazing team of people. Thank you, thank discovered the truths of life centuries ago and left their written words for us to discover at just the right time, in this undefinable life-changing moment, when we have eyes to see and ears to hear. Contents DO YOU BELIEVE IN MAGIC? THE BIG SECRET TO DISCOVERING THE MAGIC IN YOUR LIFE THE MAGIC BOOK 1 COUNT YOUR BLESSINGS Day 2 MAGIC DAY 3 MAGIC DAY 3 MAGIC DAY 3 MAGIC DAY 3 MAGIC RELATIONSHIPS Day 4 MAGICAyHD MAGIC6 Negativity Day 8 Magic REGISTRATION Day 18 MAGIC TO-DO LIST Day 19 MAGIC STOPPED Day 20 HEART MAGIC STOPPED Day 25 MAGIC DAY 26 MAGIC DAY 26 MAGIC DAY 26 MAGIC DAY 27 THE MAGIC STOPPED Day 27 THE MAGIC STOPPED Day 28 REMEMBER MAGIC THE FUTURE OF MAGIC MAGIC NEVER ENDS RHONDA BYRNE EXCERPT FROM THE SECRET SERPT OF POWER Do you believe in magic? Did you never believe in magic as a child and looked at life with awe and awe? Life was magical and exciting and the smallest things were absolutely fascinating to you. You were fascinated by frost on the grass, a butterfly flying through the air, or a strange leaf or stone on the ground. You were excited when you lost a tooth because it meant the Tooth Fairy would come that night! Even if you would be counting down the days until that magical Christmas night! Even if you down. Reindeer could fly, there were fairies in the garden, animals were like people, toys had personalities, dreams came true and you believed that life was magical! Many of us had a wonderful childhood feeling that everything was fine, that every day brought more excitement and adventure, and that nothing could spoil our enjoyment of the magic of it all. But as we grew older, responsibilities, problems and hardships took their toll, we lost our illusions and the magic we once believed in as children faded and disappeared. It's one of the reasons we adults love being around children, so we can relive the feeling we used to have, even if it was just for a moment. I'm here to tell you once believed in is real and his disillusioned
adult view of life is fake. The magic of life is fake. The magic of life is fake. The magic you once believed in is real and his disillusioned adult view of life is fake. you've seen before. If you know what to do to bring out the magic, you will live the life of your dreams. Then you will see things you've always dreamed of, and suddenly things you've dreamed of for so long will happen. You'll never know exactly how everything works together to make your dreams come true because magic works in the invisible realm and that's the most exciting part! Are you ready to feel awe and wonder every day like when you were a child? Get ready for magic! Our adventure begins two thousand years ago, when life-changing knowledge was hidden in a sacred text. The Great Mystery is Revealed The following passage is taken from the Gospel of Matthew in the Holy Scriptures and has been falsified, confused and misunderstood by many people for centuries. Those who have will be given more and will have abundance. If you don't have it, even what you have will be taken away from you. You have to admit that it feels unfair to read this because it seems to be saying that the rich are getting poorer. But in this passage there is a riddle to solve, a secret to reveal, and if you find out, a new world will open up for you. The answer to a mystery that has eluded us for so many centuries lies in a hidden word: gratitude. Those who have gratitude will receive more and he or she will have much. If you don't have gratitude, even what he or she has will be taken away from you. Revealing the hidden word makes the mystery text crystal clear. Two thousand years have passed since these words were written, but today they are as true as ever: If you don't take the time to be grateful, you will never have more, and what you have you will lose. And a promiseWhat happens to gratitude is contained in these words: If you are grateful, you will never have more, and what you have you will never have more and you will never have a supplication of the you will never have a supplication of you will nev declared: If you are grateful, I will give you more; but if you are ungrateful, my punishment is really severe. No matter which religion you belong to or whether you are religious or not, these words from the Bible and the Koran apply to you and your life. They describe the basic laws of science and the universe. His universal law of gratitude operates through the universal law that governs your entire life. According to the Law of Attraction, which governs all energy in our universe, from the formation of the atom to the movement of the planets, like attracts like. Due to the law of attraction, the cells of every living thing are stuck together, as is the essence of every material object. In your life, the Law affects your thoughts and feelings because they too are energy, so whatever you feel, attract it. If you think I don't like my job, I don't never you feel, attract it. If you think a problem, if my life is a mess or my marriage is a mess, I need to attract more of those experiences. But when you think about what you're grateful for like: I love my job, my family is very supportive, I had the best vacation, I feel great today, I got the biggest tax refund, or I had a great camping weekend with my son and you genuinely feel gratitude, the law of attraction says you need to attract more of these things into your life. It works like attracting metal to a magnet; You've heard statements like: whateveraround comes, you reap what you sow and you get what you give. Well, all these statements describe the same law, and also describe the principle of the universe discoveried by the great scientist Sir Isaac Newton's law, it is stated that every act of gratitude always causes a reaction opposite to receiving. And what you get will always correspond to the amount of gratitude you give), the more you will receive. preached and practiced, and from there handed down over the centuries, embracing continents, penetrating from one civilization and Hinduism are based on gratitude. Muhammad said that being grateful for the abundance you have received is the best guarantee that the abundance will last. Buddha said you have no reason to do anything between heaven is offered to him. King David spoke of thanking the whole world for being everything between heaven and earth. And Jesus said thank you before performing every miracle. From Australian Aborigines to African Maasai and Zulu, from American Navajo, Shawnee and Cherokee to Tahitian, Inuit and Maori, the practice of gratitude is at the heart of most local traditions. When you get up in the morningthank you for the morning light, for life and strength. Thank you for the food and the joy of life. If you don't see a reason to be thankful, it's your fault. Tecumseh (1768-1813) A PICTURED NATIVE LEADER History is full of famous people who ever lived: Gandhi, Mother Teresa., Martin Luther King Jr., Dalai Lama, Leonardo da Vinci, Plato, Shakespeare, Aesop, Blake, Emerson, Dickens, Proust, Descartes, Lincoln, Jung, Newton, Einstein and many, many more. Albert Einstein and many, many more. Albert Einstein and many, many more about thanking others. One of the greatest minds ever thanked other people for their work over a hundred times a day! Is it any wonder that Albert Einstein discoveries in history? He practiced gratitude every day of his life and received many forms of abundance in return. When Isaac Newton was asked how he achieved his scientific discoveries, he replied that he stood on the shoulders of grants. Isaac Newton, recently recognized as the greatest figure in science and humanity, was also grateful to the men and women who lived before him. However, the power of gratitude is unknown to most people today, because to experience the magic of gratitude in your life, you must practice it! My Discovery My story is a perfect example of what life is like when you are not aware of gratitude and what happens when you make gratitude a part of your life. If you had asked me six years ago if I was a grateful person, I would have said yes, of course I am a grateful person. Say thank you increasing a little every month. I worked very hard but my financial situation never improved. I was living in constant stress and struggling to cope with mounting debts and obligations. My relationships swung like a pendulum from good to bad because I never had enough time for everyone. Although I could be described as healthy, I felt exhausted at one life problem, new problems popped up. But then something happened that changed everything in my life and the more I practiced gratitude the more amazing the results. My life has become truly magical. I was debt free for the first time in my life and soon had enough money to do what I wanted. Problems in relationships, work and health disappeared, and instead of daily obstacles, my days were filled with one good thing after another. My health and energy have skyrocketed and I feel better than I did in my 20s. My relationship became so much moreand in just a few months I had more good moments with family and friends than in all previous years. Moreover, I felt happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy, happier than I thought it possible to feel. I was blissfully happy happier than I thought it possible to feel with a few months I had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and
friends than it had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and friends than it had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with family and friends that had more good moments with the family and friends that had more good m are, where you are, no matter your current circumstances, the magic of gratitude will change your whole life! I have received letters from thousands of people in the worst situations imaginable who have completely changed their lives by practicing gratitude. I have seen miracles of health occur where there seemed to be no hope. I've seen saved marriages and broken relationships turn into great ones. I have seen people living in extreme poverty prosper, and I have seen people who are depressed enter into joyful and fulfilling lives. Gratitude can magically makes you prosperous, so you have the money you need to do what you want. This will improve your health and bring you a level of happiness higher than you have ever felt. Gratitude will work like magic to boost your career, increase your success, and land your dream job or whatever else you want to do. In fact, whatever you want to be, whatever you do or have gratitude is the way to get there. The magical power of gratitude will turn your life and why something went wrong in your life and why something in your life and why something went wrong went wrong in your life and why something went wrong went w completely in love with life. Everything will seem easy. You will feel lighter than a feather and happier than ever. Although problems may arise, youbeing able to overcome them and learn from them. Every day will be magical? Now you can see how much gratitude you have actually used in your life. Just look at all the important areas of your life: money, health, happiness, career, home and relationships. The areas of your life that are rich and beautiful are due to lack of gratitude. It's a simple fact: if you're not grateful, you won't be able to give it back. You have prevented magic from continuing in your life. If you are not grateful, you will stop the flow of better health, better relationships, more happiness, more happiness, more happiness. To receive, you must give. This is the law. Gratitude is gratitude and without gratitude you cut yourself off from magic and from getting everything you want in life. they took things in our lives for granted. When we take things for granted ike. So if we neglect something, we are removed as a result. Remember, if you don't have gratitude, what he or she has will be taken from you. Sure, you've been grateful at different times in your current circumstances, you did it to practice gratitude and make it your new way of life. Knowledge of the magic formula is a treasure, but practice is the key to saying the magic words. Sorcery with gratitude works the same way, and first you need to say the magic in your life, there must be two words that you intentionally say and feel more than any other words. They must become your personality. Thank you is the bridge from where you are now to the life of your dreams. The magic words on purpose, thank you. The more grateful you feel. The more gratitude you consciously think and feel, the more abundance you will receive. Gratitude is a feeling. Therefore, the ultimate goal of gratitude practice is to feel it consciously as much as possible, because it is the strength of your feeling that accelerates the magic in your life. Newton's law is like one to one: what you give, you get. This means that as you increase your sense of gratitude, the results in your life will increase and align with how you feel! The truer this feeling is, the more sincerely grateful you are, the faster your life will change. Once you discover how little practice it requires, how easy it is to incorporate gratitude into your everyday life, and when you see the magical results, you'll never want to go back to the life you had before. If you practice a little gratitude, your life will change a little. If you practice gratitude, we must never forget that the highest recognition is not in saying words, but in living them. John F. Kennedy (1917-1963) 35th PRESIDENT OF THE UNITED STATES This book contains 28 magical practices designed specifically to teach you how to use the magical power of gratitude to improve your health, money, work, and revolutionize your relationships, making Your smallest desires and biggest dreams have come true. You will also learn how to practice gratitude to solve problems andevery negative situation. You will be glad to read this knowledge that will change your life, but if you do not practice what you have learned, the knowledge will slip through your fingers, and the opportunity to change your life that you have learned, the knowledge will slip through your fingers, and the opportunity to change your life, but if you do not practice what you have attracted will easily disappear. To prevent this from happening to you, you must practice gratitude for 28 days to saturate your cells and subconscious mind with it. This alone will change your life forever. The exercises are designed to be completed for 28 consecutive days. This allows you to make gratitude a habit and a new way of life. When you practice gratitude with concentrated effort for several days in a row, you will see magic happen in your life, and quickly! In every magical practice there are many secret lessons that will greatly expand your knowledge. With each practice, you will understand more and more how life works and how easy it is to live the life you dreamed of. The first twelve practices use the magical power of gratitude for what you have now and for what you have received in the past, because if you are not grateful for what you have and what you received, the magic of gratitude. The following ten practices will instantly trigger the magic of gratitude. The following ten practices will instantly trigger the magic of gratitude. The following ten practices will instantly trigger the magic of gratitude. The following ten practices will instantly trigger the magic of gratitude. The following ten practices will instantly trigger the magic of gratitude. dreams come true and see the circumstances of your life magically change! The last six exercises will take you to a whole new level, where you will fill every cell of your body with gratitude. and mind. You will learn how to use the magical power of gratitude to help others, solve problems, and improve any negative situation or circumstance that may arise in your life. You don't have to clear your calendar because each practice is specifically designed to fit into your life. every day orweekends, bank holidays or bank holidays or bank holidays or bank holidays. Gratitude is portable, you wherever you go, and where you go, and you go, doing. To make sure you don't reduce the spell if you miss a day, count back three days and repeat the exercises are for the morning first. You need to read some exercises the night before as they start after you wake up and I will tell you when to do this. You can read the exercises for the following days every night before bed to prepare yourself. If so, read this exercise again in the morning. If you don't want to follow the 28 magical practices individually, you can use them in other ways. You can use them in other ways. You can use them in other ways the morning. If you don't want to follow the 28 magical practices individually, you can use them in other ways. improve and you can do it for three days in a row or every day for a week. Or you can do one magic practices per week or two practices per week, the only difference is that it will take you longer to see changes in your life. Get charms where or when you have specific needs, like health or money, or to get your dream job, increase your career success or improve your relationship. Or, if you want to continue your gratitude practice, you can open is the end of 28 Magical Exercises at the end of 28 Magical Exercises that you can use in conjunction to speed up issues in specific areas of your life Can you overestimate gratitude? Never! Can your life be too magical? Hardly! Keep practicingit enters your consciousness and becomes your subconscious, where it's automatically the first thing that comes to mind in any situation. The magic you experience will inspire you because when you incorporate gratitude into your days, they become nothing short of spectacular! What are your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical
practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams? Many magical practices are designed to help you achieve your dreams. in each area of your life. Think every detail of what you want to be, do, or be in your life in terms of relationships, career, finances, health, and any area that is important to you. You can be as specific and detailed as you like, but remember that your job is simply to list what you want, not how to get it. How it's done when gratitude works its magic. If you want a better job or a dream job then think of everything you want to work for, the people you want to work you want to work and what salary you want to receive. Think carefully about what you want in this job, think it through carefully and write down all the details. If you want money for your children's education, find out about their education, including the school you plan to attend, tuition, books, food, clothing, and transportation so you know exactly how much money you need. If you plan to travel, write down the countries you plan to visit, how long you plan to travel, what you plan to stay, and by what meansi want to travel if you want to improve your relationship, write down the relationship you want to improve and how you want to improve your health or physical condition, be specific about how you want the house of your dreams, include every detail of how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition, be specific about how you want to improve your health or physical condition. appliances, write them. writer, actor, scientist, entrepreneur or whatever you want to achieve, write it down and be as specific as possible. I highly recommend that you take the time to keep a list of your dreams throughout your life. Write down little things, big things, or whatever you want at this moment, this month, or this year. As more things come to mind, add them to the list and when you get things, cross them off the list. An easy way to make a list of what you want to each category. Set the direction of how you want the magical power of gratitude to change your life and be ready to begin the most exciting adventure you will ever experience! Day 1 Count Your Blessings When I started counting my blessings, my whole life turned upside down. Willie Nelson (born 1933) singer-songwriter You've probably heard people say that you should count your blessings, and when you think about the things you're grateful for, you do. But what you may not have realized is that counting your blessings is one of the most powerful practices you can ever do, and it will magically change your life.all life around! When you are grateful for what you have, no matter how small, you will see that these things add up instantly. If you are grateful for the money you have, even if it is small, you will see your money grow magically. If you're grateful for the job you have, even if it's not perfect, you'll enjoy your job more and all of a sudden there will be opportunities for your job. our blessings, we can fall into the trap of unintentionally counting negative things when we criticize or pick on other people, when we complain about traffic, waiting times, delays, the government, lack of money, or the weather. When we count negative things, they also increase, but in addition, with every negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings that hindered us. I have tried counting both my blessings and my negatives, and I can assure you that counting your blessings are the properties. naming your blessings than to lose your blessings first thing in the morning or as early as possible in the afternoon. You can write your blessings first thing in the morning or as early as possible in the afternoon. You can write your blessings first thing in the morning or as early as possible in the afternoon. You can write your blessings first thing in the morning or as early as possible in the afternoon. Today you will make a simple list of ten blessings in your life that you are grateful for. When Einstein thanked, he thought about why he was grateful. If you think about why you are grateful for a particular thing, person, or situation, you will feel a deeper gratitude. Remember that the magic of gratitude corresponds to the level of your feeling! For each item on the list, write why you are grateful for it. Here are some list ideas: What am I really lucky to have? ,because? .I am so happy and grateful for what? ,because? .When you have completed your list of ten blessings, go back and read each one silently or out loud. When you reach the end of each blessing, say the magic words "thank you", "thank you" three times, feeling your gratitude for that blessing as best you can. To help yourself feel more grateful, you can be grateful for the universe, God, Spirit, goodness, life, your higher self, or any other concept you like. When you express gratitude to something or someone, you will feel it even more, and your gratitude will have even more power and create even more magic! Therefore, indigenous and ancient cultures have chosen symbols such as the sun to focus their gratitude on. They simply used physical symbols to represent the universal source of all goodness, and focusing on that symbol made them feel more grateful. Your practice of counting your blessings is so simple and so powerful in your life that I want you to add ten more blessings to your list each day for the next 27 days. You might think it's hard to find ten things to be grateful for every day, but the more you think about it, the more you realize what you should be grateful for. Look at your life; You have received so much every day and you continue to receive so much. There really is a lot to be thankful for! You can be grateful for your home, family, friends, work, and pets. You might be grateful for the sun, the water you drink, the food you eat, and the air you breathe; you wouldn't be without one of them. You could be thankful for trees, animals, oceansbirds, flowers, plants, blue sky, rain, stars, moon and our beautiful planet earth. You can be grateful for trees, animals, oceansbirds, flowers, plants, blue sky, rain, stars, moon and our beautiful planet earth. You can be grateful for trees, animals, oceansbirds, flowers, plants, blue sky, rain, stars, moon and our beautiful planet earth. You can be grateful for the legs you walk on, the hands you use for almost everything the voice you use to express yourself and communicate with others. You can thank your amazing immune system for keeping you healthy and all the organs that keep your body functioning so you can live. What about the magnificence of the human mind that no computer technology in the world can replicate? Here is a list of topics to remind you of key areas to look for blessings to be thankful for. You can also add any topic depending on what is important to you at the moment. Magical Gratitude Topics: Health and Sun Material Products and Services Any topic you choose You should feel much better and happier every time you count your blessings, and how good you feel determines how grateful you felt. The more you feel much better and happier every time you count your blessings, and how good you feel determines how grateful you felt. The more you feel much better and happier every time you count your blessings, and how good you feel determines how grateful you felt. The more you feel much better and happier every time you will feel and the faster your blessings every day, you'll notice a bigger and bigger difference in how you feel each time, and you'll see your blessings magically multiply! you will have to do something specific before you start tomorrow. Magical practice no. 1 Count Your
Blessings 1. First thing in the morning, make a list of ten blessings you are grateful for. 2. Write why you are grateful for each blessings 1. 3. Go back and read the list in your mind orloud. When you reach the end of each one, say the magic words "thank you", "thank you" and feel as grateful as possible for this blessing. Repeat the first three steps of this magical practice every morning for the next 27 days. Read tomorrow's magical practice today. Day 2: Enchanted Rock Think of your present blessings, of which every man has many; not about your past misfortunes that all people have. Charles Dickens (1812-1870) WRITER This practice takes several days in a row to make gratitude a habit. Anything that reminds you of gratitude helps you turn your life into gold with gratitude, and that's what this magical practice is all about. Lee Brower introduced the Gratitude Stone practice in the film and book The Secret when he told us the story of his father. about a dying child who expressed gratitude Stone has become a hit with many people around the world who have used it for money, healing and happiness. First, find a stone or rock. Choose a small size that fits well in the hand. You can find a magic stone in your garden if you have one, or in a river bed, stream, ocean or park. If you don't have easy access to one of these places, ask your neighbors, family or friends. You may already have a gem or stone that you can use as a magic stone. When you find your magic stone, place it next to your magic when you go to sleep. If you use an alarm clock, place it next to the alarm clock, place it next to the alarm clock. Tonight, before you go to sleep, take your magic hold it in your hand and wrap your fingers around it. Think carefully about all the good things that happened during that ever happened. Place the Magic Stone on the spot next to the bed. And that's all! Do the same Magic Rock practice every night for the next 26 days. Before you go to sleep, reflect on the past day and find the best thing that happened that day. Hold your magic stone in your hand, be grateful for it as much as you can, and give thanks. Using the stone seems very simple, but with this practice you will see magical things that happened during the day, you look at a lot of good things that I'm thankful for. for. It will also ensure that you go to bed and wake up grateful every day. The Count Your Blessings and Magic Rock practices allow you to start and end your day in a state of gratitude. In fact, they are so powerful that together they will change your life in a matter of months. But this book is designed to change your life very quickly with the help of a number of magical practices. Because gratitude is magnetic and attracts more things to be grateful for, focusing on gratitude for 28 days will increase the magnetic power of gratitude like magic, you automatically magnetize what you want and need! Magic Reminder Don't forget to read tomorrow's magic practice today because you'll need to collect some pictures before you start. Magic Practice #2 Magic Rock1. Repeat steps 1 through 3 of Magical Practice #1. Count Your Blessings. Write why you are grateful Read againand at the end of each blessing say "thank you", "thank you", "thank you", "thank you", "thank you" and feel as grateful Read againand at the end of each blessing say "thank you", "thank you", "thank you", "thank you" and feel as grateful Read againand at the end of each blessing say "thank you", "thank you", "thank you", "thank you" are grateful Read againand at the end of each blessing say "thank you", "thank you are grateful you have you have you have you have you have you have you are grateful you have yo as you can for that blessing. 2. Find a magic stone and put it next to the bed. Before you go to bed tonight, pick up the magic stone and think of the best thing that happened today. Repeat the Magic Rock exercise every night for the next 26 days. Read tomorrow's magical practice today. Day 3 Magical Relationship Imagine that you are the only person on earth; you don't want to do anything What's the use of inventing something if there is no one using it? There would be no reason to move from one place to another, because wherever you went, nobody would be there. There would be no pleasure or joy in your life. It is your connections and experiences with other people that bring joy, meaning and purpose to your dreams, it is important that you understand how your relationships are affecting your life now and how they are the most powerful channels of gratitude that can magically transform your life. Science is now confirming the wisdom of the great sages of the past, and research shows that people who practice gratitude have closer relationships, are more connected to family and friends, and are viewed positively by others. Perhaps the most surprising statistic to come out of research is that for every grievance against another person, whether in thought or word, there must be ten blessings for a relationship to thrive. Less than ten blessings per complaint and the relationship will deteriorate and if the relationship is a gratitude will give you more patience, understanding, compassion and kindness to the point where you don't even recognize yourself. The little annoyances you once had and the grievances you don't want to change anything about them. You won't criticize, complain, or blame them because you're too busy being grateful for all the good things they have. In fact, you won't even see what you were previously complaining about. It can be said that we are alive only in those moments when our heart is aware of our treasures. Thornton Wilder (1897-1975) AUTHOR AND DRAMATIST So when you're too busy being grateful for all the good things they have. complain about someone, you are actually hurting yourself. It is your life that will suffer. According to the Law of Attraction, whatever you think or say about another person, you apply it to yourself. This is why the world's greatest minds and teachers have exhorted us to be thankful. They knew that if you wanted more in your life, to allow your life to magically grow, you had to be thankful to others for who they are. How would you feel if every person close to you said "I love you just the way you are", how would you feel? Today's magical practice is to be thankful for people as they are! Even if all your relationships are good right now, they will become even more wonderful with this practice. And with everything you need to be grateful for in each person, you'll find that gratitude can work breathtaking magic, making your relationship stronger, more fulfilling, and more rewarding than you ever imagined. Pick three people who are closest to you.be grateful You can choose wife, son and father or friend, business partner and sister. You can choose your best friend, grandma and uncle. You can choose any three relationships that are important to you, as long as you have a photo of each person. The photo can show just one person or both of you. Once you've chosen your three relationships and photos, you can begin the magic. Sit down and think about what you are most grateful for in each person. What do you like most about this person? What are their best qualities? They may be grateful for patience, listening, talent, strength, common sense, wisdom, laughter, humor, eyes, a smile, or a kind heart. You may be grateful for the things you enjoy doing with that person, or you may remember a time when that person was there for you, cared for you, or supported you. After you've spent some time thinking about what you're grateful for about the person, write "Pick a photo of them" in front of you and use a pen and notebook or computer to choose the five things, start each sentence with the magical start each sentence with the magic words "thank you", address the person by name, and then write what you are grateful for. Thank you, her name, for what? .For example, thank you John for always making me laugh. Or: Thank you, mom, for supporting me during my today and posting them in places where you'll see them often. Every time you look at a photo today, thank the person's name: "Thank you, Haley." trying to watchthree times a day by the same procedure. Now you know how to use the magical power of gratitude to turn your relationship into a magical relationship. Although not part of the requirements of this book, you may want to take on this amazing practice and use it as many times as you like in the same connection. The more you can be thankful for the good things in your relationships, the faster all of the relationships in your life will miraculously change. Magical Practice, Count Your Blessings: Make a list of ten 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 and be as grateful as you can for that blessing. 2. Choose the three people who are closest to you and take a picture of each person. 3. With the magic word thank you, add this word and what you are particularly grateful for. Carry three photos with you today or place them where you will see them often. Look at the photos at least three times, talk to the people in the photos at least three times, talk to the people in the photos at least three times, talk to the people in the photo and say thank you for the best thing that happened that day. Day 4 Magical Health The greatest wealth is health. Virgil (70 BC - 19 AD) ROMANTIC POETRY Health is the most precious thing in life, and yet more than anything we can take our health for granted. For many of us, the only time we think about our health is when we lose it. Then the realization hits us: without health we have nothing. There is an Italian proverbabout health for many of us: He who is healthy is rich, although we rarely think about our health, when we are healthy, you will feel the truth of these words even if you have had something minor,
such as a cold. or the flu, and you were at the bedside. When you don't feel well, all you want to do is feel better and nothing else matters except recovery. Health is the gift of life; this is what you get and still get every day. In addition to everything we do to be health, we must be grateful for our health to continue to have more health! Remember: whoever has gratitude (for health) will be given more and will have abundance. Whoever does not have gratitude (health), what he has will be taken from him. You may know people who have chosen a healthy lifestyle but lost their health, you will not only maintain your current health, but at the same time you will activate magical power to increase the flow of health to you. You will also start to notice improvements in your health immediately. Minor pains, birthmarks, scars or marks will magically disappear and you will learn later, the daily practice of being thankful for health can improve your sight, hearing, and all your senses, as well as all bodily functions. And it all happens as if by magic Gratitude is a vaccine, an antitoxin and an antiseptic John Henry Jowett (1864-1923) Presbyterian preacher and writer Being grateful for your health magically improves your health. Living in ill health means energy, vitality, clarity of thought and all other functions of your body and mind are impaired. Being grateful for your health ensures that you continue to gain more health to be grateful for while eliminating stress and tension in your body and mind. Scientific studies have shown that people who practice gratitude recover faster and possibly live up to seven years longer! You can see now in your health how thankful you were. You must feel amazing every day. If you feel sluggish and life feels like a real struggle, or you don't feel younger than your health has deteriorated. One of the main reasons for this loss of vitality is lack of gratitude. But that will change soon because you are about to harness the magical power of gratitude for your body's health! The practice of magical health begins by reading the following paragraphs about the health of your body. After reading each italicized line for a part of your body. Remember, thinking about why you are grateful will help you feel gratitude more deeply, and the deeper you feel it, the sooner you will feel and see amazing results in your legs for, such as balancing, getting up, sitting exercising, dancing, climbing stairs, driving a car, and most importantly, the miracle of walking. Your legs and feet allow you to go shopping, streets, airport and beach. Being able to walk gives us the freedom to enjoy life! Say thank youabout my legs and feet and I mean it. Think about your arms and hands and how many things you lift and hold throughout the day. Your hands are the main tools of your life and you use them constantly all day, every day. Your hands are the main tools of your life and you use them constantly all day, every day. Your hands are the main tools of your life and you use them constantly all day, every day. Your hands are the main tools of your life and you use them constantly all day, every day. and do everything for yourself. Without the use of your hands, you would be dependent on other people to do things for you. Thank you for my arms, hands and fingers! Think of your wonderful senses. Your sense of taste que to a cold takes the pleasure out of eating and drinking, not being able to taste food or drink. Thank you for my wonderful sense of smell allows you to experience the beautiful smells of life: flowers, perfume, clean sheets, cooking dinner, a campfire on a winter night, the air on a summer day, freshly cut grass, the smell of the earth after rain. Thank you for my great sense of smell! If you had no sense of touch, you would never know hot from cold, soft from sharp, smooth from rough. You would never be able to feel objects, physically manifest or receive love. Your sense of touch allows you to touch loved ones with a comforting hug, and the touch of one human hand to another is one of the most precious things in life. Thank you for my precious touch! Think of the wonder of your eyes that allow you to see the faces of your loved ones and friends, read printed books, newspapers and e-mails, watch television, see the beauty of nature and most importantly see your journey through life. Just wear the blindfold for an hour and try to do what you normally do and you will appreciate your eyes. Thank you for my eyes that see everything! Mind your earslets you hear your own voice and other people's voices so you can talk to others. Without ears and hearing, you wouldn't be able to use the phone, listen to music, listen to the radio, hear loved ones or the sounds of the world around you. Thank you for listening to me! And using any of your senses wouldn't be possible without a brain that processes over a million messages per second using all your senses! In fact, it is your brain that allows you to feel and experience life, and there is no computer technology in the world that can replicate that. Thank you for my brain and my beautiful mind! Think of trillions of cells working 24/7 for your health, body and life. Thank your cells! Think of your life sustaining organs that are constantly filtering, purifying and renewing everything in your body and think that they do all their work automatically without you even thinking about it. Thanks to the authorities for a flawless job! But your heart organ is far more wonderful than any sense, system, function or other organ in our body. Your heart directs the life of all other organs, because it is the heart that provides the flow of life to all systems of your body. Thank you for my strong and healthy heart! Then take a piece of paper or a card and write on it in large, bold letters: THE GIFT OF HEALTH KEEPS ME ALIVE Take a piece of paper with you today and put it where you will see it often. If you work at a desk, you can place it directly in front of you. If you are a driver, put it in your car or truck where you will see it often. If you spend most of your time at home, you can place it where you wash your hands or near your phone. Pick a place where you know you'll see the words you wrote often. At least four times today when you see the words being read very slowly, one word at a time, and feel the greatest gratitude for the gift of health. It is essential for your health to maintain health and also to ensure that it continues to improve with increased energy and zest for life. If gratitude were used in conjunction with conventional therapies, we would see a health revolution, speed of recovery, and miracles like we've never seen before. Magic practice #1. Count your blessings. Write why you are grateful. Read over your list, saying "thank you", "thank you", "thank you" and feeling grateful for each one. 2. On a piece of paper, write "THE GIFT OF HEALTH KEEPING ME LIFE."3. Place the piece of paper with the words written on it in a place that you know you will see often today. Read these words very slowly at least four times and feel the greatest gratitude for the precious gift of health! 5. Before you go to bed tonight, take the Magic Stone in one hand and say the magic words Thank you for the best thing that happened all day. Day 5 Magic money Gratitude is wealth. Complaint about poverty. ANIMALIZING CHRISTIAN TEACHING If money is tight in your life, understand that anxiety, jealousy, envy, disappointment, discouragement, doubt, or fear of money will never bring you more money, because these feelings stem from a lack of money, criticizing something, or making someone feel bad about money, arguing about money, because these feelings stem from a lack of money in your life will never improve; gets worse. Regardless of your current situation, the mere thought that you don't have enough money is ungrateful for the money you have. You need to get your current situation out of your mind and instead be grateful for the money will magically multiply in your life! Those who have gratitude (for money) will receive and have more He who has no gratitude (in the form of money) will be taken from him even what he has, inspired to do so. The topic of money can be difficult for many people, especially when they don't have enough, so there are two steps to practicing Magic Money. It is important that you read the entire Money Magic practice at the beginning of the day because you will be practicing money throughout the day. Sit down and spend a few minutes reminiscing about your childhood before you had a lot of money. Think of every memory of when money was paid to you live at home many years? How did you get to school every day? Did you have textbooks, school lunches and everything you need to study? Did you have a bike, toys or a pet? Did you have clothes when you grew from one size to another so quickly? Did you go to the cinema, play sports, learn to play a musical instrument or pursue a hobby? Did you been to the dentist? Did you been to the dentist? Did you travel by car? telephones, use light, electricity and water? All this costs money and you get it all for free! As you travel through your childhood and youth memories, you will realize how many things you were given are hard earned money. Be grateful for every opportunity and memory because when you can feel sincere gratitude for the money owed to youin the past, your money will magically increase in the future! This is guaranteed by common law. To continue using Magic Money, take a one-dollar bill and write THANK YOU FOR ALL THE MONEY I HAVE GIVEN IN MY LIFE on the sticker you put on your bill. today and slip it into your wallet, purse or pocket. At least once in the morning and afternoon, or as often as you like, take it out and hold the magic dollar bill in your financial situation. You never know in advance how your money will grow, but you take it out and hold the magic dollar bill in your financial
situation. You never know in advance how your money will grow, but you will likely see many different circumstances change. have more money. You may find money you didn't know existed, receive unexpected cash or checks, receive unexpected cash or checks. grateful for the abundance of money you have received, the more you will work more on magic. An abundance of gratitude for money equals an abundance of money! If you find yourself in a situation where you want to complain about something related to money, whether in words or in your mind, ask yourself: Am I willing to pay the price for this complaint? Because that one complaint will slow or even stop your cash flow. Starting today, promise yourself that whenever you receive money, whether it's a paycheck, a refund or rebate, or something someone gives you that costs money, you will be very grateful for it.these circumstances mean that you have received money, and each occasion gives you the opportunity to use the magical power of gratitude to further increase and multiply your money being grateful for the money you just received! Magic Practice No. 5 Magic money 1. Repeat from 1 to 3 for magical practice no. 1. Count your blessings: Make a list of ten blessings. Write why you are grateful. Go through your list, say thank you, thank you, thank you and feel grateful for each one. 2. Sit down and take a few minutes to reflect on your childhood and all the things you got for free. When you remember every memory where you were paid, say and feel the magic word "thank you", every time from your heart. Take a dollar bill or other small bill and write in big, bold letters on a sticker that you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with you will put on your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with your bill: THANK YOU FOR ALL THE MONEY THAT GIVES MY LIFE. Take your magic note with your magic not with your m in your hands. Read your written words and be truly grateful for the abundance of money you have been given. 6. After today, put your magic receipt where you will see it every day to remind yourself to continue to be grateful for the abundance of money in your life. 7. Before going to bed tonight, take a magic stone in one hand and say the magic words "thank you" for the best thing that happened during the day. Day 6 works like magic. skills - take him and push him into the realm of magic. Tom Robbins (born 1936) AUTHOR How could it happened during the day. Day 6 works like magic. skills - take him and push him into the realm of magic. Tom Robbins (born 1936) AUTHOR How could it happened during the day. from scratch and with very little education becomes president, celebrity orempire and become one of the richest people in the world? And how is it that two people can start the same career, and one person goes from success to more success, while the other moves up, with little success no matter how hard they try? The missing link to success is gratitude, because according to the law of attraction, you have to be grateful for what you have in order to attract success to you. So there is no lasting success to you. So there is no lasting success to you have in order to attract success to you have in order to attract success to you. your work or work. The more grateful you are, the more grateful you will be! You should have realized by now that in order to increase anything in your life, you have to be grateful you will be deprived of even what he has. When you are grateful for your work, you will automatically give more to it, and as you give more of your work, you will increase the money and success that comes back to you. If you are not grateful for your work, you will automatically give has a result, you will never be happy

in your work, you will never give more than you need, and your work or work will stagnate and eventually deteriorate, which may mean losing your position. Remember that those who do not have gratitude will be deprived of what they have. The amount you give in gratitude is directly proportional to the amount you receive in return. The amount

received is controlled by the amount of thanks you give! If you are a business owner, your business value will increase or decrease depending on your businessThe more grateful you are for your company, customers, and employees, business fails. 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, 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 toda 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 possib 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 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 ask your invisible quide 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 will get more support, more help, happier moments, and more joy from the experience. You should love your job, by that you have an invisible manager whose job it is to record the thoughts and feelings you have about your job. The less that at the end of the day your supervisor has a long list of all your thanks. The longer the list, the more magic would give anything to have a job. Think about the time-saving devices you use, such as phones, printers, internet, and and think about the favorite aspects of your job that you enjoy doing. Every time you find something to be grateful for,
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 mag 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 it 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 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, negativate 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 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 talk about loved ones when problems arise? Are you grateful when your take your life for gour life for gour life for gour life for granted we don't be a grateful every day for being alive? Or do you take your life for gour life for gou	pical practice the first day you are back at work. Magic Practice Number 6 Works as charms1. Repeat steps 1 through 3 invisible supervisor who follows you everywhere and takes notes every time you find something to be grateful for. Your tonight, hold your magic stone in one hand and say the magic words Thank you for the best things that happened active situations arise from a prolonged lack of gratitude. If we are not grateful for everythingIn our lives, we our lives magically grow, forgetfulness always causes our lives to shrink. Are you grateful for your health when it's eaycheck every time you receive it, or do you take it for granted? Are you grateful to loved ones when everything is going 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 compare 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. And that's the best newsIf 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, 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 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 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 to B.C483 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 known 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 are still unemployed.	hen you are grateful. It is impossible to criticize and blame when you are grateful. It is impossible to be sad or negative, as difficult as it is, you need to look for something to be grateful for in a negative situation. No matter how bad things a. The 1960 Disney movie Pollyanna featured The Fun Game, which had a profound effect on me when I was a child. I all for) in a negative situation brings solutions! Walt Disney demonstrated the magical power of gratitude in Pollyanna, they didn't get sick, and when they got sick, at least they didn't die; so let's all be grateful. Gautama Buddha (c. 563 now 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
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 job 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 me 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 grateful 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 educated 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 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 of 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 never have the opportunity to laugh with their father again.	bs are created every day. 6. I am grateful for everything I have learned from job applications and interviews. 7. I am eans to have a job. I never understood that until now. The gratitude of the unemployed will attract them to other titude and watch the magic happen! Let's take another example; a son whose relationship with his father is troubled. I am grateful to my father for supporting our family throughout my childhood because at that e used to be. I am grateful to my dad for taking care of me so much, because that's who he isbe steadfast if he doesn't 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
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 or 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 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 lithe sentence with who you are to 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 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 regativity 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 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	an energetic and quantum level. According to the Law of Attraction, if he remains grateful, the son should have a efirst proof that a gratitude spell works is that it increases your feelings. So when you feel better, you know things are st, 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 elisted ten things you are grateful for, complete your magical exit from negativity. email: Thank you, thank you, thank ealize how often we say negative things, but you'll have an idea after looking at your words for a day. Remember that saying something negative. Stop right now and say: But I have to say that I'm really grateful for . Complete the rest of the same time, you will ignite the magic in your life! Magical Practice #1. 7Magical Way Out of Negativity1. 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, and feel as grateful for that blessing as you can. 2. Choose a problem or new 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 mag 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 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 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 necessar 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 protect 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 for the people who made it possible for you 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 for the people who made it possible for your 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 for the people who made it pos	Take to say that I am very grateful for the 0.6. Right before you go to sleep and ENTREPRENEUR Giving thanks for food before eating is a tradition that has been observed for thousands of gratitude will exponentially increase the magic in your life! If you think back to a time when you were really hungry, any to live, think and feel well, so you can be grateful for food. To make yourself even more grateful for food, take a ection for months until they were ready to harvest. Then there are the pickers, packers, distributors and transporters armers 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, so 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, main 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 building planet, it is contained in water. Lauren Eisely (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 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 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 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	ntain gardens, fill bathrooms, operate all moving vehicles, support our hospitals, fuel, mining and manufacturing, ngs and structures. And water keeps our bodies alive. Water, water, water, wonderful water! If there is magic on this s day or any tomorrow. But here we are together on this beautiful planet, living life with its challenges and enthusiastic n you are grateful for food and water, it affects more than just your life; Your gratitude also affects the supply of the e mass response that would change the circumstances of food and water scarcity for everyone on the planet. Moreover,

