Content- Law of Attraction

5.

SUBJECT: Attitude of Gratitude!

Good day my friend…I trust this finds you doing well! Our last couple of conversations has been leaning towards raising our vibrations. This morning during my quiet time, I was overwhelmed with a feeling of gratitude for EVERYTHING I have in my life. Today I wanted to pass on some thoughts surrounding just how important gratitude is in the overall picture of manifesting exactly what we desire.

Everybody likes to be appreciated and the Universe is no different, for it is CONSTANTLY working to fulfill your dreams. So getting into the energy of gratitude and appreciation is of the utmost importance. Start inviting that energy into your life...on purpose and deliberately…EVERY SINGLE DAY…and your life WILL change for the better. As you continue to practice this faithfully, you’ll even get to the place where you find appreciation in the midst of things you don’t necessarily prefer in your life. THIS is when you see a major ‘power shift’…and things just begin to ‘work out’.

One thing I do is to keep a small journal on my nightstand. And every night before going to sleep…I spend 5 minutes writing down a few new things that I’m grateful for. And upon wakening in the morning…I re-read the entire thing to date…and it reminds me and The Universe just how grateful I am…and that I would like to have more of it in my life. When I show gratitude, the Universe brings even more good things my way. It sees me as a happy, positive person who knows how to see all the blessings it has provided.

So don’t forget your manners. Say thank you…and remember to stay in an Attitude of Gratitude!

R&H Enlightenment

Get Wisdom, and whatever you get…get insight!