

LIVING IN GRATITUDE

Six Simple Practices



Living in gratitude is probably the most powerful act that we can accomplish in our lifetime. If we give thanks for what we already have, by principle, it will automatically increase. Simply stated whatever we put our attention on expands. It is the recognition of what we already have that stimulates the Universal Law and we receive more. Here are 6 simple practices for an abundant life.

- 1. STOP & BREATHE:** Consciously breathe often and deep. Taking 5 or 6 breaths when feeling stressed or frustrated helps to return you to the present moment. Then give thanks for the power of your breath to calm and focus you.
- 2. STOP & WATCH:** Frequently during the day observe how all the “stuff” around you keeps changing. It is not permanent and so not real. What is real never changes. Give thanks for your power of discernment.
- 3. STOP & RESPOND:** Commit to being one with all life... no matter what. As situations or challenges arise be in a place of “we will see” rather than jumping to judgments. The present moment is just as it is – nothing more and nothing less. Give thanks for accepting life on life’s terms.
- 4. STOP & FEEL:** At every opportunity pause and feel your Inner Presence. It might be warmth, a tingling, a sense of calmness. You might even feel your heart open. Give thanks for its activity and guidance in your life.
- 5. STOP & PAY ATTENTION:** Pay attention to your Inner Body Awareness as you move through your day. Give thanks for who and what you are right now.
- 6. STOP & BE:** Live in a state of being... a place in the heart... being here, being centered, being aware, being creative, being thankful. We are humans who are being. Living in being is a consciously chosen level of awareness. In deep gratitude give thanks for all that is.

Set your intention to live in gratitude. Place your attention on one practice until it becomes comfortable. Then add another practice and another. Don’t take my work for the power of gratitude, experience the difference in you own life.