

# The Power of Gratitude

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***Throughout the Ebook - Also Included:***

**7 Personal Reflections, affirmations and Coaching Questions**

**3 Client Case Study Examples**

**10 Coaching Exercises**

**Ebook Comes With - Gratitude Begins In This Moment Audio**

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## What Is Gratitude?

Gratitude has definite roots in spiritual teachings, spiritual philosophy, and yes, in religion. This can be a wonderful place and vehicle through which you can cultivate a living understanding of gratitude, not only the concept of gratitude, but also the experiential living in and through it. However, one does not have to be religious or adhere to any certain set of beliefs, or faith, or even believe in God to come to understand what gratitude is, what it means, the concept, and then how to put this very powerful and empowering universal gift into practice in your life.

Gratitude is a mindful, non-judgmental acceptance of what is, one moment at a time in your life and your experience of your life. Gratitude is being thankful for what is, just because it is. The

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choice to be grateful is one made without conditions.

Gratitude is an expression of appreciation. It is unconditional. That is to say that in and through an attitude of gratitude one expresses his or her appreciation for what is, no matter what it is that is. What is, is not judged as good or bad. It is not attached to in any conditional way.

Gratitude is an attitude. Gratitude is a way of choosing to experience your life as it unfolds. Gratitude is an expression of acceptance and surrender to that which you cannot control. It is an expression that calms emotions. We all experience a wide range of emotions, we all fall sometimes into the pit of anger, hatred, competitiveness, jealousy and fear. One of the strongest tools for getting out of any maelstrom and letting go of these difficult emotions is to express gratitude.

Being thankful is a practical action, with the power to heal body and soul. It has a spiritual power that can bring us out of our state of “emotional emergency”. The action of choosing gratitude in your life is a freeing one. It is a powerful and empowering way to detach from what is not positive or healthy for you without judging it or trying to control what you can’t control and without trying to fix a situation or person that you cannot fix.

We have to find time during the day to give thanks for all the good things in our lives, from our functional limbs to the exter-

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## Personal Reflection Exercise 1



### AFFIRMATION

*I accept the situations I cannot control.*

The only person I can control is me. I let go of my tendency to try to control the opinions and decisions of others. Even if I don't know how to control myself right now. I will benefit from not

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staying invested in the magical and self-defeating thinking that I can change anyone else or control anything about anyone else. I need to learn that how I feel and what I think is part of who I am, whether I know who that is or not and that it is a part of my internal world. If I project my internal landscape out onto others it sets me up to be abandoned or re-abandoned.

Just as I expect to have the right to express my own opinion, I must accept the fact that others may disagree with me from time to time. And I need to practice re-framing what I experience when others do not agree with me. Others not agreeing with me is not abandonment. It is not a denouncement of my worth. It doesn't not negate my beingness or lessen the reality of what I choose to think, feel, and believe. Being an individuated, separate being/person means that I can be grateful for the differences in what I think and what someone else thinks when we don't agree. It's not about I'm right or their right. It can be about what I think is "right" for me isn't what someone else thinks/feels is "right" for him or her. That's the grey of difference. But, if you have your identity tied up in others, then when they disagree with you it will feel as if they are doing something to hurt you – it can feel like abandonment or betrayal but, in the here-and-now that's not really what is happening. If you feel that inside, ask yourself what the trigger is and where does it go back to in your past.

At times, I wish I could take charge of a situation or control the outcome, but I know that is often outside of my control.

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Nothing positive can come from agonizing over something that is out of my control. When the outcome is in the hands of someone else, all I can do is hope for the best and plan for the worst. I can learn to tolerate this better by taking control of what I have control over, not reacting to things outside of my control, radically accepting them mindfully and learning to go with the flow knowing that I can tolerate the feelings that I might feel for a time.

While I accept the situations that I cannot control, I actively seek solutions to the ones I can. I can empower myself.

Family disputes are within my control in so far as I choose to not react to them and in as much as I can let go of what others think or say that I do not agree with without feeling invalidated. Work-related troubles may sometimes be within my control. Other times, perhaps not. Again, I will benefit from radically accepting that which is not within my control. Political hardships or the behavior of another person are outside my area of control.

For my own sanity, I relinquish my grasp on situations that I have no say in. Unexpected incidents are a part of life. When life throws me curveballs, I handle them graciously. I can practice an attitude of gratitude for being aware of what I can and cannot control and from radically accepting that.

When I am given lemons, I make fresh, tasty lemonade. And if

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that does not satisfy me, I make lemon pie! One way or another, I find a viable solution to my challenges. I have that personal power. I can create change I need inside of myself. I can be the change I want to see in the world, from the inside out understanding that isn't about trying to effect change in anyone else.

There is always a positive aspect to every negative situation. By removing my emotions from the situation, I can begin to see things in a new light. The positive in every negative is an opportunity for growth, and opportunity to learn more about myself and what I can be grateful for.

Today, I understand that certain situations are out of my control. The only person I have power over is me.

## *Self-Reflection Questions:*

1. Am I controlling because I do not trust others to handle things correctly?
2. Is my opinion overbearing?
3. How can I improve the situations I can control and focus less on what is beyond my control?

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## What about the Bigger Picture?

For those raised in a home where faith was part of their lifestyle, the concept of thankfulness and gratitude is a big part of their culture. You may have been raised to give thanks before eating, or to say thank you to your God before bedtime.

One of the universal concepts is that we all need to be filled with gratitude in part because it is part of what makes the world go around. On the metaphysical level this is referred to as the [Law of Gratitude](#). This means that the universe, or the essence of life around us reacts to the thankfulness and it creates energy around us that impacts us and the people around us. Much like the Law of Attraction and the many other Law's of the Universe, this is best understood and thought about from that point of view of how our thoughts are energy and we are ourselves are energy and there are vibrations of energy between us and all around us. When someone says, "He gives off bad vibes," it's not just some old 1960's hippy-sounding statement, it actually makes sense when you consider how much of our experience in life isn't 3-D physically obvious.

As we are grateful, the universe responds by giving us what we are grateful for. This is the basic precept in the Law of Attraction that says the things we focus on are the things we attract more of into our life. The things you hold dear are the things you put your



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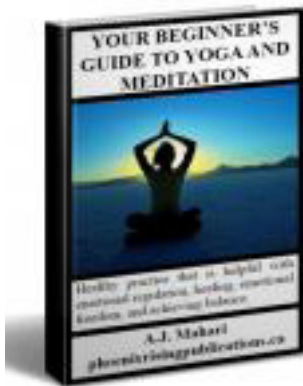
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energy behind. The more energy we have around something, the more energy it attracts. It's basic physics. Conversely, the more negative energy you put into worry or fear the more you can attract to you that which you most worry about and most fear.

So the things you may be grateful for - your friendships, your work, your health, your loved ones, your pets, your hobbies, grow and respond to that gratefulness the more and more grateful that you are.

There is a proverb that says "Out of the heart the mouth speaks"

Be mindful and consciously present and aware about what you say and do. The person with a lot of gratitude in his or her heart speaks words that gravitate toward others and that attract other people to them. An army of positive people can't be all that bad right?



## Beginner's Guide To Yoga and Meditation

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## Sometimes we just can't see the bigger picture

When we are in the midst of trials and horrible experiences we often feel “What on earth that is good come from this situation?” It feels like a hopeless case. We wonder why we've got the feelings we do, know the people we spend time with, why doors aren't opening. You may feel like you are always victimized and treated poorly. You may not know the difference between when this is actually happening or when it is a perception or misperception on your part from the past. You need to learn to focus on now – the here-and-now with an eye toward moving forward.

It's often only with the benefit of hindsight, when we can look back and see how those times were the very ones that shaped us that we can see it was all worth it in the end.

Often the very things we long for and want do not come to us the way or in the time we want them to or expect them to or have hoped for. To get to those things we often have to go on a journey that we don't expect and experience things we weren't prepared for. We have to actively seek the change that we want/need and long for. You need to advocate for you now. You need to let the adult in your reach back to the wounded child and validate his or her pain and experience in the seeking of the gratitude for all it will teach you and for how you can win your freedom from it and be all the stronger for it.

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## 5 Benefits of Gratitude

Showing your gratitude can be a great way to spread positive feelings in the world around you. When you think about it, reaching your goals starts with a single positive thought.

How do you feel when someone sincerely expresses his or her gratitude to you for something you did? Doesn't it make you feel good about yourself? These positive feelings can lift you up, boost your enthusiasm, and motivate you to achieve even more.

Feeling grateful for what you have can produce the same good feelings and sustain your drive toward your goals.

This shows how gratitude can have some seriously positive snowball effects.

*Here are some of the benefits of gratitude:*

**1. Reaching your goals.** When you feel grateful, it tends to be a lasting and selfless feeling. It's much more than just a momentary burst of positive energy; it has staying power that will provide a great boost for you to reach your goals.

- When you express your gratitude to others, ensure that you're open and expressive. People don't know what you're thinking; hearing it can make all the difference.