

The 90-Day Prosperity Experiment

Day 37: The Gratitude Attitude *by Kate Nowak*

Hello from my heart to yours,

As you have already learned, the first step toward creating a more prosperous life is to think about what you want. Through quantum physics, we know that our thoughts are powerful, that what we think impresses the particles and waves of energy that permeate the universe and causes them to collapse into solid matter, becoming that thing or circumstance we've thought about.

While every thought has the power to impress itself upon this formless energy, it is the *dominant trend* of our thinking to which this universal "stuff" responds most readily. While an occasional thought may have some impact, a repeated one will have more, and what we don't think about has no impact at all.

Since you cannot continually think one thought and manifest another, it certainly behooves you to pay attention to the kind of thoughts you are repeatedly sending out. It also behooves you to work in harmony with the universe, which basically means to stop resisting your good and "go with the flow" instead. You must allow

the universe to work with you and through you to bring about that which you desire most.

Gratitude is an expression of allowance. It says you understand there is an intelligent substance permeating everything and you know everything, including you, is made of it and you are willing to work with it to bring your good about.

Through an expression of gratitude, you align yourself with Source, connecting to your Good. Just as a water hose becomes a conduit through which water flows once it is connected to the faucet, so do you become a conduit for your desires to flow once you are connected to the source of everything.

Gratitude serves as a coupler. It brings your entire mind into closer harmony with the creative workings of the universe by keeping your attention moving forward, guiding you toward what you do want instead of what you don't.

Since you cannot think two conflicting thoughts at once, it is virtually impossible to be grateful for something and at the same time wonder why it hasn't come yet. When you are expressing gratitude you're emphatically stating that even though you may not see it yet, you know it's been delivered, and you're open to accepting it.

A number of years ago, my husband I were driving to a city some 70 miles away when we were caught in a major hail storm. The speed of traffic slowed to a crawl as rain and hail stones the size of softballs beat down on our car and those around us. Because we were caught in Friday evening traffic on a busy interstate highway with few exits, we could not escape the storm. Not only was I concerned that our car's windshield would not withstand the battering, but our little car was still new and the idea of it being beaten and scarred by the heavy hailstones made me heartsick.

I'd been studying the power of gratitude and so immediately began repeating the words "Thank you", ignoring the sounds of the storm and picturing, instead, wings of protection spreading over us, effectively keeping us from harm. Despite the thundering noise of hail striking metal, for the next 30 minutes or so, I allowed nothing but those two little words and that image to be the center of my focus.

We finally were able to follow the car in front of us off the road and into a store parking lot. Although the hail had stopped a few minutes before, the rain was still coming down hard, so once parked, we grabbed our umbrellas and darted from the car, making a run for shelter. It was only after we were in the store that we even thought to look back to see how much damage our car had sustained.

There in the midst of hundreds of pock-marked cars with shattered windshields and rear windows, our little car looked like it had just been driven off the showroom floor, without so much as a mark. The car we had followed in was as battered as those around it, proof that we had been caught in the brunt of the storm, yet ours had sustained no damage at all. I realized immediately that in keeping my thought centered on being grateful for the needed protection, I had connected with the only power that could possibly protect us. Gratitude served as the connecting agent.

Understanding the power of gratitude, apostle Paul cautioned the early Christians to "in all things be thankful." He understood, as you must, that the very minute you allow yourself to become dissatisfied with things as they are, you begin to lose ground. When your attention is fixed upon what you don't want, those things begin to form in mind, transmitted to the formless where, like a potter's hand on clay, they begin to leave an impression. Very soon more of what you don't want is flowing to you.

How much simpler it is to be thankful; to see beauty instead of squalor, order in place of chaos; and the extraordinary where ordinary might have been. How

much simpler to fix our minds upon the best rather than to spend even a moment contemplating anything less.

When you are genuinely grateful, your mind becomes centered on the best and in so doing, you begin to take on the form and character of the best and begin attracting the best to you. There is nothing magical or mystical about this process, it is simply how the universe works.

It is therefore necessary to cultivate the gratitude habit. Start being grateful for everything that happens to you and that comes to you, no matter what it might be. Whether you realize it or not, every particle of matter and every circumstance contributes constructively to your evolvment, so you always have reason to be grateful even when the whole world tells you differently. Begin expressing gratitude continually, letting the words "thank you" be constantly on your lips. Include every thing, every person and every circumstance in the list of things you are grateful for, no matter how frightening or foreboding it may be. Power is not diminished by recognizing it, but by rising above it. Gratitude allows you to rise above.

A good place to begin expressing gratitude is by paying more attention to what is right in the world and less to what is wrong. If you've been critical of others in the past, now it is time to stop. Your criticisms may not keep wealth from you, but they will most certainly rob you of joy and keep you from a state of gratitude. You cannot judge another person, place or situation as wrong and be genuinely grateful for it at the same time. In order to be grateful for anything, you must first be able to recognize the good inherent in it. You cannot do that if you're busy judging it otherwise.

Begin at once cultivating the gratitude habit by looking everywhere for reasons to be grateful and reminding yourself often that everything works for good for those who continually believe in good.

Be grateful for your wealth and prosperity now, even though there may be little or no evidence of it. As your thoughts of gratitude reverberate across the universe, impressing themselves upon the formless, that which you are grateful for today will become the reality you experience tomorrow.

Today's Action Step:

1. Re-read your Prosperity Business Plan and your ~~Ten~~ **Eleven** Things Gratitude List.
2. Place today's allotment of money in your container and read the affirmation on the container three times. Expect to receive in return.
3. Bless those around you, including your fellow participants in this experiment. See those you bless prospering and surrounded by good. Then bless yourself and see the same. You may also want to continue blessing those on the blessing request list.
4. Return to the blessings requests and read the responses being posted by those who have been blessed. (You'll find a link at the bottom of this email, or simply go to bettertobless.com and click on "Request a Blessing") Your blessings are making a difference. Reading the responses will give you an opportunity to see for yourself.

Today's Quote:

"To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in

a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude."

— Albert Schweitzer

Today's Affirmation:

"Thank you."



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