

The Law of Gratitude

There is a “LAW” of Gratitude and it is absolutely necessary that you observe this law to get the results you seek. Gratitude is the feeling of being grateful for your life and what you have. It’s a positive good feeling of having what you need and want. You commonly experience this feeling when you get an unexpected gift from someone or someone helps you out of a difficult situation. For example, you get a flat tire and don’t know what to do because you can’t reach anyone on the phone, but luckily a stranger comes along and changes the tire for you. On the way home you feel “grateful”.



What Gratitude does for you:

1. Places your focus on what is good and what you have. Thus it takes your focus off your problems, what you don’t have and other negative thoughts (stress). **Gratitude ELIMINATES Stress!**
2. It is the required payment for blessings. The more grateful you are for your blessings, the more blessings you will get! The less grateful, the less blessings will come your way.
3. It is the prerequisite for faith. Gratitude is the expectation of continued good things or faith.

Gratitude places your focus where it must be for success.

When you are dissatisfied you only see what is not good—what is not working, what is broken or lacking in your life and your thoughts take the form of these things. You transmit these mental images to your subconscious and over time you automatically “believe” this is your reality. When you focus on the undesirable, you become undesirable and you surround yourself with the undesirable. However, when you focus on the desirable, you become what you desire and you attract and surround yourself with what you desire.

That may seem like some mystical thing, but have you ever heard of the phrase “the poor get poorer” and the “rich get richer”. This is real! The reason the poor get poorer or the fat get fatter, is because they are resentful that they have been given a bad lot in life and are dissatisfied (ungrateful) with their body and life as a result of being overweight. **This attitude**

of dissatisfaction keeps their mental pictures on failure, what is wrong, what is too hard to do and thus keeps them acting according to those mental pictures and producing more of the same result—more dissatisfaction and stronger negative mental pictures! Those that are grateful keep their mental pictures on success, what is right, what is possible and this keeps them acting according to *those* mental pictures producing more success and more feelings of gratitude.

Gratitude brings you more gifts!

Have you ever given a present to a person or helped someone out and they were ungrateful? How motivated were you to give them another present or to help them out again? Imagine then if you were to give someone a gift and they *complained about the gift!* You might not only never give them another gift, but you might decide to discontinue being their friend!

If you believe that your life is a blessing (gift) from your creator, how can you expect more blessings if all you do is focus on what you don't have and complain about what's not going as you think it should? Gratitude brings you closer to the giver of all blessings—your creator, infinite intelligence, Spirit, whatever you believe. If you desire to have more blessings in your life, you won't get any if you keep complaining and drawing yourself farther and farther away from the giver of blessings.

Gratitude brings you increased Faith!

Faith is born of gratitude. The grateful mind continually perceives good things, which becomes expectations for more of the same, which becomes faith. Gratitude is the acknowledgment of what is good and therefore brings you a belief in future good things—Faith. Without Faith you are doomed to failure because you're expecting or fearing the negative and what could go wrong. Faith is the energy that drives us forward in spite of what our senses tell us. You cannot accomplish permanent weight loss without true Faith.



But how can I be grateful when my life is the way it is?

This is what hangs people up and causes them to be on the wrong side of the Law of Gratitude. How can one be thankful for being overweight, in debt, depressed, in a bad marriage and working for an unappreciative and condescending boss? From YOUR perspective that is how

YOU see it. But how might your life be perceived by someone else? How would a poor homeless man perceive your life? How would a middle-class Indian women whose marriage was planned, living in a 12'x12' apartment with 3 kids perceive your life?

IMPORTANT POINT: The only way you can feel dissatisfied, is to *compare yourself* with others who have more or better.

The problem with using comparisons as a way of determining whether you should feel grateful or not is **there is ALWAYS someone with more or better!**



The point to understand, to help you get out of your rut, is to know that you can NEVER get out of your rut until you are grateful and appreciative, which then opens the flow of blessings and gives you the proper state-of-mind to take the actions in your life to get the outcomes you truly desire! Complaining about being poor never got anyone rich! Complaining about how bad your genetics are and stressful your life is never got anyone healthy! Most people that grumble about their spouse usually don't get a better spouse.

Please check this. Don't take my word!

Most people think you have to achieve to be happy. This is wrong and leads to all the stress and pain we see in most people's lives today. **You must be happy, to achieve! Or you must have Gratitude to achieve! The more gratitude you have, the more you can achieve! This is the Law of Gratitude!**

You can have gratitude in ALL things!

All things have contributed to your advancement whether you believe it or not. Meaning, even the bad things advanced your knowledge and made you a wiser person, helped you develop your empathy, compassion or consciousness. So you can even be grateful for a rainy day, because it grows the food you eat and gives you time to work on inside projects. You can be grateful for late fees because they teach you to develop a better routine for paying your bills. You can be grateful for a negative person in your life because they show you why you don't want to be negative. You can be grateful for traffic because it teaches you patience which makes you a much better parent. This list could go on for 100 pages. EVERY experience of your life can be seen as a blessing! This is your choice. You can believe that all negative things in your life are hindering your life and experience stress or you can choose to believe that ALL your experiences have guided you and brought you to this point in your life uniquely experienced for YOUR DESTINY!

By finding the good in everything (and being grateful for it) you will develop a harmonious relationship with the good in everything, and the good in everything will move toward you.

Expressing Gratitude makes you feel Gratitude!

People that express their gratitude are those that get more love, help, appreciation, favor and blessings in their life.

People that thank their friends, tell their spouse and children how much they appreciate them, are the people

who have happiness and confidence flowing from them! We often feel these things inside, but until we EXPRESS our gratitude, it doesn't have an effect on our lives. **Expressing your gratitude whenever you can gets you into the habit of looking for things to be thankful for and thus leads to feeling more grateful.** The more people you express your sincere gratitude toward, the more the law of gratitude will reciprocate in your life!



YOUR ASSIGNMENTS:

1. Make a list of at least 10 things you are grateful for in your life and why you are grateful for them. Start a list on your computer and then finalize it and print it off by the end of the week. Don't skip this, it will be an important part of making you feel massive levels of gratitude when you really need it! Download this sheet:

http://www.not-your-fault-weight-loss.net/pdf/appreciation_list.pdf

2. Start a new habit of saying out loud a **Prayer of Gratitude** on your drive to work every day. It can go something like this:

“Dear Lord/Father/creator/(whatever you are comfortable with) I am thankful for this NEW day; A NEW day to continue to step forward with my life. I give thanks for my family, my friends and for all the blessings you have given me past, present and future.”

3. **Look at the obituary section of the paper.** Allow yourself to cultivate the feeling of gratitude just for being alive and having another day to live and do or work toward what is important to you! Spend a few moments feeling this feeling. If you make this a part of your paper reading routine, you'll get a massive shot of gratitude every time!

4. **Start a gratitude expression habit in your life.** Make it your goal to find something to be grateful for each day and verbalizing it to yourself out loud or share it with someone close to you or if it's something someone did, expressing it to them. You can start your day off with the power of gratitude each morning by thinking about something you were grateful for yesterday. In the evening, record this in your journal until it becomes a habit. By going to sleep feeling grateful, your anxiety will disappear and you'll sleep better and your subconscious mind will mill-over these positive thoughts while you sleep—programming your brain to bring you more of them tomorrow!