



“Why should I say Thank You?” (76 Reasons...)

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Address to the Readers

In my opinion these excerpts would guide readers, stimulate and mould their opinion and would lead to self improvement actions.

I have taken utmost care not to change the original content of the book so that the real thought can be preserved and delivered to the readers. I have personally been immensely benefitted by the valuable thoughts in the book and have shared the same with those who come in my contact and I assure the readers that their opinion would not be different from mine.

This book has the power of bringing a 360° change in one's personality and attitude. If you have not achieved the stage of self actualization then this is ideal for you.

I am indebted to "Rhonda Byrne" for enlightening me and making me a better soul.

All the best to all my readers for shaping their present and future by being the partners in the journey of soul searching with me while reading the book.

I want to leave you with the following thought before you embark on your spirit enriching journey.

"Gratitude is riches and complaint is poverty"

Thank You-Thank You-Thank You

With regards



Dr. Sanjay Biyani
Director
Biyani Group of Colleges

(76 Reasons...)

1. To accelerate your career, increase success and bring about your dream job or whatever it is you want to do. In fact, whatever it is that you want to be, do, or have, gratitude is the way to receive it. The magical power of gratitude turns your life into gold!
2. As you make gratitude a way of life, you will wake up each morning so excited to be alive. You will find yourself completely in love with life. Everything will seem effortless.
3. It's a simple fact: when you're not grateful you cannot receive more in return. You're not grateful you cannot receive more in return. You've stopped the magic from continuing in your life. When you're not grateful you stop the flow of better health, better relationships, more joy, more money, and the advancement of your job, career, or business. To receive you have to give. It's the law.
4. The law of attraction says that like attracts like, so if we take something for granted, we will be taken from as a result. Remember, "whoever does not have gratitude, even what he or she has will be taken from him or her".

To your current circumstances, you have to practice gratitude and make it your new way of life.

To live in gratitude, to experience the magic in your life, thank you must become the two words you deliberately say and feel more than any other words. They need to become your identity. Thank you is the bridge from where you are now, to the life of your dreams.

The more you deliberately think and say the magic words, thank you, the more gratitude you feel.

The more gratitude you deliberately think and feel, the more abundance you receive.

5. Newton's law is one for one-what you give you receive, equally. That means that if you increase your feeling of gratitude, the results in your life will expand to be equal to your feeling!
6. If you practice gratitude a little, your life will change a little. If you practice gratitude a lot every day, your life will change dramatically and in ways that you can hardly imagine.
7. To ensure this doesn't happen to you, you need to practice gratitude over 28 days, so that you impregnate your cells and your subconscious mind with it. Only then will it change your life- Permanently.

This allows you to make gratitude a habit and a new way of life. Practicing gratitude in a concentrated effort over consecutive days guarantees that you will see the magic take place in your life – and fast!

These first twelve practices will set the magic of gratitude into motion immediately.

The next ten practices use the magical power of gratitude for your desires, dreams, and everything you want.

Many of the magical practices are designed to help you achieve your dreams. Therefore, you need to get clear about what you really want

The "how" will be done for you when gratitude works its magic.

8. When Einstein gave thanks, he thought about why he was grateful. When you think about the reason why you're grateful for a particular thing, person, or situation, you will feel gratitude more deeply. Remember that the magic of gratitude happens according to the degree of your feeling! So with each item on your list write the reason why you're grateful for it.

Here are some ideas for writing your list;

I am truly blessed to have what because why?

I am so happy and grateful for what because why?

I am truly grateful for what because why?

With all my heart, thank you for what because why?

9. The little irritations you once felt and the complaints you had in your relationships will disappear, because when you're truly grateful for another person, there's nothing you want to change about that person. You won't criticize, complain about, or blame them, because you're too busy being grateful for the good things about them.
10. Words are very powerful, so when you complain about any person you actually harm your life. It is your life that will suffer. By the law of attraction whatever you think will suffer. By the law of attraction whatever you think or say about another person, you bring to you. This is the very reason why the greatest minds and teachers of the world have told us to be grateful.
11. Choose three of your closest relationships and collect a photograph of each person. With the photo in front of you, write five things you are most grateful for about each person, in your journal or on your computer.
"He who enjoys good health is rich, though he knows it not."
"Whoever has gratitude (for health) will be given more, and he or she will have an abundance. Whoever does not have gratitude (for health), even what he or she has will be taken from him or her.
Giving thanks in return for the health you are receiving is vital.
12. As you will learn in a later practice, through the daily practice of gratitude for your health, you can improve your eyesight, hearing, and all of your senses.
13. Being grateful for your health ensures that you will continue to receive more health to be grateful for, and at the same time it eliminates stress and tension in your body and mind. Scientific research studies have shown that stress and tension are at the

root of many diseases. Studies have also revealed that people who practice gratitude heal faster, and are likely to live seven year longer!

If you feel heavy and life feels like a real effort to get through, or if you don't feel younger than your age, then you are living with decreased health. One of the major causes of this loss of vitality is a lack of gratitude.

Remember that when you think about why you're grateful. It will help you feel it, the faster you will feel and see the amazing results in your body.

Say thank you for my legs and feet, and really mean it.

14. If there's a lack of money in your life, understand that feeling worried, envious, jealous, disappointed, discouraged, doubtful, or fearful about money can never bring more money to you, because those feelings come from a lack of gratitude for the money you have. Complaining about money, arguing about money, getting frustrated about money, being critical of the cost of something, or making someone else feel bad about money are not acts of gratitude, and the money in your life can never improve; it will worsen.

15. Wherever has gratitude (for money) will be given more, and she or he will have an abundance. Whoever does not have gratitude (for money), even what she or he has will be taken from her or him."

There are two steps to the Magic Money practice. It's important that you read through the entire practice of Magic Money at the beginning of the day, because you will continue with the money practice throughout the day.

Sit down and take a few minutes to think back through your childhood before you had any or much money. As you recall each memory where money was paid for you say and feel the magic words, thank you, with all your heart for each instance.

The more sincere you are, and the more you feel it, the faster you will see a miraculous change to the circumstances of your money.

An abundance of gratitude for money equals an abundance of money!

If you find yourself in a situation where you're about to complain about something to do with money, whether it's through your words or your thoughts, ask yourself: "Am I willing to pay the price for the complaint?" Because that one complaint will slow or even stop the flow of money.

16. From this day forward, make a promise to yourself that whenever you receive any money, whether it's your salary for work, a refund or discount, or something that someone gives you that costs money, you will be truly grateful for it.

17. According to the law of attraction you have to be grateful for what you have to attract success to you. So, without gratitude, it's impossible to have permanent success.

To bring success or increase the good things in your job or work, like opportunities, promotions, money, brilliant ideas, inspirations, and appreciation, it is essential to be grateful for your job or work. The more gratitude you have. The more you will have to be grateful for! And you should be getting the idea by now that to increase anything in your life, you have to be grateful for what you already have.

18. "Whoever has gratitude (for their work) will be given more, and he or she will have an abundance. Whoever does not have gratitude (for their work), even what he or she has will be taken from him or her."

19. When you are grateful for your job, you will automatically give more to your work, and when you give more to your work, you will increase the money and success that is returned to you. If you are not grateful for your job, you will automatically give less. When you give less you decrease what comes back to you, and as a result, you will never be happy in your work, you will never give more than you have to, and your job or work will stagnate and eventually deteriorate, which could mean losing your job.

The amount you give in gratitude is exactly proportional to the amount you receive in return.

20. If you are a business owner, your business's value will increase or decrease according to your gratitude. The more grateful you are for your business, your customers, and your employees, the more the business will grow and increase. It is when business owners stop being grateful and replace gratitude with worry that their business spirals downward.

21. Taking things for granted is a major cause of negativity, because when we take things for granted we are not giving thanks in return, and we stop the magic happening in our life. Just as giving thanks to others will always lead to our life magically increasing, so must taking things for granted always lead to our life decreasing.

22. Taking things for granted results in complaining, negative thoughts and words. So when you complain, by the law of attraction, you must bring more things into your life to complain about!

23. It's impossible to be negative when you're grateful. It's impossible to criticize and blame when you're grateful. It's impossible to feel sad or have any negative feeling when you're grateful. And the best news is that if you have any negative situations in your life currently, it won't take a long period of time to transform them with gratitude. The negative situations will disappear in a puff of smoke – just like magic!

24. "Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

GAUTAMA BUDDHA (CIRCA 563 BC-483 BC)

FOUNDER OF BUDDHISM

Make a written list of ten things on your computer, or in your gratitude journal.

25. Most of us have no idea how much we speak negatively, but you'll have an idea after watching your words for a day. Remember that negativity and complaint bring more of those things, and if you're aware of what you're saying you can stop and decide if you want the consequences of what you're about to say.

Count your blessing: Make a list of ten blessings. Write why you're grateful. Reread you list, and at the end of each blessing say thank you, thank you, thank you, and feel as grateful for the blessing as you can.

26. Giving thanks for food before you eat is a tradition that has been followed for thousands of years, dating back to the ancient Egyptians. With the fast pace of life in the twenty-first century, taking the time to give thanks for a meal has more often than not been left behind. But using the simple act of eating and drinking as an opportunity to be grateful will increase the magic in your life exponentially!
27. If you think about a time when you were really hungry, you will remember that you could not think or function normally, your body felt weak, you might have started to tremble, your mind became confused, and your feelings plummeted. All of this can happen after not eating for just a few hours! You need food to live, to think, and to feel good, and so there is a great deal to grateful for about food.
28. The incredible thing is that when you are grateful for food and water, it doesn't just affect your life; your gratitude also impacts the world's supply. If enough people felt gratitude for food and water, it would actually help the people who are starving and in great need. By the law of the attraction, and Newton's law of action and reaction, the action of mass gratitude must produce an equal mass reaction, which would change the circumstances of scarcity of food and water for everyone on the planet.
"It is only with gratitude that life becomes rich."
Gratitude is riches and complaint is poverty:
Any complaining, negative, jealous, or worried thoughts or words about money are literally creating poverty.
To have a rich life, you must be grateful for everything to do with money, and begrudging your bills is not being grateful. You must do the exact opposite, which is to be grateful for the goods or services you've received from those who billed you.
29. To be grateful for a bill, think about how much you've benefited from the service or goods on the bill. If it's payment for rent or a mortgage, be grateful that you have a home, and you're living in it. What if the only way you could live in a home was by saying up all the money and paying cash for it? What if there was no such thing as lending institutions or places to rent? Most of us would be living on the streets, so be grateful to the lending institution or your landlord, because they have made it possible for you to live in a home or apartment.
30. If you're paying a bill for gas or electricity, think about the heating or cooling you received. The hot showers, and every appliance you were able to use because of the service. If you're paying a phone or Internet bill, imagine how difficult your life would be if you had to travel vast distances to talk to each person individually. Think about how many times you've been able to call family and friends, send and receive emails, or access information instantly through the Internet because of your service provider. All of these remarkable services are at your fingertips, so be grateful for them, and be grateful that the companies trust you by providing their services before you have paid for them.

31. Feeling gratitude for the money you've paid out guarantees you will receive more. Gratitude is like a magnetic golden thread attached to your money, so when you pay money out, the money always returns to you, sometimes equally, sometimes tenfold, sometimes a hundredfold. The abundance you receive back depends not on how much money you give, but on how much gratitude you give.
32. Take any current unpaid bills you have use gratitude's magical power, and write across each one: Thank you for the money. Feel grateful for having the money to pay the bill, whether you have it or not.
33. Take ten bills you've paid in the past, and write across the front to each one of them the magic words: "Thank you – Paid." Feel truly grateful that you had the money to pay the bill!
34. At times you may encounter a person in service who behaves rudely toward you or doesn't give you the attention you think you deserve. It may be more challenging to be grateful in these situations, but your gratitude cannot be dependent on another person's behavior. Choose magic in your life no matter what! It might help you to remember that you don't know what difficulty someone might be going through at the time you connect with him or her. They may be feeling unwell, they may have just lost a loved one, their marriage might have just ended, or they may be in desperation and at a tipping point in their life. Your gratitude and kindness might be the most magical thing that happens to them that day.
35. If you thank someone on the phone for his or her help, don't throw away you thank you; instead, give the reason why you're grateful. For example, "Thank you for your help." "Thank you for going out of your way for me." "Thank you for giving me so much of your time." "Thank you for resolving the situation for me I'm very grateful to you." You will be amazed at the response from the other person when you do this one simple thing, because they will feel your sincerity.
36. When you say thank you to someone in person, look at his or her face. They will not feel your gratitude or receive your magic dust unless you look directly at them.

If you're at home today, then sit down with a pen and journal or on your computer, and go back in your mind recalling instances where people in service went out of their way for you. It may have been someone on the phone, or it may have been a tradesperson who was determined to resolve a problem for you. Maybe you've received great service from your mail person, the trash collectors or recycling companies, or local store assistants. Make a written list of ten instances where people in service helped you, and send magic dust by saying thank you to every of them.

When you incorporate gratitude into your morning routine, you will feel and see its magical benefits throughout the whole day.

There's no room for harmful negative thoughts when your mind is focused on looking for things to be grateful for, After this practice you will go into your day feeling much happier and more confident that the day ahead will be great – and that's when you will see the magic happen before your very eyes!

37. When you wake up to the new day today, before you move, before you do a single thing, say the magic words, thank you. Say thank you for the fact that you are alive, and that you've been given another day of life. Your life is a gift, every day is a gift, and when you really think about it, it's inconceivable that any of us would wake up in the morning without giving thanks for another day. If you think a new day isn't matter how sleepy you are, or if your alarm has woken you up for work, or you've slept in during the weekend: the moment you wake, say the magic words, thank you, for another day of your life.

38. Say thank you for the good night's sleep you received. Are you fortunate enough to have slept in a bed, with sheets and a pillow? Thank you! As your feet hit the ground say thank you. Do you have a bathroom? Thank you! Are you able to turn on the taps and immediately receive fresh, clean water every morning? Thank you! Imagine all the people who dug the trenches and laid the pipes across your country, throughout your city and along all the streets to your home so you can turn a tap and receive beautiful, clean, hot water. Thank you! Without them, your day would not begin so pleasantly. Thank you for the towels, the soap, the mirror, and everything in the bathroom you use that makes you feel fresh, awake, and ready for the day.

From the moment you open your eyes until you have put your shoes on or finished getting ready, say the magic words, thank you, in your mind for everything you touch and use. If doesn't matter if you don't shower or get dressed first thing in the morning, you can still use this Magic Morning practice as a guide and apply it to whatever your morning routine is.

39. Today, You are going to think about the magical people who have impacted your life. Find a quiet place alone sometime during the day today sit down, and think of three extraordinary people who have made a difference in your life. Once you have your three people, work with one person at a time, and talk out loud to each person as though they were present, telling him or her the reasons why you're grateful to them, and how they affected the course of your life.

40. Make sure you do this magical practice with all three people in the one session, because it will take your feeling of gratitude to a far deeper level. If you split up this magical practice throughout the day, you will not feel the same depth of gratitude, not receive the magical results.

It's very important that you say the reasons why you're grateful And you can't say too much. Instead, the more you say, and the more you feel, the more amazing the results.

41. African tribes perform ceremonies for their food before they hunt they hunt for it, and the very nature of prayer in every culture and religion is giving thanks before having received what is desired.

The law of attraction says that like attracts like, which means you must form in your mind a likeness, or an image, of what you want. Then to attract your desire to you, you have to feel as though it's yours, so that how you feel is also like how you

would feel when you had what you wanted. The easiest way to do that is to be grateful for what you want-before you've received it. If it never occurred to you before to use gratitude to receive what you want, you have now discovered another of its magical powers. The very words in the Holy Scriptures promise exactly that:

"Whoever has gratitude (now) will be given more (in the future), and he or she will have an abundance."

Gratitude is something you must have before you can receive, not something that you simply do after something good has happened. Most people are grateful after they receive something good, but to make all your wishes come true and change your entire life by filling it with riches in every area, you must be grateful before and after.

42. You don't try to figure out how gravity is going to keep you on the ground when you go for a walk, do you? You trust and know that when you go for a walk the law of gravity will keep you firmly on the ground. Likewise, you must trust and know that when you're grateful for, what you want, what you want will be magically moved to you, because it is the law of the Universe.
43. Saying thank you three times is also a magic formula, because it is the mathematical number of all new creation in the Universe. For example, it takes one male and one female to create a baby. The male, female, and baby total three, completing a new creation. The same rule of three applies to the creation of everything in the Universe, including the creation of your desires, and so when you say thank you three times in a row, you are using the magic number of creation, and a secret magic formula.
44. If you're a person who writes daily lists of things you need to do then you can go through your daily list and be grateful for each one having gone well. Whether you do this magical practice in your mind or on paper, the most important thing is that you feel the result of each plan or activity was the best it could have been.
45. I don't know of anything other than gratitude that guarantees to put you in a good mood almost instantly.
46. In the morning, work your way in your mind through the plans you have for the day and evening, until bedtime. With each plan or event, say the magic words, thank you, for it having gone well. Imagine that you're saying thank you at the end of the day, and you're immensely grateful because it went perfectly.
47. When we are faced with a difficult relationship or a challenging situation in a relationship, in almost all cases, we're not in the least bit grateful for the other, person. Instead, we're busy blaming the other person for the problems we have with them, and that means we don't have a shared gratitude. Blame is never going to make a relationship better, and it's never going to make your life better. In fact, the more you blame, the worse the relationship gets, and the worse your life gets. Whether it's a current relationship or a past relationship, if you harbor bad feelings toward another person, practicing gratitude will eliminate those feelings. Why would you want to remove your bad feelings about another person?

48. "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

GAUTAMA BUDDHA (CIRCA 563 BC – 483 BC)

FOUNDER OF BUDDHISM

Bad feelings about another person burn your life, but gratitude will eliminate them!
The ultimate point you want to reach is where you don't have any bad feelings toward the person anymore, because it's your life that is harmed by those feelings.

49. Choose one difficult, problematic, or broken relationship that you want to improve.
50. Sit down and make a written list of ten things you're grateful for about the person you're chosen. Write it down in the following way:

Name I'm grateful for what.

51. When there is some kind of sickness or condition in your body, it is understandable that you may have negative feelings about it, like worry, frustration, or fear. But having negative feeling about sickness does not restore health. In fact, it has the opposite effect-it reduces health even more. To increase your health, you need to replace the negative feelings with good feelings, and gratitude is the easiest way to do it.

52. Many people also have critical thoughts and feelings of dissatisfaction about their physical appearance. Unfortunately those thoughts and feelings also reduce the magical flow of health. When there's something you don't like about your body, you are not being grateful for your body. Think about it. by the law of attraction, complaints about your body bring more problems to complain about, and so complaining about your body or appearance puts your very health at risk.

"Whoever does not have gratitude (for their health and their body), even what he or she has will be taken from him or her."

"Whoever has gratitude (for their health and their body) will be given more, and he or she will have an abundance (of health to their body)."

In other words, they give their entire focus to the disease. However, the law of attraction says that we can't make a problem go away by focusing on it, because focusing on the problem can only make the problem worse. Instead, we should do the exact opposite, and focus on the ideal state for the area of our body that is unwell, and give our thoughts and feelings to that. Gratitude for the ideal state of any part of our body powerfully uses our thoughts and feelings together so we magnetize it to us – in one fell swoop!

If you want to change you weight, first think about the ideal weight that you want to be, then imagine yourself at the ideal weight, and give thanks for it as though you have received it now.

Whatever it is that you want to improve first imagine yourself with the ideal state, and then be grateful for the ideal state as though you have received it right now.

53. Think about five functions of your body that are well, and one by one give thanks for each one.

54. Choose one thing about your body or health you want to improve, and spend one minute visualizing yourself with the ideal state of your body or health. Then give thanks for this ideal state.

"In the magical universe there are no coincidences and there are no accidents. Nothing happens unless someone wills it to happen."

All bad feeling about money push money away from you and reduce the amount in your life, and every time you feel bad about money you reduce it a little more.

The law of attraction says that like attracts.

When you're grateful for money, not only do you stop the negative thoughts and feelings that push money away from you, you're doing the very thing that brings more money to you!

So whenever a situation arises, ask yourself: does this circumstance mean that I have more money? Because if it does, you need to be very grateful for the money you're receiving through that circumstance!

She did not have her wallet.

55. "A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving."

ALBERT EINSTEIN (1879-1955)

NOBEL PRIZE – WINNING PHYSICIST

With those words, Einstein gave us a gift equal to his scientific discoveries. He gave us one of the magical secrets to his success. Gratitude – every day!

56. To take Magic Footsteps, you take one step and in your mind say the magic words, thank you, as your foot touches the ground, and then again say thank you as your other foot touches the ground. One foot, thank you, next foot, thank you, and continue saying the magic words with every footstep.

57. You might have figured out by now that with any magical practice of gratitude the aim is always to feel it as much as you can. This is because when you increase the feeling of gratitude on the inside, the things you have to be grateful for in the outside world increase too.

58. The Heart Magic practice is designed to powerfully increase the depths that you feel gratitude, by focusing your mind on the area of your heart as you say and feel the magic words, thank you. Scientific research has shown that by focusing on your heart as you feel gratitude, the rhythm of your heart immediately becomes much more even and harmonious, resulting in major improvements to your immune system and health. That gives you an idea of the power of Heart Magic. It takes a little practice the first time you try it, but it is worth the effort. After a few times you will get it, and each time you practice it your feeling of gratitude will increase exponentially.

59. To practice Heart Magic, focus your mind and your attention on the area around your heart. It doesn't matter if you focus on the inside or the outside of your body. Close your eyes, because it will make it easier, and while keeping your mind focused

on your heart, mentally say the magic words, thank you. Once you've practiced it a few times, you won't need to close your eyes anymore, but as a general rule, you will feel more gratitude when you close your eyes.

Because the deeper the feeling the greater the abundance you will receive.

Tingling feeling

Bumps

60. Focus your mind and your attention on the area around your heart.

Close your eyes, and while keeping your mind focused on your heart, mentally say the magic words, thank you.

If you want Magnificent Outcomes to everything you do, one of the simplest ways to do it.

61. If you miss your bus or train on your way to work, or miss a flight, or are unexpectedly delayed, instead of thinking, "This is bad," be grateful for the magnificent outcome so that you put the magic into motion to receive a magnificent outcome.

If you're a parent and you're asked to attend an unexpected meeting at school about your child, instead of thinking there's a problem, be grateful for the magnificent outcome.

62. Most of the time you will see and experience the magnificent outcome you asked for, and occasionally you won't even know how you benefited from an unexpected event. But when you ask for a magnificent outcome and feel sincerely grateful for it, you are using the mathematical law of attraction, and you must receive a magnificent outcome back, somewhere, at some time. Guaranteed!

63. Whenever you find yourself thinking there's chance at play with something in your life, or thinking you have no control over something, or when you find yourself hoping something will turn out well, remember that there's no chance for the law of attraction – you will get what you're thinking and feeling. Gratitude helps protect you from attracting what you don't want – bad outcomes – and it ensures you get what you do want – Magnificent Outcomes!

64. The more you practice Magnificent Outcomes, and make it a daily habit, the more Magnificent Outcomes you will attract into your life. Less and less you will find yourself in situation that you don't want to be in. You won't find yourself in the wrong place at the wrong time. And no matter what happens in your day, you will know with absolute certainty that the outcome will be magnificent.

65. At the beginning of today, choose three separate situations where you would like Magnificent Outcomes. You can choose three things that are important to you in your life currently, such as a job interview coming up, an application for a loan, an exam, or a doctor's appointment. You can also start by selecting three things that are normally humdrum activities for you, because when the magic happens to those humdrum activities you will be really convinced that you attracted the magnificent

outcome! For example, you could choose your drive to work, doing the ironing, going to the bank or post office, picking up the kids, paying the bills, or collecting the mail. Each time an unexpected event arises, close your eyes briefly if you can, and mentally say and feel the magic words:

Thank you for the magnificent outcome to_____!

You can't do this magical practice too much, because the more you practice it, the more Magnificent Outcomes you will have in your life as a matter of course.

I took my top ten desires and I carried them with me on a piece of paper every day. Whenever I had an opportunity, I would take out my list and read through it, giving as much gratitude for each desire as I could, as though I had received it. With my number one desire, the desire I wanted more than anything else. I kept it constantly in my mind, and I would say the magic words, thank you, for it multiple times in a day, and feel as if it had come true.

As I received my desires I would cross them off my list, and when I had new desires I would add them to my list.

One of my desires from my original long list was to travel to Bora Bora near Tahiti. That amount of time

66. If you want your desires to come more quickly, I would highly recommend that you carry your desire list with you in your wallet or purse from this day forward, and whenever you have time, open it up, read through it, and feel as much gratitude as you can for each one. When your desires appear before your very eyes, cross them off your list, and add more. And if you're like me, each time you cross a desire off your list you will be in tears of joy, because what seemed impossible was made possible through the magical power of gratitude.

67. As the great scientist Newton said, "When I look at the solar system, I see the Earth at the right distance from the sun to receive the proper amounts of heat and light. This did not happen by chance."

It is difficult to believe any of these things could have happened by accident. It would seem that they are perfectly designed, perfectly placed, perfectly balanced, for us!

68. We take one breath after another and never give a thought to the fact there is always air for us to breathe. Yet oxygen is one of the most plentiful elements in our body, and as we breathe, it feeds every cell in our body so that we can continue to live. The most precious gift of our life is air, because without it, none of us would last more than a few minutes.

Alchemist, who can effortlessly turn every part of their life into gold!

69. Five times today, stop and think about the glorious air that you breathe. Take five deliberate breaths, and feel the feeling of the air moving inside your body, and feel the joy of breathing it out.

After you have taken the five breaths, say the magic words. Thank you for the magical air that I breathe. Be as grateful as you can for the precious, life-giving air that you breathe.

70. Energy flows where your attention goes, and so when you direct the energy of gratitude toward another person's needs, that's where the energy goes. This is the very reason why Jesus said thank you before he performed a miracle. Gratitude is an invisible but real force of energy, and coupled with the energy of your desire it is just like having a Magic Wand.

Health, wealth, or Happiness.

71. Take one person at a time, and hold their photograph in your hand. Close your eyes and for one minute visualize the person's health, wealth, or happiness has been fully restored, and you're receiving the news.

Open your eyes, and with the photograph still in your hand, say the magic words slowly: "Thank you, thank you, thank you for ___Name's___ health, wealth, or happiness."

There are unlimited and creative ways the Universe has to magically cue you to be grateful in your day-to-day activities.

The Universe uses the law of attraction to magically cue you, and so you always attract the exact cues that you need to be grateful for in that moment.

To learn from a mistake, we first have to own it, and this is where many people can become undone, because then often blame someone else for their mistake.

72. You are human, you will make mistakes, and it's one of the most beautiful things about being human, but you must learn from your mistakes. Otherwise your life will have a lot of unnecessary pain.

How do you learn from a mistake? Gratitude!

73. No matter how bad something may seem, there are always, always, many things to be grateful for. When you look for as many things as you can to be grateful for in a mistake, you magically transform the mistake into blessings. Mistakes attract more mistakes, and blessings attract more blessings-which would you prefer?

74. Once you've chosen a mistake to magically transform into blessing, look for the things to be grateful for. To help you, there are two questions you can ask yourself:

What did I learn from the mistake?

What are the good things that came out of the mistake?

The most important things to be grateful for about every mistake are the things you learned for it.

Change the person in the mirror, and your world will change.

Negative feelings about yourself cause the greatest damage to your life, because they are more powerful than any feelings you have about anything or anyone else. Wherever you go and whatever you do you take those negative feelings with you in every moment, and those feelings taint everything you touch, and they act as a

magnet, attracting more dissatisfaction, discontentment, and disappointment with everything you do.

When you're grateful, you don't blame yourself when you make a mistake. When you're grateful, you don't criticize yourself when you're not perfect. When you're grateful for being you, you are happy, and you will become a magnet to happy people, happy situations, and magical circumstances, which will surround you.

"Whoever has gratitude will be given more, and he or she will have an abundance. Whoever does not have gratitude, even what he or she has will be taken from him or her."

Happiness, health, relationships, career, money, and the material things you own, you.

I need to practice more. I watch my life carefully and if I find that I'm not feeling as happy, I increase my practice of gratitude. If a few little problems start appearing in a particular area of my life, immediately I increase the magical practices of gratitude in that area.

75. When you understand that the Universe is within you, and by its very nature it is for you, wanting you to have more life, more health, more love, more beauty, and more of everything you want, then you will feel genuine gratitude to the Universe for everything you receive in your life. And you will have established a personal relationship between you and the Universe.

76. Gratitude is the cure for broken or difficult relationships, for lack of health or money, and for unhappiness. Gratitude eliminates fear, worry, grief, and depression, and brings happiness, clarity, patience, kindness, compassion, understanding, and peace of mind. Gratitude brings solutions to problems, and the opportunities and wherewithal to realize your dreams.

If gratitude became a mandatory subject in schools, we would see a generation of children who would advance our civilization through spectacular accomplishments and discoveries, obliterating disagreements, ending wars, and bringing peace to the world.

The nations who will lead the world in the future are the ones whose leaders and people are the most grateful. The gratitude of a nation's people would cause their country to thrive and become rich, would cause illnesses and disease to drastically drop, businesses and production to escalate, and happiness and peace to sweep the nation. Poverty would disappear, and there would not be a single person in hunger, because a grateful nation could never allow it to exist.

The more people who discover gratitude's magical power, the faster it will sweep the world, and cause a gratitude revolution.

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