

The law of gratitude is much like the law of gravity in that we know it exists, we know to a certain degree what it is and we know that it is at work whether we are consciously aware of it or not. We don't have to think about gravity to know that it keeps planets in alignment and us on the face of the Earth. We don't have to think about it to know that it causes the ebb and flow of the oceans. With gratitude however, the more we are conscious and are aware of it and the more we express it, the more we are given for which to be grateful. The more we demonstrate that we appreciate all that we have and all that is available to us, the more the Universe responds by giving us more.

So just how does this law of gratitude work? When we demonstrate gratitude, heartfelt gratitude, through our thoughts, words and deeds we emit an energetic frequency of love, joy, peace and thankfulness. As this energetic frequency is emitted it attracts like energetic frequencies that open the way for similar experiences. The Universe wants us to experience love, joy and happiness. Therefore it will co-create with us those experiences that allow for these feelings/emotions to be expressed.

Being in a state of gratitude allows us to be open and receptive to what the Universe wants us to experience, in fact, what the Universe has promised to us as our birthright. We live life with an understanding and acceptance that there is an abundance of everything we desire readily available to us at all times. Living our lives with this abundance mentality dissolves all thoughts of lack or limit to which we might become attached. By releasing limiting thoughts and beliefs we make room for that which we truly desire and for which we are truly grateful.

By expressing gratitude we become empowered. We experience firsthand our ability to bring into our lives the goodness life has to bestow on us. And in expressing our gratitude we demonstrate to those around us what they too are capable of experiencing.

Keys to the Law of Gratitude:

1. Gratitude must be heart-felt and sincere. It is expressed without the ego based intention that you will receive something in return.
2. Gratitude is expressed/demonstrated in thought, word and deed.
3. Gratitude is expressed for anything and everything for which you have been blessed without any judgment or thought about that which you do not have.
4. When gratitude is expressed we ask that what we have been given be given to all others.

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