

Gratitude – LLJ Program

Gratitude is a positive emotion that involves being thankful and appreciative. It is the starting place of new possibilities where joy, love, and creativity happen. It is the entry point into the creation of your new life.

When you are not receptive to the idea of being grateful, it's easy to get pulled into focusing on disappointment, fear, and sources of dissatisfaction.

The things you want most are invisible to you when you are on a frequency of pain and suffering or when you have a grumpy attitude or disposition. These feelings can keep all of the great things that the world has to offer, locked out of your life and away from you. When you tune into the problems in your life, you keep out the love and the good things that are waiting to come to you. As long as you hang onto the old mental thoughts, that keep you in a state of struggling and suffering, you can't see all of the gifts that the Universe has to give you.

When you are going through a challenge, you can sometimes have difficulty seeing things around you to appreciate. You can spend so much time focusing on the things that you don't want in life, that you forget about all of the amazing things that you do have. Even when going through a challenging time, you still have things to be grateful for and appreciate in your life. When you target in on these, it helps you put everything into perspective. Try to shift your focus to the bigger picture and the amazing life that you have. Where instead of dwelling on problems and wanting what you don't have, you try to start hunting for your blessings and loving what you do have. If you have trouble with this, you may start off by being grateful for any signs that you receive from your loved ones. You can then work on building up from there,

where you can begin observing all of the good things around you. Where you begin to incorporate an *attitude of gratitude* into your life.

Choosing to be grateful will change everything in your life. The more that you devote yourself to finding the blessings in your life, the more that you will find them. It all starts with recognizing the beauty that surrounds you every day. Recognizing and focusing on the wonderful and amazing things that are all around you.

Remember that what you pay attention to grows and what you focus on expands. Focus on the things that you appreciate in your life. You are then taking your focus off the negative and noticing all of the things that are going right. And the more you focus on the goodness, joy, and beauty in your life, the happier you will become and the more joy you will start experiencing in your life.

When you practice gratitude, you are taking time daily to inventory what is going right in your life. When you do this, you notice a happier reality. It helps you realize that the endless struggle is unnecessary.

If you spend time nourishing and cultivating gratitude, you will develop a more positive, optimistic outlook. And it is positivity that tells the Universe that you're ready for more good things in your life. Looking for the good in life changes things. The more gratitude you feel, the more you feel it and realize that it is endless. It feels good.

Being grateful and appreciating the things around you is one of the easiest and best ways to improve your environment. It helps you to begin to notice a happier reality. The more you spend time looking for things to be grateful for around you, the more you will appreciate them. Then you will start to see more good things around you. When you begin to focus on the positive you bring the positive into your life.

The best way to accomplish an improved environment is to focus upon the best things about where you currently are until you flood your own vibration with appreciation. And in that changed vibration, you can then allow the new and improved conditions and circumstances to come into your experience.

When you are being grateful for what you already have in your life, you are focusing on the positive aspects. When you focus on the positive things around you, you are emitting positive energy out into the Universe. This is an amazing thing because you want to remember that the energy that you put out into the Universe, is the energy that you receive back.

Daily gratitude practice is one of the main things that you can do to increase your vibration and to keep it high. And to align with abundance in every aspect of your life rather than the lack of it.

The more you practice the art of appreciation the more the Universe will give you opportunities to express it. When you express it, your life will just keep getting better and better.

Once you begin vibrating at a different frequency, the frequency of joy and gratitude, everything in your life will change. Things you never thought possible will show up.

When you get yourself into a state of appreciation, you are able to let go of all self-imposed limitations (and all limitations are self-imposed). You are in the flow. You free yourself up to receive wonderful things into your life. The ultimate state of Appreciation is a state of pure Connection to Source. When you are in this state you will not be feeling lack anywhere in your life. You are in a state of pure Connection and Flow. This is because gratitude and appreciation reside at the top of the emotional guidance scale.

Keep in mind, that even if you are a positive person the majority of the time, there is no upper limit on how high your vibrational frequency can go. Adding a daily gratitude practice into your life helps to boost your ability to manifest even more. When you get on the joy and gratitude frequency, you radiate an energy that draws things into your life.

The more you devote yourself to finding blessings and appreciating the things in your life, the more you will find them. It all starts with recognizing the beauty that is all around you.

Choosing to be grateful, having compassion, love and kindness for everyone will change everything in your life.