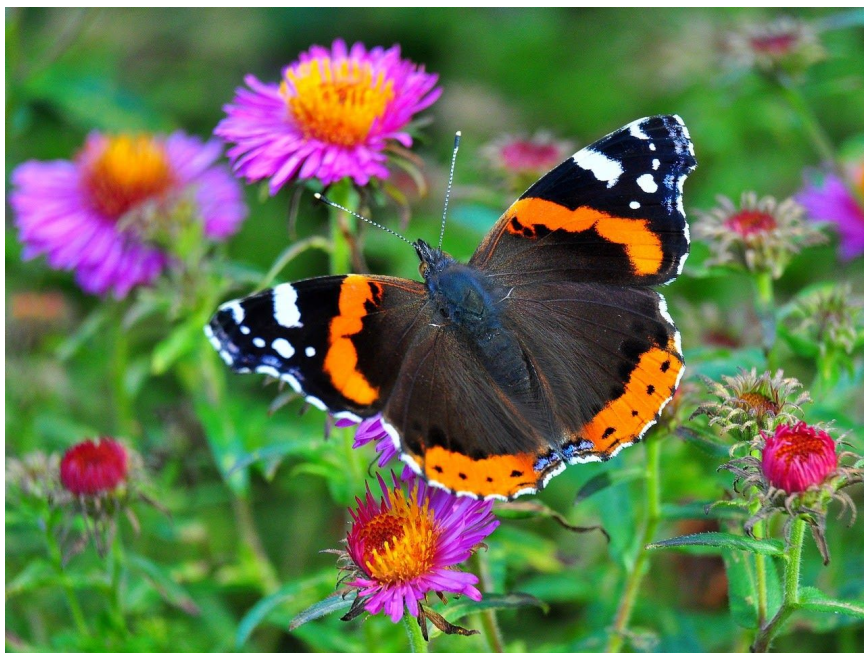


CHAPTER EIGHT



Secret 2 The Miracle of Gratitude

“It is through gratitude for the present moment that the spiritual dimension of life opens up.”

- Eckhart Tolle

Gratitude is the key to the experience of transformation and the foundation for Miraculous Living.

“The essence of all-beautiful art, all great art, is gratitude”.

- Friedrich Nietzsche

Gratitude is the gift that keeps on giving. For it is not happiness that makes us grateful, it is gratitude that makes us happy.

Time and again, studies have shown that performing simple gratitude exercises, like keeping a gratitude diary or writing letters of thanks, can bring a range of benefits; such as feelings of increased well-being and reduced depression.

Now as brain-scanning studies suggest that even months after a simple, short gratitude writing task, people’s brains are still wired to feel extra thankful. The implication is that gratitude tasks work, at least in part, because they have a self-perpetuating nature: **The more you practice gratitude, the more attuned you are to it and the more you can enjoy its psychological benefits.**

Here is the best part. Where focus goes energy flows. Whatever we think about expands. When we are grateful for even the smallest miracle in our lives, it grows and expands like a flower basking in the morning sunlight.

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”
- Zig Ziglar

However, we do tend to be grateful when it is easy, when things are going well. It is particularly effective when we are experiencing times of challenge.

In his book *Man Search For Meaning*, author and psychologist Victor Frankel speaks about his confinement in the Nazi death camps during World War II under the most adverse living conditions imaginable.

Here is what he learned.

“The last of one's freedoms is to choose one's attitude in any given circumstance. Regardless of what happens to you, you can always choose to be grateful by imagining how it could have been worse!”

Even in the most adverse situations, gratitude is a choice. And within this choice, gratitude will show its power to inspire, heal and energize.

It defies gravity and allows us to soar!

Exercise:

Write an answer to the following:

- 1) What are the things in your life you are most grateful for?**
- 2) What are the bad things in your life you are most grateful for?**
- 3) Describe how you feel doing each list. Can you understand that (in all circumstances) gratitude is a choice?**