

Amplify Gratitude in your life for 40 Days

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” — Melody Beattie

‘Gratitude and forgiveness are doorways to freedom, love and joy’ – Ranjana

Here is an invitation for you to embark on a Gratitude project for 40 Days (just under 7 weeks)

Before we begin

The Preamble:

It entails opening to Gratitude every day using short *LiberatingTouch*® exercises for a couple of minutes. There is also a short video (posted here) which is meant as a prompt for the body-mind to engage with the energy of gratitude, it would be great if you could watch it every week, it is less than 2 minutes long and will open your awareness to the infinite power of gratitude.

Link for the LiberatingTouch Meditative Inquiry Video to Amplify Gratitude:

<https://youtu.be/ezCW0lnBq14>

As a preamble to the 40 days, here is a little something to play with:

Rub your upper chest while saying these phrases:

Even though life is not always great, I feel stuck and annoyed...

I am not sure where anything is going...

So much disappointment, frustration and confusion

I love it when I remember that everything is temporary.

I love recognising all the good in my life.

I love being forgiving and kind it is liberating to “embrace all.”

I love it when I feel connected to the SELF.

I love opening, receiving and going with THE Guidance.

I love it when I let go of the struggle and exhale.

I love feeling grateful and clear.

Then tap on your fingertips while repeating the “I love phrases...” 2 or 3 times.



40 Days - Amplify Gratitude

Week 1 Relationships

This week we will be working on amplifying gratitude in relationships. Here is the exercise that to begin your day with. It is a good idea to do this every day for the next 7 days.

Hold the bustline (on the sternum area)

I love it when I can share from my heart, breathing in I listen, breathing out I embrace all, and Love fills me (with Gratitude)

Hold the waistline (on the solar plexus area)

I love it when I stop blaming and shaming myself and the world around me, forgiveness frees me (to know Gratitude)

Hold the hipline (on either side of the groin)

I love it when I can help and I am helped, random acts of kindness make me want to dance (in gratitude)

Supporting Videos and Quotes:

Brene Brown on joy and gratitude <https://www.youtube.com/watch?v=2ljSHUc7TXM> It is the practice of gratitude that makes us joyful

"I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people's lives, problems, and wants set the course for my life. Once I realized it was okay for me to think about and identify what I wanted, remarkable things began to take place in my life."

Melody Beattie, The Language of Letting Go: Daily Meditations on Codependency

"Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is a spiritual experience of living every minute with love, grace and gratitude." Dennis Waitley

Week 2 Body

This week we will be working on amplifying gratitude for the body, the vessel through which we taste and touch life, express and shine love and beauty. Here is the exercise to begin your day with. It is a good idea to do this every day for the next 7 days.

Cradle the back and the front of the head by holding the base of the skull with one hand and the forehead with the other hand (also known as the R&R hold for release and revelation) and bring your awareness to these four phrases (feel free to repeat the exercise a few times):

(Inhale) All the ways I have judged, criticised, shamed my body

(Exhale) What if I could let go of all the ways I continue to judge, criticise, and shame this body

(Inhale) Just for today I open to being deeply grateful for this body

(Exhale) Grateful for this breath



Supporting Videos and Quotes:

Does gratitude have the power to heal? Dr. Joe Dispenza explains how that feeling invites the healing, both neurologically, chemically and energetically, to you.

<https://www.youtube.com/watch?v=ILx2e-eCK8c>

Gratitude | Louie Schwartzberg | TEDxSF <https://www.youtube.com/watch?v=gXDMoiEkyuQ>

The Science of Gratitude <https://www.youtube.com/watch?v=JMd1CcGZYwU>

"They both seemed to understand that describing it was beyond their powers, the gratitude that spreads through your body when a burden gets lifted, and the sense of homecoming that follows, when you suddenly remember what it feels like to be yourself." Tom Perrotta

"Gratitude also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it." Stephen Richards

Week 3 Work

This week let's amplify gratitude for the work we do, the pathways through which we express purpose, wisdom, flexibility, capability, skill and inspiration. Here is the exercise to begin your day with. It is a good idea to do this every day for the next 7 days. You can simply do step 1, or you can do all 4 steps.

Step 1: Hold the fingers one at a time while repeating the following words 'My tussle with time, results, purpose and completion, what if I opened to grateful flow.'

Step 2: Place your hands in the R&R hold and sit with the thought, 'All my success and failure fears.'

Step 3: Swap your hands round in the R&R hold and sit with the intention, 'I ready myself to let go of the pressure of fear and know profound appreciation.'

Step 4: Swap your hands round in the R&R hold and sit with the intention, 'Opening to the expansiveness of inspired action, respect, kindness and gratitude'

Supporting Videos and Quotes:

The Amazing Effects of Gratitude https://www.youtube.com/watch?v=_sokhge2WGc

"Embrace your life journey with gratitude, so that how you travel your path is more important than reaching your ultimate destination." Rosalene Glickman, Ph.D

Super grateful when I don't need approval, recognition or appreciation, the freedom is beyond imagination.

Sometimes we are so busy focusing on the destination that we forget to enjoy the journey. The paradox is when we enjoy the journey, pay attention to each step; we reach our destination with ease, with grace, and the gratitude that follows is unimaginable.

Infinite gratitude, infinite blessings



Week 4 Money

This week it is about admitting where we are at in relation to money.

We are midway through the 40 days; it is the tipping point, so it is no surprise that is time to work with that “icky” subject of money. Money energetically has a fair amount of guilt and shame, confusion and conflict surrounding it. It is associated with both philanders and philanthropists, the greedy and the generous, the corrupt and the integral, with self-interest and charity, with poverty and wealth, with war and peace. It can be a perplexing area of discomfort. I wonder if we can heal some of this with gratitude.

Eddie and I have worked with millionaires and those on the breadline, we can confidently say that money does not buy happiness, but it can buy comfort and ease, food and shelter. It can be a source of abuse or be a gift. Either way for many people it can stir up fear. Let’s see if we can meet those fears with the soothing kiss of appreciation.

The sequence below has two components admitting to the confusion and wounding around money and then opening to gratitude.

Once we can admit to ourselves how, where and when we feel a sense of lack, stinginess, fear, shame, guilt, powerlessness, helplessness, attachment, we can take positive loving action. Here is an invitation to focus on admitting to ourselves the way we feel about money, the love of money, desire, the debts, the habits we hold onto, fear, spending patterns, greed, all the things that disturb us about money and then opening to gratitude for what we have, for generosity in our hearts. The ‘admitting’ is great. It works like a truth or dare game and the sentiment, ‘*I can’t help but feel grateful*’ may bring a smile to the surface.

See what happens when you play with this exercise while either resting in the R&R hold for a few minutes or holding your fingers while articulating the phrase below every day for one week. And who knows, the gratitude may bring you wealth beyond your wildest imaginings.

Here are the phrases to practice with:

Admittedly I get stressed, flustered and anxious about money, what if I can’t help but be grateful for all that I want and all that I have.

Admittedly I feel guilty, ashamed for so much in my life and my thoughts about money are limiting me, wouldn’t it be wonderful if I experience the generosity and gratefulness in my heart now.

Admittedly there is so much confusion and conflict around money I feel afraid of not getting what I want I can’t help but be grateful for all the laughter in my life.

Admittedly I can feel awful about money wouldn’t it be wonderful if I can’t help but feel grateful for all that I receive right now.

Admittedly I want and need money I choose to be grateful for this breath and for the immense beauty in nature.



Supporting Videos and Quotes:

4 Thoughts about Gratitude That Could Change Your Life | Digital Original | Oprah Winfrey Network <https://www.youtube.com/watch?v=ekvBbBO2s-Y>

Gratitude is the game changer

If you want to change any area of your life, gratitude is an effective way to reclaim your power to make the changes that you want.

"Gratitude for the present moment and the fullness of life now is the true prosperity." Eckhart Tolle

'Surrendering to Grace is the most profound and healing act of love. Gratitude is the highest emotional vibration. To experience both surrender and gratitude with each inhalation and exhalation is truly liberating.' – Ranjana

What if you began your day with Gratitude? Begin on that wave, surf through life's challenges with gratitude?

"Acknowledging the good that you already have in your life is the foundation for all abundance." Eckhart Tolle

Week 5 Time and Space

Time and Space is where we are at this week. How many of you feel time pressure, feel squeezed as if you do not have the space to be or breathe. This week's 2 minute gratitude exercise meets this beautifully. I invite you to place your hands anywhere on your body that feels comfortable (for example one hand on the heart space and the other on the solar plexus) and then read the following:

*Breathing in light fills this moment, I trust this moment.
Breathing out I smile; I trust the goodness in this moment.
Breathing in I dwell in this moment, I trust this time and space.
Breathing out, I open to the sweetness of trust flowing through this life.*

*Breathing in, light fills my world, I see the light in all things around me
Breathing out, I smile, I open to the perfection in the world
Breathing in, I dwell in this moment, time is my friend
Breathing out, I open to the sweetness of Love flowing through this life*

*Breathing in light fills all time and space, I am grateful
Breathing out I smile, gratitude flows through me
Breathing in I dwell in this moment, in the timeless and eternal Heart,
Breathing out, I open to the sweetness of Gratitude, now and forever...*

Supporting Videos and Quotes:

GRATEFUL: A Love Song to the World | Empty Hands Music
<https://www.youtube.com/watch?v=sO2o98Zpzig>



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"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." Oprah Winfrey

Gratitude and forgiveness are doorways to freedom, love and joy – Ranjana

Beyond gratitude is surrender

Beyond surrender is gratitude

All fear hides a confused, conflicted and wounded inner child (paradoxically centuries old), as you love this child; it remembers that its nature is fearless and joyous, this recollection results in an experience of overflowing gratitude. RA

"I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder." Gilbert K. Chesterton

Week 6 Grace

Here is another lovely and uncomplicated exercise to raise your vibration and experience love and gratitude. Simply place your fingers in the centre of the palm and count nine exhalations. Then mentally remember and articulate eight or nine things (I like to whisper these and hold my fingers as it is easier to count) that you feel grateful for in the moment. For example, 'I am grateful for this moment, I am grateful for this breath, I am grateful for the love within me, I am grateful for the light, I am grateful for my eyes, I am grateful for the smile, I am grateful for the light, I am grateful for this sip of water, I am grateful for these hands...'. This is a wonderful exercise to do before you go to sleep at night. I wonder what will happen for you when you do this. I lots of shifts within and a deep sense of peace.

The magnitude of gratitude is beyond anything one can imagine, it's as if the mind ceases to be in control and the light in the heart bursts through and makes our world bright.

Another LiberatingTouch Gratitude Exercise

First bring your awareness to everything that you are grateful for, notice your vibration, what happens to your body, mind and life when you are rooted in gratitude, harness this power. Breathe it in

Secondly ask yourself what is it you really, really, really want in your life? See the vision, hear the song, taste the joy.

Thirdly, investigate and inquire what stops you, what is holding you back? What is greatest fear? What are you resisting? Notice how your fear colours your vision, your dream. How does the fear affect your song, your potential, the taste of possibility?

Finally, embrace (accept) the vision that has been tainted by fear, as best as you can, as lovingly as you can. Once you have done this, imagine pouring gratitude into the fear contaminated vision. What if you can breathe gratitude into the vision, the song, and the taste? What happens to it?

This Sequence is about focusing on gratitude, and only then getting clear about what you want and what you want to change. Then investigate whatever is holding you back, pay attention to



your resistance. Finally bring your awareness to everything that you are grateful for and use that energy to create or impact change.

Final Questions

When you feel flooded with gratitude, what happens?

Is Gratitude miraculous power?

Can gratitude attract good into our lives?

Is gratitude a reflection of the infinite SELF?

Supporting Videos and Quotes:

Thankful by Josh Groban <https://www.youtube.com/watch?v=gBE1F22uqE>

Thankful by Celine Dion <https://www.youtube.com/watch?v=J-qHJJodwKs>

"The roots of all goodness lie in the soil of appreciation for goodness." – Dalai Lama

"Some people grumble that roses have thorns; I am grateful that thorns have roses." – Alphonse Karr

"We can always find something to be thankful for, and there may be reasons why we ought to be thankful for even those dispensations which appear dark and frowning." - Albert Barnes

A pure mind is one that is free from doubt, detached from fear and expectation, selfless and steady. A pure heart is filled with truth, devotion, compassion, forgiveness and gratitude. A pure heart overflows with love and joyous wonder. A pure mind inevitably seeks to merge with a pure heart. RA

Roman, Cicero, once said, "Gratitude is not only the greatest of virtues, but the parent of all others."

