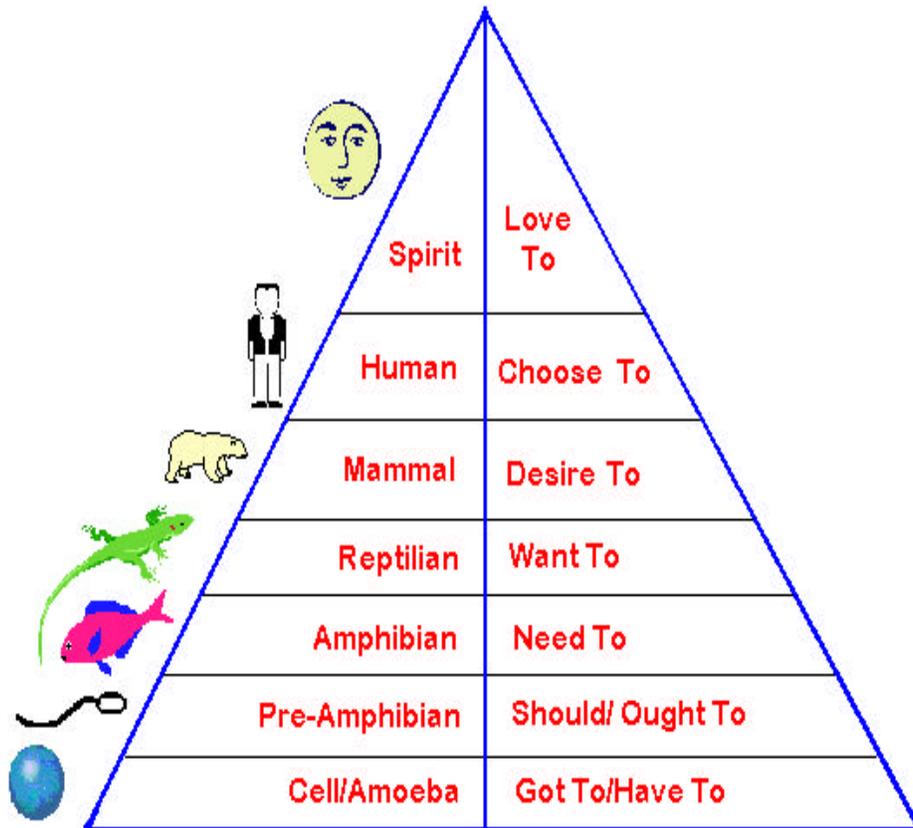


Attitude of Gratitude



It'll Save Your Life

Christopher Walker 2002

Welcome

I wish you a wonderful New Year. I hope all your dreams come true. But hope is not enough. You know that by now. What works is a simple daily routing that brings you back to center every day.

This journal will help you to achieve that. You know if you stay in your heart your music, your health, your business and your family relationships run smoother and achieve more.

Gratitude is the human spirit. It is the key that takes you from sense driven tic toc, to inspiration and consciousness. It's the key to self mastery, discipline and an open heart.

I would truly love to give every one on earth one of these books for a Christmas Present. Feel free to copy it, distribute it and share it. It's for the world and my way of helping you live with spirit and the world open its heart.

Sit it by your bed, make it the first thing you do when you wake, even before coffee. Make it the last thing you do at night or just use it when you are able. Buy colored markers, using color stimulates another level of creativity and sprinkle your favorite scent, aromatherapy oil onto the cover. It all brings you to the moment and in the moment, truths can arise.

Maybe even leave it open. Leave it for people to see. There's nothing in your life that should bring you shame and if there is, then process it to free yourself from that bondage. Add pages at will – I use a page a day (most days) and I don't take it too personally if I miss one or two.

Staying on track is a challenge. The longer we leave it between centering the harder the hit to get back to center.

Finally, I would love to share this one discovery, so obvious but easily forgotten. For all the chanting and moving and ideas and songs and therapies and prayers and books and self help, the answer to all questions, no matter what that question is, Is Love. At the end of the day all things return you to love and gratitude is the shortest path to that one place.

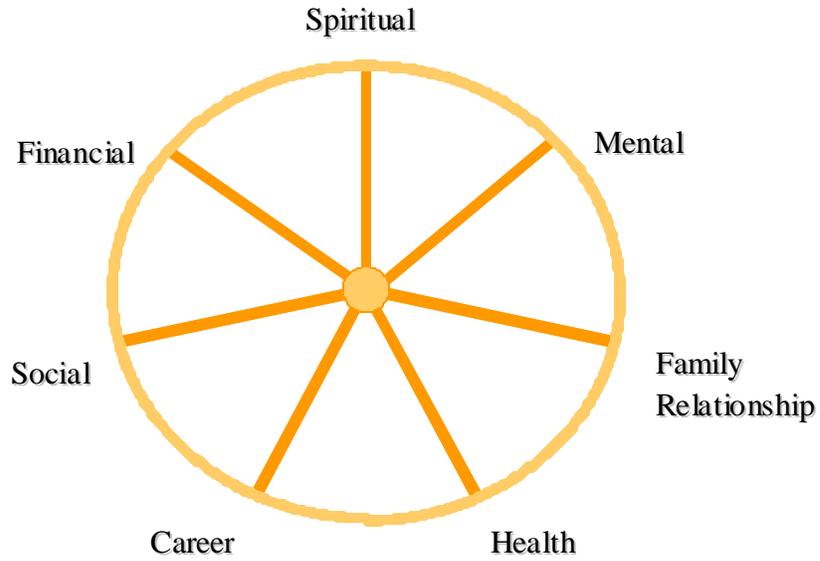
Live with Spirit

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Attitude of Gratitude

Week

My Love list Goals this week

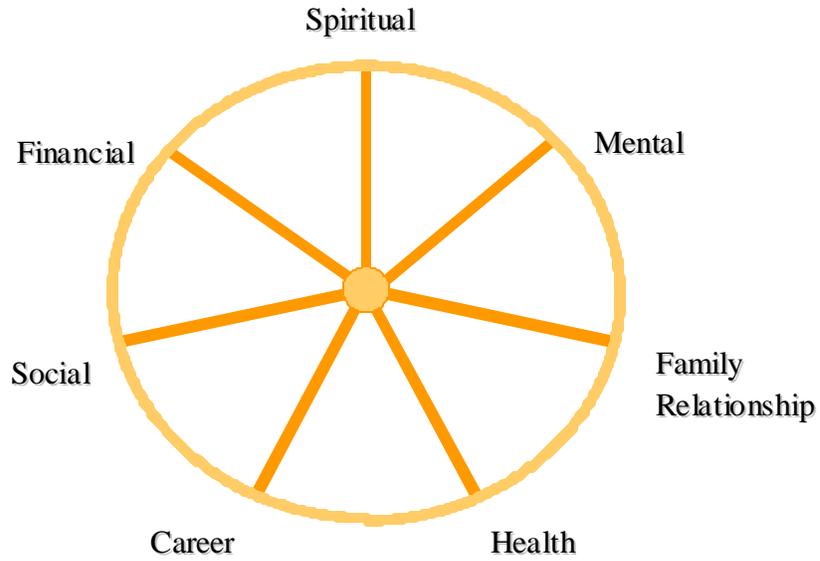


My thank you's this week go to for

Attitude of Gratitude

Week

My Love list Goals this week

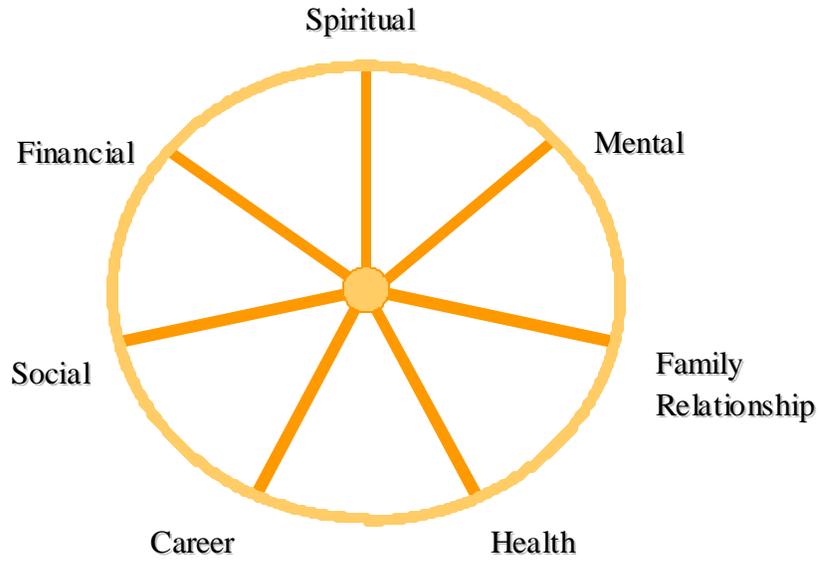


My thank you's this week go to for

Attitude of Gratitude

Week

My Love list Goals this week



My thank you's this week go to for

Affirmations for Love

No one can build me up greater than me
My true self worth stems from within
On purpose I don't acknowledge rejection
All complete healing is activated through gratitude and love
Certainty and presence intensify healing
The power that made the body heals the body
My one true being my soul is grateful for what is
Doing what I love is the key to fulfilment
The pain of regret is greater than the pain of self discipline
My body knows when I am doing what I love
Loving what I do helps me do more of what I love
As I believe so I achieve
I move in the direction of my dominant thought
Achievement starts with a single great thought
My actions determine my results
Whatever I put energy into today produces results tomorrow
Idle time idle mind, illusions grow. If I don't plant flowers I forever pull weeds
Blessings result from my thought word and action
Everything serves even if at first I don't see it
My health and wellbeing tomorrow result from my actions today
Inspired dreams are the driving force of inspired action
All I can conceive I can achieve
When I follow my inspired dreams I attract the people places things and ideas to support me.

If I don't know where I am going I'll end up somewhere else
My motivation miraculously increases once I begin to act on my dreams
My body is doing all it can to lead me in the direction of My dreams
Steadiness poise and inner peace are signs of clarity I direction
My limitations are in My head
Self worth is a state of mind
If we acknowledge rejection we are being run by others
What I feel thankful for heals
Dedicate My life to My purpose
Anything I can accomplish is not My purpose
Goals are stepping stones to accomplishment s in the direction of My purpose
My purpose is beyond My goals
When I commit My life to My inspired calling I create an immortal impact
..Every problem is an opportunity to learn love
I cannot build without destroying nor destroy without building
Are I full of life or barely breathing
As My breath wanders so does My mind
Am I making Myself sick
My body believes everything I think, do and say
Gratitude rises the body. Ingratitude weighs the body
Passions are not to be condemn just moderated
Nothing of the senses can satisfy the soul
Money withers if it is lying around

Abundance exists
Money must circulate to grow
Inspired purpose attracts support
I rise in glory as I sink in pride
Link my daily deeds with My purpose
Service performed with gratitude is a direct expression of unconditional love
Infatuation leads to resentment
Anyone or anything that I cannot see both sides of runs My life
Infatuation is based on lopsided perception
Who's running My life
Everyone is a mirror
Pay attention to My own advice
The greater the void the greater the value
Whatever I judge I breed attract or become
Fear precedes every lie and guilt follows
The quality of My life is determine by the quality of My questions
One inspired question leads to another
events are events until we judge them otherwise
Perceptions exaggerate or minimise the truth
Emotions are based on perceptions. Perceptions colour the truth
Forgiveness is a self righteous illusion
Nothing is created or destroyed it just changes in form
My heart and soul have the wisdom of the ages
When I obey My hearts and souls guidance I become fulfilled
When I are grateful for what is as it is I open My heart to love
My soul is at one with all that exists
Would I love to opent My heart?
Gratitude opens My heart
Unconditional love is the greatest force in the universe