

---

# THE ATTITUDE OF GRATITUDE



WEEK TWO



---

# TABLE OF CONTENTS

|                                |   |
|--------------------------------|---|
| The Attitude of Gratitude      | 3 |
| Your Daily Dose of Vitamin G   | 6 |
| Reflect on a life of blessings | 7 |

---

# THE ATTITUDE OF GRATITUDE

Choosing to focus on gratitude is a very powerful choice on the path to inner peace. I use the word 'choice' for a reason. You see, life has a habit of throwing us all lemons. No one is immune, although it can appear some have more challenges than others. What unites us is the power of choice. We don't always choose what happens to us in the form of lemons, but we have power, in the choice of how we handle it. Gratitude plays a big role in that powerful choice.

A small, regular daily gratitude practice (Known as your Daily 'Vitamin G') keeps our vibe high and emotions more aligned to happiness, joy & peace. Think of it as emotional fitness. Even when life is good and flowing well, keeping a gratitude practice ensures that we are 'fit' to handle a lemon curveball.

Gratitude sounds like an easy practice, and when life is good, it will feel easy. The most important rule of gratitude is to keep up the practice during really challenging times. It's in the midst of darkness that you will find light in gratitude. Just like medicine, we can up the dose of gratitude when needed. Gratitude does not remove pain or lessons. It makes space for happiness, joy & peace regardless of circumstances. You deserve that peace.

*"If you don't like something change it. If you can't change it, change your attitude."*

Maya Angelou

Each day we can nurture our life by appreciating the many blessings that appear. It can sometimes be really small, such as no traffic hassles on the way to work, or not catching the cold doing the rounds in the family. Additionally, thanking others regularly throughout the day also increases your inner happiness, along with that of others. As well as counting your blessings and thanking others, there is one other person that needs thanking...YOU! You are an incredible soul. You wouldn't be considering this ZenLife programme if you weren't trying to better the world through

your own self care work. Working with and on yourself is not a walk in the park and can sometimes feel like throwing in the towel. Self care is not all sunshine, rainbows, bubble baths, 'me time', spa days (although it absolutely does include those things). Self care is about getting real with yourself. Knowing the depths of your soul - all of you. Learning how to feel all emotions and not fear them or suppress them. Learning how to channel the more difficult emotions into positive action. It's about digging deep during really challenging times in your life - going within and not using distractions to stop feeling. It really is WORK. But the rewards are incredible. Not only for you, but for those around you. Being a spark of goodness, peace and passion, ignites other sparks. The sparks continue to grow and guess what? The World starts to change. A regular Gratitude practice allows you to BE THE LIGHT. When we shine from within, we shine on the outside - without force or effort (although, when a huge lemon smacks you right in the face, it's perfectly okay to retreat for a while and work through the challenge. Your flame may have dimmed slightly, but it's still there. Focus on you until the flame glows once more).

*"The attitude of gratitude is the highest way of living, and is the biggest truth, the highest truth. You cannot live applied consciousness until you understand that you have to be grateful for what you have. If you are grateful for what you have, then Mother Nature will give you more."*

Yogi Bhanjan

It's really hard to shift into lower vibrational emotions like anger, jealousy, hatred and resentment when you identify the gift in an experience and shift into the frequency of gratitude, so this actually prevents you from lowering your vibration.

There is nothing wrong with experiencing lower level vibrations, anger can be very healthy when you do not suppress it. The problems come when you, push those feelings down and hold on to them, rehashing what happened on a regular basis. So, you don't need to avoid lower vibrational emotions, you need to avoid holding on to them or unleashing them on other people. Instead you can witness them and ask yourself what is being triggered for you?

It may show you that it's an inner wound, that is being triggered which again gives you something to be grateful for.

The upside of gratitude is it makes you more happy. It not only shifts you out of the more yucky feelings, that make you feel depressed it releases feel good hormones in your bloodstream. In fact, gratitude works like a natural antidepressant. Gratitude increases the production of dopamine and serotonin, and these neurotransmitters then travel neural pathways to the "bliss" center of the brain – similar to the mechanisms of many antidepressants.

Other research on gratitude shows: Through acknowledging the goodness in their lives, people usually recognise that the source of that goodness lies at least partially outside themselves. In this way gratitude helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power. In other words it shifted them into a deeper sense of oneness, instead of separation. Studies that have looked at how gratitude can improve relationships, found that couples who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing concerns about their relationship. Which is another solid reason to practice gratitude.

In positive psychology research, gratitude is consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Your vibrational frequency is YOUR responsibility and with the concepts in this week's module, you have now received the ultimate tool to either align to what you want more of in life or to go in a downward spiral of lack and feelings of depression.

This week we are going to connect to this power of gratitude. I have created a 10 minute gratitude meditation which can be found on the webpage. Please take this meditation at least once this week and note any insight that comes through in your journal - particularly how you feel. I have also created two different mudra & affirmation tiers for you to choose, depending on how busy your life is. In an ideal world, spending at least an hour a day working on yourself would be so beneficial. But I am fully aware that not everyone can genuinely create that space for themselves. For that reason I have created two medicinal doses of Vitamin G.

### Light Dose

- Take the Gratitude meditation at least once this week.
- Every day, find a comfortable place to sit and connect to the Gratitude Mudra and repeat the affirmations (Found in this week's programme webpage). Repeat three times per day.
- To fully embed the sense of gratitude, you have an option to write what you are grateful for that day in a journal.

### Spercharged Dose

- Take the Gratitude meditation at least once this week.
- Every day (or as much as you can), take the short 10 min yoga gratitude sequence. The video is on this week's webpage.
- As the yoga sequence only uses this week's gratitude affirmation once, you will need to repeat the mudra and affirmation twice more each day.
- To fully embed the sense of gratitude, you have an option to write what you are grateful for that day in a journal.

Enjoy this week - fully immerse yourself in the feeling of gratitude. You will need to dig deep with certain life challenges, but you are worthy and capable of connecting to such a blissful state of being.

Much love,  
Rachael xo

---

# REFLECTION

**USE THIS PAGE TO REFLECT ON ALL OF THE THINGS YOU ARE GRATEFUL FOR. THE BIG THINGS AND THE LITTLE THINGS, THROUGHOUT YOUR LIFE. START THIS LIST DURING THE WEEK AND KEEP ADDING TO IT DURING THE PROGRAMME AND BEYOND!**