



Practitioner of Manifestation

Issue 2; Volume 1

©2008, Mark M. Bravura and Tim Luu
Compliments of Laws-of-Attraction-Demystified.com



Share Freely

Leveraging the Law of Attraction - Gratitude - As a Means to Attract More Good Fortune

There is always something to be thankful for, no matter how dire your circumstances may be. And while there is always something to be happy about and to be appreciative of...

It can oftentimes be painfully tough to think about being grateful (especially for the small things that you have) when you feel like you're having a bad day or are facing a personal crisis.

However, being thankful for what you have is one of the *very best ways* in utilizing the Laws of Attraction to attract even more good fortune.

The Law of Attraction says that energy will attract the same type of energy, and that what you focus on expands.

So, if you take even just a few minutes everyday to think about all the things you have in your life - and focus on the Spiritual Force of Gratitude- more positive things begin to happen.

When you take a few minutes each day to focus on being grateful and appreciative for what you have been given, Life gives you more. Though it may sound too good to be true, it really is that easy.

So what do **you** have to be appreciative of?

Right now (and every day, from now on, if you are not already doing this), take a few minutes to quiet your mind and simply think about the gifts you have been given- With profound, heart-felt thanksgiving.

Keep a gratitude journal where you write down five things each day that you are grateful for...

- On a good day you might be appreciative of the love and support of your family and friends, having a wonderful spouse, or being happy that the kids did the dishes.
- On a bad day you might be grateful that you were able to get out of bed, make tea, or made it through the whole day without a nervous breakdown.

No matter what your circumstances are... You have something to appreciate (even if only the fact that you are coherent, safe, and that a bad day is over).

Focus on the feeling of appreciation and how nice it feels to think of all the many gifts you have been given.

Does all this gratitude really lead to more gifts? Yep. Think of how you feel when you give a gift.

If you give a gift to someone who really appreciates it and will use it and is grateful for the gift doesn't that make you feel good and make you want to give them another gift?

On the other hand, if you give a gift to someone who seems not to care much at all about it and tosses the gift aside as if it's not important doesn't that make you want to not give them any more gifts?

Life works the same way. If you are grateful and appreciate what you are given, you will be given more.

If you take for granted (or, worse yet... throw away what you are given) as if it's not important- You will be given less (and what little you have, you will sure lose).

If you want to attract more gifts from Life, deeply appreciate what you have been given everyday (no such thing as "too" grateful!).

Being thankful (and humbly accepting gifts that come to you), as well being a Cheerful Giver, makes the Gratitude "circuit" complete.

###

If you enjoyed this issue of *Practitioner of Manifestation*, and would love to peruse a huge wealth of superb Law of Attraction information, be sure to check out our [Laws of Attraction Squidoo lens](#)...

Including all up-to-the-moment *Practitioner of Manifestation* issues, as well as a truly premium grab bag of Law of Attraction goodies (**zero-expense**), compliments of [Laws-of-Attraction-Demystified.com](#)!