

Utilize the Gateway of Gratitude Now! Your 21 Day Process to Bring Anything Into Your Life!

Gratitude brings us into a higher energetic vibration. When we are feeling negative emotions – anger, frustration, jealousy – we are vibrating at a much lower frequency and worse, we are attracting to ourselves exactly what we don't want and bringing in more and more of it. Experiencing true gratitude is one of the easiest and fastest ways to bring yourself back into a higher and faster energetic vibration that will then attract everything you DO want into your life. This is what I call the Gateway of Gratitude -- the process of utilizing Gratitude as a doorway or portal to bring yourself into alignment with what you want:

- Love
- Abundance
- Vibrant Health
- Spiritual Connection

What do you want? Do you want your relationship to be more loving, more expansive, more fulfilling? Do you have a situation with a friend, a co-worker or a mate that is causing you to stay in disconnection? Are you having a health challenge? Use the Gateway of Gratitude to change it around and to bring in exactly what you want. More love, more abundance, a healthy body. This simple 21 day process can literally work miracles in your life!

Here's the process:

For the next 21 days, take 3 minutes (that's all!) each morning and write 5 things that you are truly grateful for about the person or the situation. For example, if you are having difficulties in your relationship, write 5 things you truly

appreciate about the other person. It must be things that are true for you. So, if it's something about your mate it could be:

1. I love his/her beautiful blue eyes.
2. I love that he/she likes dogs.
3. I love that he/she is good at his job.
4. I love that he has things that he enjoys, like baseball.
5. I love that he/she loves our children.

After you have written down the "High 5", take just a moment to close your eyes, take a deep breath and truly FEEL the gratitude for this person or situation. The more you can infuse emotion into the process, the faster you will move into the Gateway of Gratitude. If you find you can't muster the feeling, it's okay, just breathe and let it go. As you move more and more into the process, it will start to come. Don't force it.

You can repeat things you have written again, especially towards the end of the 21 days. Just make sure you are writing things you truly believe.

Don't tell the other person (or anyone else for that matter) that you are doing this. The magic lies in what you will start to see happening in just a short time -- as little as 3 days!

To begin, get yourself a little spiral notebook, a new one that you can pick up for 50¢ at Walgreens. Of course, you can get a fancy journaling book, but all you need is a new book for this new life you are creating. I prefer a small spiral notebook because you can easily carry it around with you and write down more "Attitudes of Gratitude" as you think of them during the day. It's also wonderful throughout the process to go back and read what you have written in the

prior days and to watch how your Gratitude and appreciation continue to deepen.

There also seems to be something more powerful about actually writing the “High 5” in your own handwriting, rather than writing it on a computer. You are infusing your own self, your own energy into the process.

The key is consistency. Go into the Gateway of Gratitude every single day for 21 days with no interruption. Taking only 3 minutes is a good way to get yourself to do it every day, so that you are not spending a lot of time.

I have used this process in my own life and with my coaching clients for years. My favorite results (and the most typical) are when my client will say something like “It’s so amazing. My husband has suddenly become so much more loving. Nothing has changed, except that I’ve been doing this process”. I even had one situation where her husband started doing the dinner dishes without being asked! A true miracle! I have seen people change relationships, heal their bodies, create more abundance, create better relationships with their children – every area of your life can be transformed using this simple, but powerful process.

Invest in yourself and your precious life for 21 days and watch the magic happen.

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