

The Gratitude Prayer

The **Gratitude Prayer** is a very quick and powerful way to help you feel better in a matter of moments. It may seem silly at first, but trust me—it works!

Whenever you're feeling a bit down, just think about all the things you're even slightly happy about in your life; even if it's just that your dog didn't happen to bite you on the way out the door today. I'm being serious here!

Sometimes it's really difficult to feel happy about anything—believe me, I know. I used to feel that way far more often than I'd like to admit. Anyway, the **Gratitude Prayer** is simply saying to yourself that you are so happy and grateful about every little thing, like this:

"I am so happy and grateful that my dog didn't bite me today!"

"I am so happy and grateful that my car started this morning!"

"I am so happy and grateful that I have one good friend!"

"I am so happy and grateful my roof isn't leaking!"

"I am so happy and grateful I have a job that pays the bills!"

And so on...keep repeating this statement for every little thing you can think of. After just a few minutes, you will actually feel your energy rising and you will feel better. You may even find yourself smiling! This is a five-minute fix to the doldrums. It works every time. No matter how silly it may seem, just try it and see for yourself (alone, if you must).

By doing this exercise, you actually are raising your energy vibrations on a physiological level! **Gratitude** is one of the two most powerful emotions in the entire Universe. Love is the other one (surprise, surprise!).