

THE POWER OF GRATITUDE

[SESSION 10]

THE POWER OF GRATITUDE

INTRODUCTION TO SESSION – DISCUSS WITH CLIENT

Gratitude is one of the most positive emotions you or anyone else can feel. To be grateful is to recognise all the abundance that already exists in your life and to pause for a moment to feel and appreciate it.

Gratitude is closely linked to the idea of giving and receiving. What this means in simple terms for your life is ... whatever you give out in your life you will receive back to you. Whatever you give through this Key philosophy you will receive exactly the same measure back to you.

The science of this is called attraction and amplification. The more I give the more I receive. Sir Isaac Newton said “To every action there is an equal and opposite reaction” which means that every action of giving **CREATES** an opposite action of receiving and what you receive will always be equal to what you are giving. Give positivity and you will receive positivity back.

What happens when you are grateful?

When you find time to give thanks for every little thing in your life, it will have the multiple effect of bringing more and more of the same into your life. This is a perfectly balanced universal process.

With this approach it is certain that you will receive a life full of positive things, people and events that you can be thankful for. The more you are grateful for, the more you will have to be grateful for.

Could it be that simple?..... YES!

THANKYOU MEDITATION

Simply ask your client to sit back and relax.

Say Gently

Let me take you through a very simple but powerful meditation focused on Gratitude.

Close your eyes and be present. Uncross your arms and legs and let the energy flow.

Be still.

Be at peace.

Focus on your breath.

Breathing naturally in and out.

Gratitude is simply saying thankyou.

Say this out loud.

Repeat and after me.

Thankyou

Thankyou.

Saying out loud ... Thankyou.

Thankyou. [Pause]

Thankyou. [Pause]

Thankyou.

Thankyou.

THANKYOU MEDITATION CONTINUED

The energy bubbling up inside of you.
The energy of gratitude and appreciation.

Say out loud ... Thankyou
Thankyou
Thankyou.

Connecting to the power of gratitude, feeling the
energy and vibration.

Thankyou.

Thankyou.

Thankyou for my [add things in like my
home]

Thankyou for my life.

Thankyou for my health.

Thankyou for my abundance and wealth.

Thankyou for the love in my life.

THANKYOU MEDITATION CONTINUED

Thankyou.

Thankyou.

Thankyou.

Thankyou.

You energy, mind, body spirit should be vibrating with appreciation.

Be present in the moment.

A final thankyou for this moment and this space.

Thankyou.

ONE WEEK OF GRATITUDE

Ask your client to use their GRATITUDE PDF JOURNAL and take them through these instructions. Make it personal with examples that you use.

Firstly, discuss you need to know that gratitude is quite simply saying thank you.

Gratitude works because it is one of the highest positive energy states that you can be in.

When you express gratitude, you send out a message and a vibration to the universe that you appreciate.

Creation matches your positive vibration by sending you more of what you are grateful for!

ONE WEEK OF GRATITUDE

As you know, I carry my journal everywhere and use it in five powerful ways.

The Past

Each day write a little thank you for anything you are grateful for during the day.

For example: “Thank you for the sunshine on my face this morning”

The Present

Write a thank you when you are present in the moment of now to amplify your current good vibration.

The Future

Write thank you’s in advance for things you intend to create. For example: “Thank you for the sale of my house”

The Morning

Make time very morning to write a thank you for experiences in the past, present and future.

Bed-Time

Never go to sleep without giving thanks for the day.

EXERCISE

Now ask them to complete 1 page of their gratitude journal - and when complete ask them to read it out to you.

Now as an exercise for your next session ask them to commit to 7 Days of Gratitude using the PDF - taking notes in their gratitude of how they feel during and at the end of their 7 Days.

GRATITUDE JOURNALS

The Key Gratitude Journals.

We have our very own Gratitude Journals which you can recommend to your client to purchase.

Here is The Link - <https://unlockthekeyonline.com/journal-order-form>

GRACE THE KEY BOOK

Grace is an important resource for you as a Coach. As you now know people love story and Grace is the story of The Key. Learn to introduce extracts in it for your sessions to **affirm** messages and Key Philosophies that you have shared.

Here is The Link for SIGNED COPIES OF GRACE - <https://unlockthekeyonline.com/grace-thekey-book>

THINGS FOR THE CLIENT TO DO

Find some simple ways to GIVE. It might be your time, a kind word, a cup of tea, a flower or even hope.

With each little action make a note in your gratitude journal of how it feels and then give thanks that you are in the position to give.

As your week continues notice how you feel with each little act of love and gratitude and notice how more and more opportunities to give gratitude will be created.

At the end of the week write a full chapter in your journal on your experience and make an intention to make this practice a part of your everyday life.

SOMETHING TO SAY

I am grateful for everything I have in my life.

MEDITATION

Close your eyes and meditate on a heart full of gratitude. Feel the energy of gratitude bubble up within you. Be with that feeling and allow it to amplify. See and feel the energy of gratitude surround you, move through you and move outwards from you.

SOMETHING TO PONDER

When you give negative or ungrateful thoughts or actions, what is going to happen?

When I am ungrateful it stops the flow of abundance **through me.**

DOUBLE GRATITUDE

This is a technique I use to dissolve the negative energy of the things that I experience in my life which I **don't want.**

When something happens that I am **not grateful for** and as a result I experience negative feelings; I give gratitude for it.

In doing this I cancel out the negative vibration of it and from that energy I can move forward, forgive and often find the beauty or blessing contained within it.