

# *Attitude of Gratitude*

## *Journal*



*Changes in Attitudes*  
*Changes in Grattitudes*

*We are not the victims of circumstance.  
We are architects of our lives.*

*Based on the Inspired Work of  
Chris Walker*

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*Sometimes the Best Way to Figure Out Who You Are  
Is to Get to that Place  
Where You don't Have to be Anything Else*



**Purpose + Action + Intensity = Results**  
**Mastery Takes Time**

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# INTRODUCTION

*Welcome to your Life unfolding.*

The following pages are your opportunity to capture and create the Mastery of your days - one at a time.

From the Alpha (Week One) to the Omega (Week Seven) of this phase of your life odyssey, you will imprint your own influence.

Each day you can journey from your Alpha (it begins with you) to your Omega, which in the teachings of Pierre Teilhard de Chardin, is the point within each of us where our inner spiritual nature meets our outer worldly nature. Teilhard, a twentieth-century mystic and philosopher, believed that the synthesis of these two domains presents the greatest challenges -and the greatest hope - for human evolution. Of his belief in the balance between world and spirit he wrote,

*"I am going to broadcast the seed and let the wind carry it where it will."*

Yehudah Fine says,

*"Spirituality is the quest not to "spiritualize" our life, but to "materialize" our spirit. Too often, when people define spirituality, they do so at the expense of denying the mundane. Spirituality is the very means by which we can penetrate to the core of reality and give meaning to our everyday life."*

**This will be your journal, to chronicle your odyssey of discovery through your experiences, gratitudes, and the manifestation of your Life Purpose - to penetrate to the core of YOUR reality. Your words belong to you. This is your private place, to expand your consciousness about that which supports your Life Purpose and that which may sabotage it.**

I invite you to give yourself the gift of taking the Alpha that is You to the Alpha of each new day and take a few moments to consciously craft your destiny.

*"As I change, so my world changes."*

*Do it for the Love of Yourself and the Life You Deserve to Have!*

# *AN ATTITUDE OF GRATITUDE*

## *The Power of Seven Minutes*

*Laughing, singing, picking up a rock, a flower or the sound of life reminds us of joy and beauty. Life rushes by and we can forget to smell the roses.*

*At least 2,000,000 things take place each hour that we can be thankful for.*

*Yet we forget and get unhappy.*

*You cannot be grateful and unhappy at the same time.*

*Gratitude is the single most powerful key to fulfillment. Gratitude raises consciousness, opens hearts and minimizes the tic toc of right and wrong. Gratitude is up to you.*

*What is so special about today for you? Who have you forgotten to thank?*

***What you cannot be grateful for runs you. - CHRIS WALKER***

Seven is a very powerful number and shows up naturally in the universe consistently. Seven days a week, seven planets in the solar system, seven chakras, and so on... to Seven Weeks to a new habit!

Each of the seven weeks of journal pages is an identical and repeat opportunity to craft your life, day by day, in the manifestation of your Purpose. Like any new habit, the process will feel unfamiliar at first. A comprehensive guide is provided for you for reference as you begin. Then you may want to use affirmations to encourage you to stick with the process until you wake in the morning inspired to start the odyssey of your day in this reflective way.

**An important note:** Write from your heart rather than from your head. Usually the first thing that comes to mind is what your heart most wants to hear. There is no right or wrong. It is all a perfect part of the path to your transformation.

Each daily page is set up with a flow in which every step will provide information for the next step. If you get stuck somewhere this is also GREAT information. Be aware of places you get stuck or don't feel like going. These are the places that would probably MOST LOVE to have your attention.

**Remember:** Success is not a get rich quick scheme. It is a day to day process. Short term profits are not synonymous with long term prosperity. Like the farmer who killed the goose that laid the golden egg, we too can ruin our chances for getting long term results by becoming impatient or unwilling to pay the daily price.

***The pain of regret outweighs the pain of discipline.***

# THE PROCESS

## GUIDE FOR WEEKLY/DAILY JOURNAL ENTRY

Your odyssey will require you to make a commitment of at least seven minutes each day, a few more at the beginning of the week when you are writing your goals. You are free to spend more time, but this is the minimum and should be sufficient once you get into the flow. It is recommended that you take this time first thing in the morning, perhaps before you even get out of bed, and certainly before you are faced with those gremlins 'busyness' and 'excusitis' which lie in wait for you. Whether it's bed, your meditation place or out in nature, quiet and solitude are the keys to this gift you are giving to yourself to set the space for your day.

### WEEKLY

The journal is set up in seven weekly segments. At the beginning of each week you will see a Weekly Love To List. In the spirit of *'you will never be able to hit a target you cannot see,'* it is so important to set your sights on your week with conscious intention. Writing goals while thinking deeply about the meaning of our lives has the ability to make our lives magnificent, delightful and more magical. As we set our goals on paper, natural forces will come into play to transform them into reality.

Start your week by writing what you would love to **be, do and have** in each of the seven areas of life; e.g.

### WEEKLY LOVE TO LIST

This week I would love to:

AREA

GOAL

Relationship	BE	Unconditionally loving to my family and friends
	DO	Support and challenge myself and others
	HAVE	Vibrant and honest relationships

### DAILY

Each daily page has the following elements:

- A. Life Purpose
- B. Focus Area for Today
- C. Gratitude Wheel
- D. Mini Transformation exercise
- E. Soul message
- F. Affirmation for the day

Detailed guidance for the completion of each segment follows.

# LIFE PURPOSE

*The secret of success lies in the constancy of purpose.*  
*BENJAMIN DISRAELI*

Begin each entry and make the Alpha the beginning of your day, connecting consciously with your Life Purpose. In the spirit of “*We are what we think about most of the time*”, this is the most powerful way you can begin your day!

It also is the starting point from which you will look at the seven areas of your life and be inspired to recognize aspects, people or situations to be grateful for, whether they are supporting or challenging you.

A significant part of your work in **Innerwealth Breakthrough** was making connection with your Life Purpose and writing your Purpose statement.

**Take a few moments now to review the following page, write your Purpose Statement in the space provided and then, every morning it will be the FIRST THING YOU WRITE on your Gratitude page.**

Then have it be the thing you think about most through the day. Every time you have a decision to make about how to spend your time, every time you are feeling stressed or overwhelmed, every time you are feeling distracted, ask yourself, Is what I am doing, about to do, or thinking about, in support of my Life Purpose?”

*When you control your thoughts, you control your mind  
When you control your mind, you control your life.  
And once you reach the stage of being in total control of your  
life, you become the master of your destiny.*

*ROBIN SHARMA  
(The Monk Who Sold His Ferrari)*



*The main thing is to keep the Main Thing the main thing*

*STEPHEN COVEY*

# Purpose Statement

## YOU KNOW YOUR LIFE PURPOSE

*I have a Purpose, a chief aim in life.*

*When I perceive myself fulfilling this Purpose I grow in self worth.*

*When I perceive myself not fulfilling this Purpose,  
I decay in self-worth ...I self-destruct.*

*Anything I can accomplish is not my Purpose... but goals are accomplishable.*

*All accomplished goals are but stepping stones along my path of Purpose.*

## MY PURPOSE IS EXPRESSED IN THREE WAYS

- **Who do I aspire to be?**
- **What do I aspire to do?**
- **What do I aspire to have?**

### My Life Purpose Is

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I dedicate, commit and will my life to my Purpose, Mission, Vision, Chief Aim, Master plan - my Divine Design.

Once I commit to my Purpose, the Universe begins its immediate supports and challenges to the fulfillment of my mission.

*Death is only one of many ways to lose your life. The dangers of not doing  
what you perceive to be your destiny are greater than anything else.*

*ALVAH SIMPSON (World Traveler )*

## FOCUS AREA FOR TODAY

Isn't it convenient that you have seven days this week and seven areas of your life to focus on and find balance in? Choose one area to be your focus for each day of the week. You may choose to use your 'Love to' List as a priority guide. Do them in the same order every week, or whatever selection process works for you. The order doesn't matter. **It is important to cover all the areas by the end of the week.**

### THE WHEEL OF GRATITUDE

Your Wheel of Life includes seven areas – mental, physical/health, social, spiritual, family / relationships, financial, and career.

The segments of your Wheel of Life represent opportunities for balance across all areas.

**In the box beside each segment write a gratitude statement for where you are, and who I what you have in this area of your life. Pay special attention to the area you have chosen for your Focus today.**

*As you complete this section, keep in mind:*

- Nothing is missing, it just changes in form
- What you are not Grateful For Runs You
- On the Seven Levels of the Inspiration Pyramid - where are you today?

### INSPIRATION PYRAMID

*Do what you love and love what you do.*

Corpus Collusum - Human - Love to  
Cerebral Cortex - Human - Choose to  
Limbic Brain - Mammalian - Desire to  
Basal Ganglion - Reptilian - Want to  
Brain Stem - Amphibian - Need to  
Spinal Chord - Pre Amphibian - Should  
Nerve Cell - Unicellular - Got to

*TURN YOUR GOT TO'S TO LOVE TO'S*

## *More Things to Keep in Mind*

### **When Completing Your Gratitude Wheel:**

Each of the seven areas has a corresponding future imagined fear (blocks imagination) and past remembered guilt (blocks memory) associated with it. Bringing these to consciousness will help you to master and control your thoughts and ideas -and gratitudes -for today.

<b>Spiritual:</b>	Fear / guilt	associated with losing virtue or vice {following or breaking morals or ethics )
<b>Mental:</b>	Fear / guilt	associated with gaining or losing memory or imagination
<b>Familial:</b>	Fear / guilt	associated with gaining or losing family, loved ones or partners
<b>Social:</b>	Fear / guilt	associated with gaining or losing acceptance or rejection
<b>Physical / Health:</b>	Fear / guilt	associated with gaining or losing health or disease
<b>Career (Vocational):</b>	Fear / guilt	associated with gaining or losing success or failure
<b>Financial:</b>	Fear / guilt	associated with gaining or losing wealth or money

As you fill in the boxes you will notice that some are very easy and the gratitudes are fairly obvious to you.

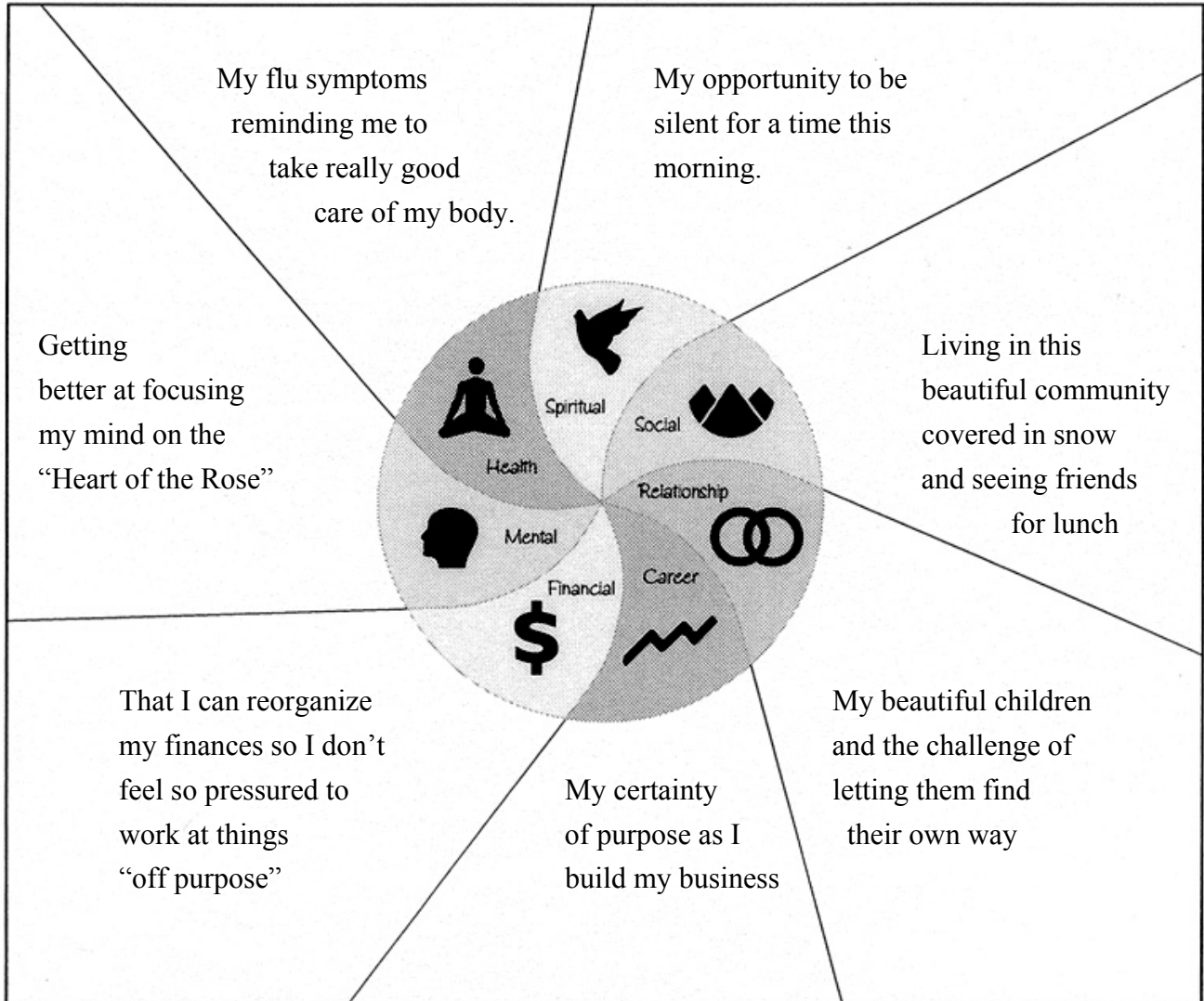
In other areas it may seem more difficult, that there is not much to be grateful for.

### **Questions to ask yourself:**

- If I have a deficit in this area, where do I have an excess?
- If nothing is missing it only changes in form, in what other area is it showing up?
- What am I seeing as right or wrong?
- Where am I seeing pleasure without pain or pain without pleasure?

# Gratitude Wheel (example)

Today I am so grateful for:



*When I appreciate it the way I've got it  
I'll get it the Way I Want it...*

# TRANSFORMATION GUIDE

## Turn your "Grates" into Gratitudes

When you have completed your Gratitude Wheel, bring your attention to your **Area of Focus** for today. What is there in this area (a feeling, a situation, a relationship issue) that you would love to transform and see the balance in **so that it does not run you**.

## Questions to ask yourself that will assist you in determining what to Transform today:

- What / who is running my life or 'grating' me most?
- Who / what pushes my buttons most?
- Who / what do I resent or can't stand the most?
- Who am I acting co-dependent with?
- Who / what is it that I feel is hurting me?
- What am I most emotionally charged up about?

- **Choose the feeling or issue that you would most love to transform, freeing your energy for today.**
- **Then identify the opposite of that feeling. (You may refer to your Breakthrough Workbook or the Collapse Robot for suggestions). Write these in the top of the Transformation Grid.**
- **In the next two lines identify three benefits and drawbacks of each.**
- **When you have finished, look carefully at what you have written and ask yourself these two questions:**

1. Do I now see the balance in my situation?
2. Am I grateful for the situation I find myself in today?

**What I would most love to Transform today is:** Trust

TRUST		MISTRUST	
Benefit +	Drawback -	Benefit +	Drawback -
I feel creative	I unconsciously have expectations	I stay in control	I have no deep relationship
I feel safe	I can be exposed / vulnerable	I maintain power	I am isolated
I am relaxed	I can get hurt	I don't open my heart	I hurt

*The next step is to open your awareness to your Soul Message for today.*

# DAILY SOUL MESSAGE

*You go in the direction of your dominant thought.*

When an intentional thought is blended with a feeling, it is able to reach and extend out as far as the feeling will allow it. It will impact whatever resonates with the vibrations of the individual thought-feeling. A guitar, when strummed at a particular note, will impact any nearby guitars with the same potential note or string tension. Feelings set the tone scale.

When you attune to the higher balanced frequencies of your Soul you have the most penetrating power and can resonate on the most inspiring and levels. So too, when you have gratitude, you open your heart and you allow the love filled inspirations to come into your brain to be put into transformational action.

When you attune to the lower frequency vibrations of the bodily senses you draw to you their resonating emotional circumstances. These are fear and guilt based. They attract those experiences they resonate with. What you fear comes near.

When you react to your bodily senses you react to the world around you. When you tune in to your Soul you act from inspiration, you act on the world around you. Reaction is less powerful than action. Action with inspiration is vital. Inspirations give order to mental chaos. They straighten out priorities and initiate wise action.

*Prayer is to thank the universe, so say thank you  
Meditation is to receive from the universe, so listen*

**Every morning, after gratitudes and transforming what grates you, stop and sit for a moment and ask your Soul for wise councilor guidance. Ask for its inspirational or intuition prompting. Write these actions down and follow them in priority.**

When you follow your priorities you rise. When you don't, you tend to fall. An orderly, prioritized mind has more power than a disorderly, un-prioritized one. Rise to the ABCs or you will fall for the XYZ's.

CHRISTOPHER WALKER

# AFFIRMATION GUIDE

## AFFIRM WHAT YOU WOULD LOVE

*An affirmation is a strong, positive statement that something is already so.*

SHAKTI GAWAIN

- **Every statement you make to yourself and others leaves an imprint on your own mind.**
- **For a new and inspiring conviction to arise in you, you are to, every day, say the same inspiring words, hear the same inspiring words and apply these inspiring words to your life.**
- **Words you say to yourself daily have power.**
- **They can help transform your insides and your outsides.**
- **They help put you in tune with what you are going to do.**

Ask yourself, "What do I have to believe in order to achieve this result?"

And "What is the result I desire?"

People who achieve outstanding results in a particular area usually *think differently* from people who achieve poor or average results in that area. *Be a beliefs detective.*

When you say these powerful and inspiring words, **AFFIRMATIONS**, to yourself, here are some guidelines to keep in mind:

- Use words in the present tense, not future or past.
- Use words that describe realities that are possible.
- Avoid using absolute statements, such as always or never.
- Use words implying balance of polarities.
- Use words constructed in brief phrases.
- Use words that give feelings of love and inspiration.
- Use words you are willing to say to yourself for life.
- Use words you can link to your favorite sensory associations.
- Start your affirmation statement with **I**.
- Include powerful verbs that inspire action. Pump your statements!
- Write and audibly repeat them, feeling the emotional power of the affirmations in your body. Visualize yourself as having already created this result in your life
- Focus on what you want, not what you don't want.

# ONE WORD AFFIRMATIONS

- They are simple to remember.
- They are not statements of belief, so they by-pass your reasoning mind.
- They are not time consuming.
- You can use them several times a day while you are doing other activities.

Often these one word affirmations are the primary words used in regular affirmations.

They can help you remember the other affirmations you are using and even help you create new affirmations that are extremely effective.

***Here are a wide variety of one word affirmations that will help you:***

Abundance	Electric	Knowledge	Relaxed
Acceptance	Energy	Lavish	Release
Accumulate	Enthusiasm	Lead	Remember
Advance	Eternal	Life	Renewed
Answer	Excellence	Listen	Repetition
Authority	Excess	Loving	Respect
Beauty	Expect	Loyal	Responsible
Belief	Faith	Luxury	Result
Benefit	Family	Massive	Sales
Blessings	Genius	Meditate	Seed
Bountiful	Gift	Mercy	Silence
Calm	Give	Now	Solved
Cancel	Great	Open	Spontaneous
Cause	Grow	Outstanding	Strength
Certainty	Guidance	Peaceful	Subconscious
Circulate	Habit	Perfect	Success
Compassion	Happy	Pleasure	Surplus
Complete	Harmony	Possible	Thankful
Confidence	Harvest	Power	Think
Connected	Healing	Praise	Thoughtful
Consistent	Health	Promotion	Together
Courage	Idea	Purpose	Touch
Create	Imagine	Quality	Transform
Decision	Income	Quickly	Trustworthy
Delighted	Infinite	Quiet	Truth
Desire	Intelligent	Reason	Vision
Destiny	Intuition	Receive	Wealth
Dream	Invisible	Recreation	Wisdom
Effect	Joy	Rejoice	Wonderful

# *SAMPLE AFFIRMATIONS*

*Here are ten sample affirmations provided in each of the seven areas, to inspire you. You will create many of your own. These affirmations, along with your conscious connection to your Life Purpose set you in a powerful space for the day. Enjoy!*

## *MENTAL*

- What I imagine I can do, I can do.
- I create outstanding confidence by repeatedly rehearsing in my mind and imagining the results want in advance.
- My subconscious mind is now consistently presenting me with updated plans to achieve my goals even when I am playing, eating, or sleeping.
- Using tapes, books" music, and awareness of my surroundings, I create a controlled environment that keeps my mind focused on my priority outcomes every day.
- When I think wealthy thoughts, I become wealthier in all aspects of my life.
- I am organized and laser focused on my priorities.
- I recognize and celebrate that 80 percent of what I worry about doesn't happen.
- I am a genius and I apply my wisdom.
- I live my life to the fullest and I care for my thoughts as I would my most prized possessions.
- When I feel stressed I return to the stillness of my Soul.

## *PHYSICAL / HEALTH*

- I am growing more and more attractive everyday.
- Every time I close my eyes and breathe deeply, my confidence expands and fills my whole being.
- I put my body into a peak state of absolute certainty knowing that I can create any positive result that I am committed to.
- I now eat all the right foods for optimum health, energy, and peak performance.
- I see myself filled with health, energy, and enthusiasm.
- I create good health habits quickly and easily.
- My body now eliminates all toxins quickly, easily, and healthfully.
- I celebrate my health and vitality-
- I sleep in peace and I wake in joy. Through peaceful sleep, my body and mind are renewed and restored to perfect health.
- I have the power to heal myself.

## *CAREER*

- I am doing what I love to do best, and someone is paying me to do it!
- My thoughts, presence, charm, and charisma now inspire others to greater self-confidence and personal power.
- When I speak, the tone of my voice communicates strength, courage, and confidence.
- I am entitled to the best life has to offer.
- I am now confident, assertive, and decisive in every situation.
- I am an outstanding leader who leads with confidence.
- Urgency is not my friend. Through results-focused planning and delegating to others, I minimize the amount of time I spend addressing the urgent demands of other people.
- I do only what I do best and let other people do the rest.
- I am my own expert, and I am not affected by the negative attitudes and opinions of others.
- I am a master of persistence.

## *FINANCIAL*

- I am now wealthy.
- I am now a financial genius.
- I save, spend, and invest my money wisely.
- I manage my money effectively and with precision.
- Every thought I have is now being transformed into magnificent financial abundance for me. The more of my wealth that I give away wisely, the more my personal wealth explodes massively.
- Through my power of intention, I effortlessly attract all the wealth I desire.
- I respectfully accept the gifts of others, with the knowledge that these gifts were intended to gratify the giver more than the receiver.
- I am a money magnet.
- Money is forever circulating in my life and there is always a surplus.

## *SOCIAL*

- I arouse a feeling of enthusiasm for good things in other people.
- I can choose what I feel about any experience.
- When I speak to others, I look them straight in the eye and speak with confidence, knowing that I am equal to every person I meet regardless of their social status or accomplishments-
- I now create magic moments for myself, my family and friends.
- I am a gracious giver and receiver.
- When I greet people, I greet them with gladness in my being.
- I surround myself with positive, proactive people.

- I listen to others carefully before responding.
- I feel warm and loving toward myself, for I am a unique and precious being, ever doing the best my awareness permits; ever growing in wisdom and love and sharing these with everyone in my daily path.
- I am powerful enough to give what I have without losing anything.

### *RELATIONSHIP / FAMILY*

- I actively seek support and challenge from my partner in manifesting my Purpose.
- I am genuinely interested in other people.
- I wear a sincere, heartwarming smile everywhere I go. My genuine smile comes from deep within my innermost being.
- I encourage my mate and family to talk about themselves and I listen intently.
- When I speak to others, I focus on their interests not mine.
- I assume full responsibility for achieving a workable level of understanding in my communication with my partner and family.
- When speaking with others, I attempt to look at things through their point of view as well as my own.
- I express my honest and sincere appreciation and praise for others easily and often.
- I look for the opportunity when I am challenged.
- I treat my mate / family with respect, love, tolerance, and understanding.

### *SPIRITUAL*

- I am more than I appear to be, all the world's strength and power rest inside me.
- As I meditate, unconditional love fills me and all the cells of my body.
- I receive wisdom and knowledge from my subconscious mind every moment of my life.
- I am now surrounded by an ocean of wealth in all things and I draw from this ocean all I need.
- My love heals anything that is not an expression of love.
- My blessings have my name on them.
- I believe in the universal spirit of joy, whose desire is for me to have an abundance of everything.
- I am one with all life.
- I am one with everything and everyone.
- I easily flow with change. My life is Divinely guided and I am going in the perfect direction.

*Saying you do not have time to improve your thoughts and your life is like saying you don't have time to stop for gas because you are too busy driving. Eventually it will catch up with you. – ROBIN SHARMA*

*AN ATTITUDE OF GRATITUDE (a completed example)*

## *ADDITIONS AND ALTERNATIVES*

If you would like to take some extra time in the morning to more effectively ground your day and set your optimal physical and mental space, you may consider adding:

### *Sun Salutation (pages 18- 21)*

The Sun Salutation is one of the most powerful of the yoga sequences. What better way to begin your day than by saying Thank You to the guardians of the earth and honouring yourself and the world to which you have awakened. Benefits and instructions are provided on the following pages. There are many variations of the Sun Salutation. One is described here. You are encouraged to explore others and choose the sequence that feels best to you.

### *Heart of the Rose (page 22)*

This 5-20 minute open eye meditation is a powerful technique for achieving mind mastery. This practice is over four thousand years old and you will notice a profound difference in energy, enthusiasm and vibrancy after only 21 days of daily practice.

### *A more comprehensive Gratitude exercise:*

#### *Be Thankful For What You Have (page 23)*

This seven step exercise will greatly enhance the flow of your daily gratitude page and is well worth the time it takes to do.

*I have had dreams and I have had nightmares.  
I overcame the nightmares because of my dreams.*

JONAS SALK

# *SALUTE TO THE SUN*

During the practice of the Sun Salutation or, as it's known in its traditional form - Suryanamaskara- nearly every muscle, organ and tissue of the body is activated, stimulated and awakened. Energy flows, vitality is stimulated, heart rate is increased and the vital forces of life are distributed throughout the body. This is a great motivation for the practice of the sun salutation series in the morning, and a magnificent way to wake and honor the body both internally and externally.

During this practice, the body is opened and closed in a sequence of forward and backward bends, which massage our internal organs, improving digestion and tone of the abdomen.

## *Power Within and Without*

The Salute to the Sun is one of the most powerful of all Yoga movements. Practiced every morning it moves, stretches, strengthens and activates every muscle in the body.

The Salute to the Sun is an amazing exercise and a Yoga session in itself and the benefits, as listed below, are so numerous and all encompassing that just reading through them is cause for excitement; excitement that these body restoring benefits are easily within our reach.

## *The Practical Benefits of Salute to the Sun*

- May be practiced by anyone and everyone, singly or in a group, and it can be practiced any time of the year, inside and outside.
- Takes about three to ten minutes a day.
- Acts on the whole body, the total organism.
- Does not cause fatigue or breathlessness.
- Costs nothing. There is no need for burdensome equipment.
- All you need is a space measuring two square metres.
- Helps to promote sleep.
- The memory improves.

## *Health and Higher Benefits of Salutes*

- Can be used to prepare you for asanas or it completes them.
- Tones up the muscles.
- Strengthens the respiratory system.
- Tones the cardiac rhythm.
- Tones up the digestive system by the alternate stretching and compression of the abdominal region.
- Massages the liver, stomach, spleen, intestines and kidneys.
- Activates the digestion and gets rid of constipation and dyspepsia.
- Strengthens the abdominal muscles and by doing so holds the organs in place.
- Blood stoppages in the abdominal organs are eliminated.
- Thoroughly ventilates the lungs.
- Oxygenates the blood.
- Acts as a detoxifier.
- Gets rid of an enormous quantity of carbon dioxide and other toxic gases.
- Steps up cardiac activity and the flow of blood throughout the system
- Builds incredible health of the body.
- Combats hypertension and stress.
- Warms the extremities and improves blood circulation.
- Tones up the nervous system by stretching and bending the spinal column.
- Regulates the functions of the sympathetic and the para sympathetic systems.
- Reduces worry and calms anxiety.
- Stimulates and normalizes the activity of the endocrine glands including the thyroid.
- Refreshes the skin so that it takes on a youthful glow.
- Eliminates toxins through the skin with slight internally generated sweating.
- Strengthens the back.
- Controls activity in the uterus and ovaries.
- Suppresses menstrual irregularity with its accompanying pain.
- Counter balances the effects of high-heeled shoes.
- Prevents flat feet and strengthens the ankles.
- Suryanamaskara reduces abnormal prominence of the Adam's apple.
- Eliminates unpleasant smells produced by the body by getting rid of toxins naturally through the skin, lungs, intestines and kidneys.
- Increases immunity to disease.
- Refines the proportions of the body.
- Reduces excess fat.
- Suryanamaskara builds grace and ease to the movements for the body.
- Maintains a spirited usefulness.
- Creates youth in the elderly

## *THE INTEGRITY OF THE SALUTE TO THE SUN*

When Suryanamaskara is practiced with integrity and perseverance, your life and the lives of those dear to you can be enhanced with vigor and happiness. If you already know and practice Salute to the Sun, now is your opportunity to perform it more honestly and more often than ever before.

Even expectant mothers may practice Suryanamaskara at least until the beginning of the fifth month. After the birth seek advice from the doctor and gradually reinstate your practice.

Concentration is essential and a conscious mind must play an active role in every movement. You must not think of any thing else and you should avoid all distractions and interruptions. Maintain an uninterrupted rhythm through the succession of salutations. The first ones, especially in the morning, may be slower and less developed as muscles maybe sluggish.

Traditionally, a Salute to the Sun is done at dawn, the Brahman hour. This is the time before sunrise, a time we can take to reflect on the source of life. The sun gives life force and vitality to us all, it is the rest metaphor for unconditional love reflected in nature.

It is advisable to face the rising sun, or at least, to turn towards the east. Think of and concentrate on the sun, which is the great source of life. Your entire energy springs from its rays.

At some given moment, every atom of your body was once part of a sun. Focus your mind on the cosmic forces radiated by the sun. In this state of mind the benefits of the Salutation are heightened. You are filled with a spirit that transforms a seemingly ordinary muscular exercise into something which involves the whole personality.

Salute to the Sun can be repeated at mid-day for replenishment & renewal of energy, and at dusk to say farewell & thank-you to the day.

*It is essential to coordinate and synchronize the breath  
with the movements.*

## *SALUTE TO THE SUN – THE PRACTICE*

*A brief description of a variation of Sun Salutation follows. If you are unfamiliar with the poses, there are many excellent books, videos and classes to refer to.*

As we draw our arms to the sky we look up to acknowledge the intelligence beyond, the greater order, the truth, creation and love. We salute the source and acknowledge its passage through our body.

We draw down our arms, palms together, touching our Heart Center as we pass to touch the floor. Here we have drawn the power of creation from the above and beyond to the below and within. We humble ourselves to the source as we hold our hands to the earth acknowledging that: ***"nothing comes from me, only through me"***.

We jump back into the Crocodile and here honor nature, the animal world and the essence of life stored within. We raise our body bending our back into an upward Dog Pose opening the chest and in so doing freeing the heart to the flow of love from the sun. This entry source of life forms, flows within, and births love in our hearts. We roll back into the Downward Dog again humbling ourselves to creation before jumping forward and completing the cycle with the same positions holding meaning.

***"I bow to the source of all creation acknowledging that what is within me is a gift, a true gift of life and ultimately, love."***

Our thoughts are reflected in our body, our thoughts reflect our consciousness that in turn is a reflection of our attitude. Attitude has the power to transform our lives, to change the very essence of our experience of life. During the sun salutation we have the opportunity to focus on an attitude of Gratitude, the opportunity to use the focus of the sun to transform these movements from a mere exercise to a prayer.

When our hearts are filled with gratitude for nature -in this specific case the Sun -we open ourselves to a consciousness beyond, and in these moments we bathe in universal love, in the fullness of life. Therefore in the practice of Surya Namaskar , as in all Yoga Asana, the thoughts we have are as vital an element as is breath and the physical movement.

This is an opportunity to stop to appreciate what has been given to us in our lives; to open to the greater truth and to the magic and order of this universe, this world, this country, this city, this family and this life. Here in the act of movement and breath is the opportunity to unite body, mind and thought (spirit) in a celebration of life and in so doing absorb universal essence.

Excerpt from  
***Innerwealth Health***  
***By Christopher Walker***

## *HEART OF THE ROSE*

All that you need to perform this exercise is a fresh rose and a silent place. Natural surroundings are best but a quiet room will also do nicely. Start to stare at the centre of the rose, its heart. The rose is very much like life. You will meet thorns along the way but if you have faith and believe in your dreams you will eventually move beyond the thorns into the glory of the flower. Keep staring at the rose. Notice its color, texture and design. Savor its fragrance and think only about this wonderful object in front of you. At first, other thoughts will start entering your mind, distracting you from the heart of the rose. This is the mark of an untrained mind. Do not worry. Improvement will come quickly. Simply return your attention to the object of your focus. Soon your mind will grow strong and disciplined.

This ritual must be performed daily for it to be effective. For the first few days, you will find it difficult to spend even five minutes in this exercise. Most of us live at such a frenetic pace that true stillness and silence is foreign and uncomfortable.

Persist and spend longer and longer periods savoring the heart of the rose. After a week or two you should be able to perform the technique for twenty minutes without your mind wandering onto other subjects. This will be your first indication that you are taking back control of the fortress of your mind. It will then focus only on what you command it to focus on. It will then be a wonderful servant, able to do extraordinary things for you.

Remember, either you control your mind or it controls you.

Practically speaking, you will notice that you feel calmer. You will have taken a significant step toward erasing the worry habit that plagues most of the population and you will enjoy more energy and optimism. Most importantly, you will also observe a sense of joyfulness entering your life along with an ability to appreciate the many gifts that surround you.

Each day, no matter how busy you get and how many challenges you might face, return to the heart of the rose. It is your oasis. It is your silent retreat. It is your island of peace. Never forget that there is power in silence and stillness. Stillness is the stepping stone to connecting with the universal source of intelligence that throbs through every living thing.

Excerpt from  
*The Monk Who Sold His Ferrari*  
By Robert Sharma

# *BE THANKFUL FOR WHAT YOU LOVE*

## **Your Source of Inspirations**

A daily seven step exercise that you will find extremely rewarding, is given below.

Do this exercise in the morning upon awakening into this dream world and at night upon sleeping into the other dream world.

It will help you live with more inspiration, enthusiasm, gratitude and unconditional love.

**First:** Turn your head up 45 degrees

**Second:** Turn your eyes up 45 another degrees

**Third:** Close your eyelids loosely.

**Fourth:** Begin inwardly thanking all the people who have helped you become who you are today.

**Fifth:** Continue this thankfulness until your heart opens and you feel a state of unconditional love, until tears of inspiration come pouring forth, until you clearly see how all these people have played a magnificent role in your unfolding life.

**Sixth:** When your heart is open and your tears are flowing, ask your own Soul for guidance, for its wisdom, and for its message.

**Seventh:** Wait for this message that will come from the innermost resources of your Soul-mind.

When it comes to your consciousness write it down - and follow it.

**Whenever we are thankful, our resulting inspirations and their corresponding creations tend to flow and grow.**

**By being thankful for what we are, what we do and what we have, we pave the way forever expanding BEING, DOING AND HAVING.**

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*COPY THE NEXT PAGES  
AS MUCH AS YOU NEED  
TO COMPLETE  
THE SEVEN WEEK PROGRAM*

# WEEKLY LOVE TO LIST

This Week I would love to:

SPIRITUAL	<b>Be</b>
	<b>Do</b>
	<b>Have</b>
MENTAL	<b>Be</b>
	<b>Do</b>
	<b>Have</b>
SOCIAL	<b>Be</b>
	<b>Do</b>
	<b>Have</b>
FINANCIAL	<b>Be</b>
	<b>Do</b>
	<b>Have</b>
CAREER	<b>Be</b>
	<b>Do</b>
	<b>Have</b>
RELATIONSHIP	<b>Be</b>
	<b>Do</b>
	<b>Have</b>
HEALTH	<b>Be</b>
	<b>Do</b>
	<b>Have</b>

# *A Daily Attitude of Gratitude*

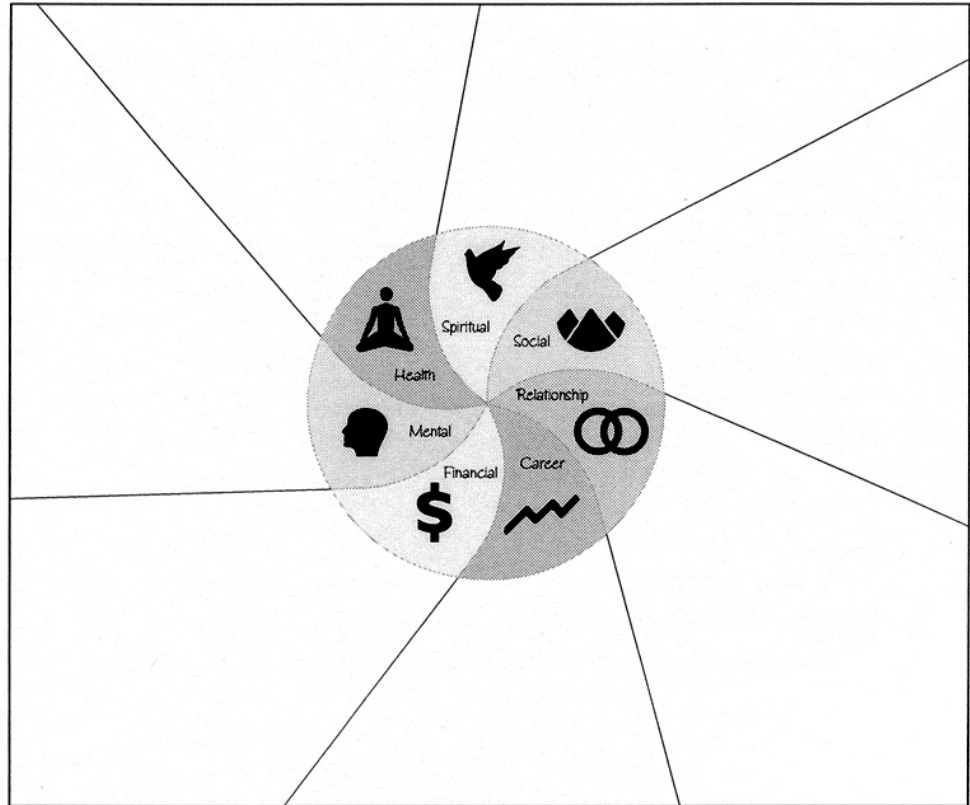
Day/Date \_\_\_\_\_

My Life Purpose Is: \_\_\_\_\_

May Area of Focus for Today Is: \_\_\_\_\_

Gratitude Wheel

Today I am  
Grateful for:



What I Would Love to Transform Today Is:

Benefit +	Drawback -	Benefit +	Drawback -

My Soul Message Today Is: \_\_\_\_\_  
 \_\_\_\_\_

My Special Affirmation for Today Is: \_\_\_\_\_  
 \_\_\_\_\_