


# Law of Attraction and Gratitude

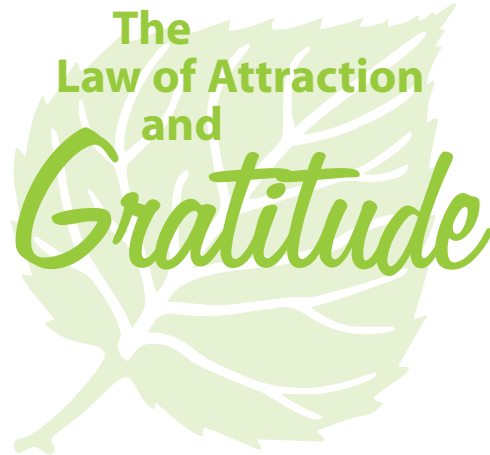


Why saying “Thank You” is  
the key to having  
everything you want!

A Special **Great Living Today** Bonus Report  
by Marty Marsh

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# The Law of Attraction and Gratitude

**W**e are vibratory beings interacting with a vast universal matrix of vibrating energy. All energy vibrates at specific frequencies and it is the nature of all energy to attract unto itself, all other energy that matches its frequency. In other words, like attracts like.

Words alone have no significance in our vibrational universe. Only feelings generate vibrations. Gratitude is a very powerful positive emotion that causes your attraction zone to generate very powerful energetic vibrations. Your attraction zone is the magnetic energy field surrounding your physical body. Like attracts like and therefore the Law of Attraction acts upon your attraction zone to bring you more of the same. How you vibrate, positively or negatively, produces the life you experience. You want to become intentional and deliberate in what you vibrate to the Universe because the Law of Attraction always causes more of the same to come into your life, whether it is wanted or unwanted.

All of us are designed to seek experiences that make us feel good. Expressing gratitude feels good and is the single most powerful way to manifest more to be grateful for. Research has shown that 15–20 seconds of emoting a feeling of gratitude causes beneficial physiological changes in your body. Your levels of the stress hormones cortisol and norepinephrine go down; your coronary arteries relax; your heart receives an increased blood supply and your breathing deepens so your brain receives more oxygen. All that from under one minute of expressing gratitude—what amazing creations we are!

*“If the only prayer  
you said in your  
whole life was,  
‘thank you,’ that  
would suffice.”*

*Meister Eckhart*

Studies show that people who participate in daily exercises to express gratitude report higher levels of alertness, enthusiasm, determination, optimism and energy. They also report experiencing less depression and stress and have a positive attitude when it comes to exercising and helping others. Those who practice gratitude on a daily basis also report that they feel loved more often. Developing a daily attitude of gratitude is a powerful antidotal tool for lessening envy, resentment, regret, anger, fear and other emotions that generate negative vibrations. Remember, you can only generate one vibration at a time. What your mind dwells on is what shows up in your life!

Giving gratitude for what you already have brings you more experiences to be grateful for. Size doesn't matter. Whether you are being grateful for a luxurious new house or a comfortable place to sit for a few moments, the Law of Attraction works the same. Feeling grateful sends a message to the Universe,

“Send me more of this!” The Universe is governed by universal laws and is always obedient to draw matching vibrations together. It has no choice but to bring you more of the same. It's the law!

Practicing gratitude keeps you focused in the NOW. More often than not we are rushing towards one goal and then another and then another. We strive so hard to reach them, we miss out on life that is happening right now! Life doesn't exist in the future. The future only exists in our minds. It is an illusion that is a by-product of the illusion of time which also only exists in our minds. The only vibration that counts is the one that exists because we are generating it in this very moment.


We only exist in the NOW so stay focused on the NOW and be grateful for THIS moment. Give gratitude for what you have right NOW and for what you are attracting to yourself right NOW.

Gratitude is a choice; it is an intentional state of mind. Giving gratitude NOW is a choice. Don't wait for such and such an experience or such and such a thing to show up in your life before you can give thanks. When you choose to be grateful all the time, you will watch and see the Law of Attraction cause more to be grateful for to move into your life.

Be grateful in advance for your new desire. This gratitude resonates with a specific frequency that connects you with all people, experiences, situations and circumstances that resonate with the same frequency. This connection to other fields of vibrating energy resonating with the same frequency as your vibration of gratitude increases the power of your attraction zone, resulting in faster manifestation of your new desire.

Cultivate gratitude as a state of being. Even the direst situations contain something to be grateful for. The Law of Gratitude states, “That which draws gratitude from an eager heart always appears to those who seek it.” As you begin each day, create a few quiet moments to seek and be grateful for such things as:

- Clean air to breathe
- Lungs that work
- A heart that pumps
- Being here in this moment
- Being provided for in this moment
- Having an expanding capacity to feel gratitude
- Receiving care and love that others offer
- Having those in our life who teach us something about ourselves
- Having those who challenge us to think new thoughts



*“There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance.”*

*Joseph Addison*

- Being alive and able to live one more day
- Having the ability to make choices
- Noticing the sky and the trees and the birds and the plethora of noises, smells and vistas that nature provides in each moment.


Remember, you can only generate one vibration at a time. If you focus on your “lack of” something, the Law of Attraction will work to bring you more of the same “lack of”. So choose to be grateful for even the smallest of things. All that matters is that you are expressing gratitude and the Law of Attraction is causing more of the same energy to move towards you until it appears in your life.

At **Great Living Today** (<http://www.GreatLivingToday.com>) we want to help you expand your vibrational flow of gratitude out to the Universe and the best way to do that is to create intentional segments of time to give gratitude on a daily basis. Here are two wonderful tools to help you increase your flow of gratitude. Print out the Gratitude Journal on the next page. Form a sincere intention to end each day by taking as little as fifteen minutes to write down a dozen or more things that you are grateful for. Or, you can use our new Gratitude Beads. These beautiful beads are convenient to tuck in your pocket or purse so you can use them throughout your day or keep them by your bed and use them each night to count your blessings at the end of each day. Visit the Great Living Today store at <http://www.greatlivingtoday.com/store.php>

Whether you choose to use a journal or beads, the important thing is to develop a new habit of giving gratitude as part of your daily life. And remember Dr. Maxwell Maltz’ discovery; it takes the human brain 21 days to transform a new activity into a daily habit. If you miss a night of writing in your new Gratitude Journal or counting your blessings with your new Gratitude Beads, start again until you’ve reached 21 consecutive days.

Many master teachers of the Law of Attraction teach that giving gratitude and developing gratitude as a state of being is the single most powerful way to manifest a life abundant with joy, happiness and satisfaction. As you give gratitude, more to be grateful for flows into your life. As you give gratitude for the new things that have flowed into your life, even more flows in. Your gratitude attracts an ever expanding flow of things and experiences that cause you to express more gratitude. By intentionally writing down the things you are grateful for or using gratitude beads to express your gratitude, you are becoming a powerful master designer of a life that is rich with joy, happiness and satisfaction.

Giving gratitude today creates Great Living *Today* and the next day and every day after that.



*“As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.”*

*Adabella Radici*

# My Gratitude Journal

Today's Date \_\_\_\_\_

At the close of your day, fill this page with all the many things you are grateful for.

*Today, I am grateful for...*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
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# Thank You!

Dear Fellow Spiritual Seeker,

**W**hen I was a young boy my mom taught me that the three most important words in the English language were “Please” and “Thank You.”

While “please” will certainly go a long way in helping you get the things you want, I learned a long time ago that those two little words — thank you — carry a much bigger weight especially when they are uttered in *anticipation* of something that you want. Yes, before it even happens. A grateful heart is always open to receive.

I’m very grateful that you found this ebooklet and hope that it has given you some good food for thought about gratitude and the important role it plays in our daily lives. And if this is your first exposure to the idea of The Law of Attraction, then I encourage you to further your studies and learn more at my website:  
<http://www.GreatLivingToday.com>.

A few years ago, when I realized just how powerful this Law of Attraction really is, it became my mission to teach as many people as I can reach that whatever we give our attention, energy and focus to, we get more of the same. It is my mission to reach as many people as I can who are ready to hear that truth and embrace it as a new paradigm in creating the greatest life possible and to spread that word throughout the entire planet.

I can’t do that job alone, so I’m asking you today to pass this ebooklet along — after you have read it, absorbed it and put gratitude into practice — to someone you care about so that they, too, may know the joys of living a great life. Together, we can change for the better the consciousness of the entire planet.

You have my best wishes for much joy, laughter and blessings so that you have much to be grateful for,

*Marty Marsh*





This is not the end, it is only the beginning.

The beginning of your greatest life.

Visit the Great Living Today website to find  
free resources and to learn more about the  
Law of Attraction programs being offered:

[www.GreatLivingToday.com](http://www.GreatLivingToday.com)



*“As we express our gratitude, we must never  
forget that the highest appreciation is not to  
utter words, but to live by them.”*

*John F. Kennedy*