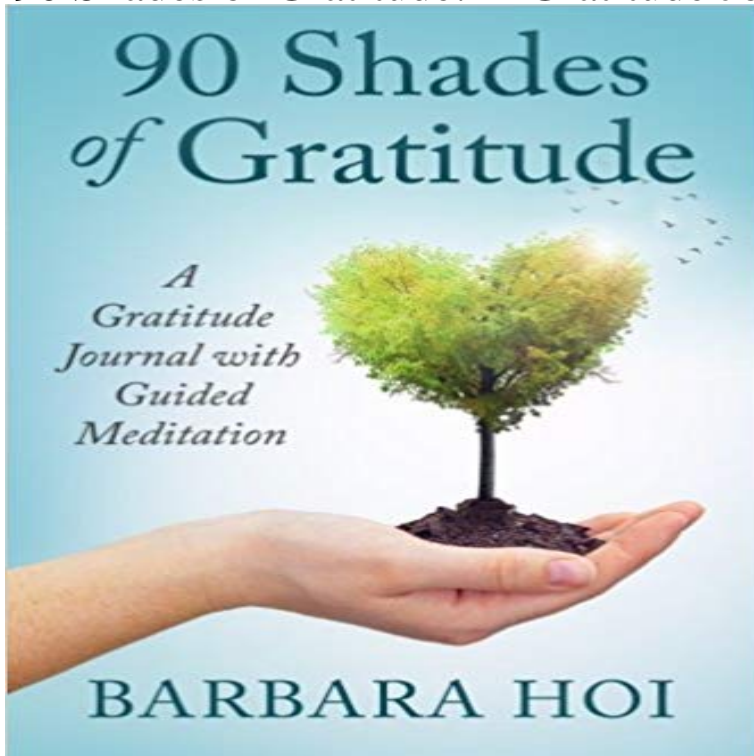


90 Shades of Gratitude: A Gratitude Journal with Guided Meditation



Most people spend the majority of their thoughts either experiencing anxiety of a future event or responding to one from the past. We are not taught to live differently. Intuition is not valued, and neither are decisions made from our heart space. Yet, we need both our heart and our head - to change our world. By writing a gratitude journal, you tend to materialise what you visualise by pulling the visualised preferable future into the present moment. Experiencing a future in the now and then letting go of it not even thinking about the experience any more very often draws an event towards you that comes very close to our fantasy. We have heard sayings, such as, what you think about and thank about, you bring about or the attitude of gratitude. After the vibration of love, gratitude is one of the highest vibrational states we can feel and utilise in order to change anything in our lives. Combining meditation and gratitude into one easy-to-use gratitude journal gives you access to both of these transformational tools. Many people think that they can change their lives by being in control - instead of being thankful for its gifts in advance and giving up control of the outcome

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