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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Loosen Up Your Mind With Gratitude

By Stephanie West Allen

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Boston Bovines Hold The Answer For You

Did you know that our brains are full of cow paths? Robert Fritz begins his book *_The Path of Least Resistance_*, by explaining how the streets of Boston were laid out; they do not seem to be the result of any planning.

Long, long ago in Boston, grazing and wandering cows walked the easiest paths they could find and, with each passing cow, these paths became more clearly defined and easier to follow. These cow paths became the "plan" for Boston's streets.

Fritz says, "As a result, city planning in Boston gravitates around the mentality of the seventeenth century cow."

The thoughts that we have over and over form cow paths in our brains. Each repeated thought makes the path more defined and easier. We think about not enough money frequently and the not-enough-money path becomes the easiest one to follow -- our thoughts just follow the same old cow path. Same with thoughts of sickness and irritability and judgment and all breeds and brands of scarcity.

Perhaps your thought planning gravitates around the mentality of the old twentieth century you.

Once those cow paths get formed, they call to our thoughts, and lead them to places where our dreams

can't be seen. Our brains are riddled with deep furrows meandering through hard, caked, crusted dirt. How do we loosen up the dirt into pliable, rich, fertile mud? We need to rain on our brain.

Mud, Marvelous Mud

Gratitude is the rain that smoothes the way for new paths. When the storms of gratitude fall upon our brains, the dry, stuck paths dissolve leaving the mighty, moldable mud of potential. We can form new paths where our thoughts can dance on down the new grooves

of health, wealth, love, and creativity.

Gratitude and rigidity cannot coexist. Gratitude makes new freeways of thinking gently possible. Have you ever found yourself thinking over and over about something you do not want in your life? That's a sure way to get more and more of that something. You probably know that, but all of a sudden you catch yourself having those thoughts – again – of what you most definitely do not want.

Why? Your thoughts are following those old, well-worn, rigid cow paths in your brain. They follow those cow trails while you are not looking. And it does not work to put roadblocks in the paths, to resist those thoughts. You have to build new roads, create new paths.

Feeling gratitude will smooth out the landscape so you can create the new paths. Replace the thoughts of sickness with thoughts of health, poverty thoughts with wealth thoughts, dread thoughts with dream thoughts. You can then build with your thoughts the health highways and wealth byways and love lanes and self-express-ways.

Singing In The Rain

And we know that once your thoughts are following the new paths, the health and wealth and love and self-expression will manifest openly and freely in your life.

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Let the feeling of gratitude rain and reign in your life. It will shower you with pleasures and treasures. It will let you see how you are a mighty, shining raindrop in the great rainfall of the good universe. Let "thank you" be your prayer that you sing in the rain.

Gratitude Push-up

Before you go to bed, think of an incident that happened to you during the day. Any incident. It can be as simple as eating breakfast or walking the dog or talking to a coworker. Write the incident as if you were putting it in your memoirs or journal or autobiography. And do it this way . . .

When you write about the incident, revise it so it includes your having a LARGE amount of gratitude during the incident. How? As you think about the incident before you write, feel the gratitude flowing into the memory. Feel yourself full of thanks. See a smile. Maybe feel a bounce in your step, peace in your shoulders, joy in your posture. Then write the incident in this revised version. Don't worry about good style or grammar or punctuation. Simply write it.

Do this exercise for a week with a new incident from each day. I think you will be surprised at what happens to your level of gratitude during those seven days.

Stephanie West Allen, JD, is the author of *_24 7 This! The Merry Method To Accelerate Success_*. Excerpts at <http://www.allen-nichols.com/success.cfm> She coaches people in using the two MerryMaxims, WYTUG (What You Think Upon Grows) and LULU (Loosen Up, Lighten Up) to achieve health, wealth, creativity, and harmonized relationships. Contact her at Stephanie@allen-nichols.com

Be Grateful for Gratitude

By Angie Dixon

In Twelve Step meetings, it's traditional to groan when someone says, "Let's have a gratitude meeting." People don't like to talk or think about what they're grateful for. It's not in our nature. We're more tuned

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to what's going wrong than what's going right. We can't help it. The cave men who sat around and admired how white the teeth on the saber toothed tiger were, didn't last long enough to reproduce. The ones who realized those teeth were a bad thing are our ancestors, so to speak.

But gratitude is important. Sometimes I just sit in my office, which I painted and decorated myself after moving into a wonderful new house, and I look at all the hangings on the wall and the things on my desk and the books on my shelves and I remember growing up in a house where I couldn't sleep in my bedroom in the winter because the north wind blew through the window and the room was uninhabitable. And I feel grateful.

Gratitude gets a bad rap as being some sort of "feel-good" thing, but it's not. Real, true, deep gratitude comes from the soul. It's not some pop-culture thing. It's not something you say to make yourself look good or to make someone else feel good.

Real gratitude is truly appreciating what you have, and feeling it's enough. Sure, there are other things you'd like to have. There always will be. But in gratitude, you realize that if you don't get the new car or the new house, it's enough.

We should be "grateful for gratitude" because it's one of the fastest ways to appreciate our lives and feel happier. This simple technique, practiced every day, can change your life.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

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Be Grateful for Gratitude

Keeping an Attitude of Gratitude

Find Shortcuts To Happiness

THE IMPORTANCE OF AN ATTITUDE OF GRATITUDE

Life Issues Pt. 3 – An Attitude of Gratitude

The Buy Impulse

Money Saving ideas

Forbidden Psychological Tactics

Mind Power Creative Thinking
How to Use Your Mind for Study



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