



UNITY of Monterey Bay

**“We open our hearts and minds to receive and express
the fullness of God’s Good in our lives,
in our commUnity, and in our world.”**

MAY 2008

“To make the law of attraction work for you, you must pay attention to three things: your thoughts, your feelings and the way you respond to opportunities. Become a self-observer and allow yourself to become aware of your thoughts and words. Then make a conscious choice to replace the negative thoughts and words with helpful, positive ones. You can do this easily by looking at every situation with gratitude, being grateful even for your challenges, for they present opportunities to learn, grow and rise above circumstances.” *Sacred Secrets pp. 49-50*

Practicing an “Attitude of Gratitude” is a powerfully transformative spiritual discipline. This week, begin each day with the affirmation below and think of at least three blessings in your life for which you are truly grateful in this now moment. *Then set an intention to BE a blessing by envisioning at least three ways you will make this intention demonstrate this day.* (It is useful to keep a journal.) At the end of the day, just before bed, repeat this affirmation again as you reflect on the day and give thanks for all the ways you were blessed...and for all the ways you were a blessing.

**“I give thanks for the multitude of blessings
that flow through my life—those I receive and those
I offer to the world. Each reminds me that I can choose,
in each moment, to be the voice and heart through
which heaven is made known on earth.**