

The Empowerment Program

For You and for the Journey Called *YOUR LIFE*

Here ✨ Now ✨ This moment

*There is a hidden gift within everything.
Right now, you may not know what that is...
that is why it is hidden. Be grateful.*

~ Richard Alan, *Empowerment & The Book of e-Games*

Bubbles of Love and Sparkles of Gratitude

The simplicity and power
to generate Love and Gratitude

*Grateful people do not deny or ignore the negative aspects of life...
they have higher levels of the positive states of alertness,
enthusiasm, determination, attentiveness and energy.*

~ Emmons & McCullough, 2003

Introduction

Love & Gratitude is something that you can generate. You do this like an innocent child with a pretend wand inwardly spreading *bubbles of love and sparkles of gratitude*.



The thing about gratitude is you don't have to be in 'a good place' to exercise your gratefulness. . . And the good news about gratitude is that even if it doesn't come naturally to you (yet) -- it is an aptitude that can be developed.

~ Eileen Chadnick, Big Cheese Coaching

Negativity can exist in the sustained presence of *Love & Gratitude*. Negative energy can not exist in the same space as the higher positive frequencies of Love and Gratitude.

*Gratitude is one of the easiest and most powerful ways to transform your life. . .
In fact, without gratitude, nothing can ever change. . .
It is impossible to be negative when you are giving thanks.*

~ Rhonda Byrne, Creator of *The Secret*



Love and Gratitude

The above picture was taken by Dr. Masaru Emoto, author of *The Hidden Messages in Water*. It is a symbol that represents how thoughts and emotions can change matter. Water was intentionally infused with *Love & Gratitude*.

Just as the water molecule received something tangible and beneficial, so the intention of *The Love & Gratitude e-Game* is to create tangible results in your life.

Dr Emoto Gratitude 3-min Video:

<http://www.how-to-manifest-thoughts.com/messagesfromwater.html>

More beautiful photographs by Dr. Emoto:

http://www.globaldialoguecenter.com/exhibits/wisdom_water/index.shtml

(To begin the tour, CLICK on arrows).

*There is not a more pleasing
exercise of the mind than gratitude. . .*

~ Joseph Addison, Founder of *The Spectator Magazine*

More Research on Gratitude

The disposition toward gratitude appears
to enhance pleasant feeling states.

~ Emmons & McCullough, 2003

In people who are grateful in general,
life events have little influence on experienced gratitude

~ McCullough, Tsang & Emmons, 2004

People who tend to experience gratitude more frequently than others
tend to be happier, more helpful, forgiving,
and less depressed than their less grateful counterparts.

~ Kashdan, Uswatte, & Julian, 2006

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