



# *Empowering your Spiritual Journey*

## The Empowerment Program

Here 🌀 Now 🌀 this Moment

### The Magic is in the Remembering

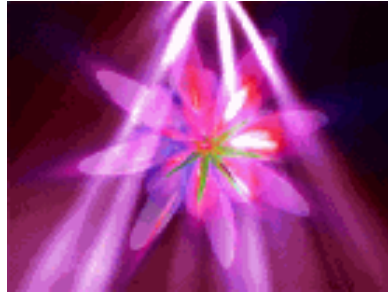


Thank You for That

*Gratitude is one of the highest  
frequencies in the Universe.*

~ Sarah Biermann, [limitless-one.com](http://limitless-one.com)

**Introduction:** The words **thank You for that** is a simple expression of Gratitude. The capital **Y** is not a misprint. Please do not overlook the power of gratitude. Gratitude automatically raises your frequency, and gets the attention of Guidance. The magic is remembering to include gratitude in your life.



*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*

**When you catch yourself** getting back into being right/wrong; better/worse; should/shouldn't ...think, **thank You for that.**  
When you catch yourself not getting back into right/wrong; better/worse; shoulds/shouldn't ... think, **thank You for that.**



*There is a hidden gift within every experience.*

~ David Hawkins, M.D., PhD.

**When you catch yourself** fueling negative self talk: think, **thank You for that.**  
When you catch yourself not fueling negative self talk think, **thank You for that.**



*Whenever anything negative happens to you,  
there is a deep lesson concealed within it,  
although you may not see it at the time.*

~ Eckhart Tolle

**When you catch yourself** favoring the negative: think, thank You for that.  
When you catch yourself favoring the positive think, thank You for that.

*To complain is always  
non-acceptance of what is...*

~ Eckhart Tolle

*Acceptance does not require denial...*

~ David Hawkins M.D., Ph.D.

**When you catch yourself** complaining think, thank You for that.  
When you catch yourself being complimentary think, thank You for that.

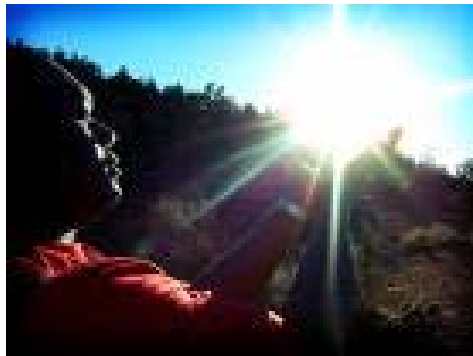


*This "allowing to be" takes you  
beyond the mind with its resistance patterns...*

~ Eckhart Tolle

**When you catch yourself** creating drama think, thank You for that.  
When you catch yourself creating non-agreement think, thank You for that.

**Summary:** When you catch yourself being human think, thank You for that.  
When you catch yourself accepting your humanity think, thank You for that.  
When you catch yourself being divine think, thank You for that.



**More on Gratitude:**

<http://eempowerment.com/tyft.pdf>

<http://eempowerment.com/gratitude1.pdf>

*The greatest thief of human happiness and abundance is ungratefulness. Any lack in our lives - whether in money, health, or relationships - is simply the evidence of a lack of gratitude. If you focus on lack you are not being grateful, and that will bring more lack into your life. Yet the simple state of radiating gratitude summons everything to you.*

~Rhonda Byrne, Creator of [The Secret](#)

**Forward and share with Gratitude...**

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