



Thank you NOTES

It's time for a show of gratitude



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I was browsing the Internet the other day and came across a wonderful video called *Living with Gratitude* on Oprah Winfrey's website.

Deepak Chopra, Tony Robbins and other inspirational teachers discuss the importance of being grateful for what we already have in our lives rather than dwelling upon what we don't have.

Every thought and emotion has an energy vibration and gratitude is one of the highest vibrations on the planet. Because our lives are a reflection of the overall

vibration we are sending out to the world, an attitude of gratitude can attract favourable circumstances and improve our quality of life.

Oprah suggests keeping a "gratitude diary" and writing down five things we are grateful for every day. We attract what we think about the most, and by thinking about the positives, we will attract more positive life experiences.

Living with Gratitude is one of the many free video classes from the Oprah Lifeclass series, along with *Living Fearlessly, Believing in*

Yourself and *Letting Go of Anger*. They can be accessed any time by visiting the Oprah Lifeclass page on www.oprah.com.

You will also find other informative and inspirational articles, interviews and videos in Oprah's "Spirit" section. My personal favourite is the *Super Soul Sunday* video series with some of the leading authors and teachers of our time.

For more information, check out www.michellebuchanan.co.nz