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### [An attitude of gratitude creates positive energy.](#)

Being grateful influences our attitude; is one of the highest vibrations of energy we can create, it's free, and keeps you aware of your blessings. Be grateful for what you do have, and you will find it increases.

If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude . The greatest way to make your blessings count is to count your blessings. Acknowledging the good things you already have in your life is of the essence, because whatever you appreciate and give thanks for will grow stronger in your life.

Be thankful for your health and you will have health in more abundance. Be thankful for the love you receive and it will be increased. Be thankful for a

new day and you'll be blessed with more tomorrows. Be thankful for your friends and more friends will come to you.

Be still—quiet enough to listen and your soul will whisper and let you know everything that you need . How could you expect more from the universe when you didn't appreciate what you already had?

An attitude of gratitude creates positive energy that always returns to you as lovely experiences. It has the power to turn problems into solutions, and losses into gains. It opens the doors to our hearts and allows us to feel and express love.

If you focus on your problems, you'll start to feel powerless. Yet if you take an attitude of gratitude , a positive action, no matter how small, those feelings will begin to fade . It's like the story of the starfish dying on the beach: A man was walking along the shore, tossing the creatures back into the sea, one by one, when another person came along and asked, "What's the point? There are thousands of starfish dying on the beach. What difference does it make to attempt to save them?" The man replied, "It makes a difference to the starfish."

It also makes a difference to the person saving them!

Every time you appreciate something, every time you feel good about something, you are making a difference .You are telling the Universe: "More of this, please." You are attracting to your life more of what you gave away. If you are mostly in a state of appreciation, all good things will come to you.

*With Divine Guidance for your best life*

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