

ONLINE MASTERCLASS

POWER
of
Gratitude

Script



These materials are property of Niurka, copyright 2019, with All Rights Reserved.

Without limiting the rights under copyright reserved above, no part of this Power of Gratitude ebook, may be shared, reproduced, or transmitted, in any form or by any means (mechanical, photocopying, recording or otherwise), without prior written permission of the copyright owner of this ebook.

For information about permission to reproduce selections from this ebook email info@niurkainc.com.

Trademarks of Niurka and Niurka, Inc. are not designated in this manual.

The following are trademarks of Niurka and Niurka, Inc. and may only be used with prior written permission.

NIURKA® NEOGENESIS® SUPREME INFLUENCE® MAGICKAL MATERIALIZATION®
JOURNEY OF ALCHEMY® SUPREME INFLUENCE IN ACTION® EMBODY HIGHER
POWERS® GODDESS GARDEN® MASTERS OF SUPREME INFLUENCE® SACRED
ADVENTURE TO BALI® BUSINESS QUANTUM LEAP®

All information contained herein is intended for educational purposes only.

The information in this ebook is either the original work of Niurka, Niurka, Inc., or it has been legally obtained from other sources, and further evolved.

You agree NOT to share any portion of this Power Of Gratitude ebook in Any Form such as: audio, video, and/or photograph.

Hi!!! It's Niurka, ...
Welcome to our **LIVE MasterClass on**
THE POWER of GRATITUDE.

I'm grateful we're here together ...
& I'm inspired about the POWER this Master Class has to...
Uplift, Empower, and Enrich every area of our lives....
Our Relationships, Business Ventures,
Body & Mind.

So...we're getting started ...
If you're just now joining us... **WELCOME** to our ...
POWER OF GRATITUDE MASTERCLASS....

--

Now, WHY is this Teaching Powerful?
Because You and I are Vibrational Beings

What We Experience & Attract
in a Universe of Infinite Possibility
Is what matches our VIBE, the Energy WE Radiate

There's a BIG Difference between Vibrating
in a Frequency of Need ... Want ... Worry ... or Anger
& Vibing in GRATITUDE ...

When we live with Gratitude we're truly rich!

The Tao Te Ching says...
"When you realize there's nothing lacking,
the whole world belongs to you."

Imagine living in this Supreme State - GRATITUDE -
being Present and Thankful for - the full spectrum of Life's Gifts -

the Blessings -and even the Challenges.

Living in Gratitude we
uplift everyone around us.

Gratitude Expands Our Awareness...
It brings us into a Higher Plane of Existence -
where we live in the FLOW...

With GRATITUDE WE recognize
the UNITY flowing in, as, and through all things.
where - Joy, - Fulfillment, and - Prosperity
Become - the Order of the Day!

And, Today I'll reveal... Insights and Daily practices
to embody GRATITUDE and **live with greater**
Appreciation and Empowerment than ever before!

**Living with gratitude brings us into UNION with our Higher Self -
THE most Enlightened, Creative Expression of Who We Really Are.**

& how do we tune into with the Power of Gratitude?
BY Opening our Hearts & Elevating our Minds,
and Focusing on all our Blessings.

Gratitude has Power to: Heal Past Wounds...
to Energize and Inspire. It has the power to *Transform Lives*
by turning the Mind **Toward** what is Present, and what is Good.

During our time together, you'll discover...
(as enlightened masters have taught)
How GRATITUDE Empowers Us -
to Rise Above... Reactive Thinking...

With an Attitude of Gratitude we ascend through 4 stages:
From Reactive Thinking or
Association...To Contemplation...
To Concentration...To Meditation...

I'll Explain...

1. Reactive Thinking, ...

you know what I mean by "Reactive Thinking," right?

Do you know someone that pushes your buttons?

Think about this...

When you squeeze an orange, what do you get?

You get what's inside!

Similarly, when you're squeezed by - what appears like -
pressures of life - what comes out of you is - what's inside.

Get curious... what's coming out?

If you judge or blame, it's likely there's something within you -
that you're not seeing, and you won't evolve.

Instead, Transcend the need to be Right,
or to make others wrong...

In a moment, I'll give you a few
practices to accomplish this.

For now, know that...with an **Attitude of Gratitude**,
We Rise Above Reactive Thinking and,
we Reflect...

We Rise from Association to

2. **Contemplation** (reflecting with curiosity...and wonder), into:
3. **Concentration** (focusing our minds with intention while being in a state of expanded awareness), and ultimately into:
4. **Meditation** (Ultimate Stillnesswe transcend the chatter of the conditioned mind,...and enter the Unified Quantum Field of Infinite Possibilities: where we're free to BE and create as we WILL).

So.... Today I'll give you empowering suggestions,
and **practices** to embody this knowledge.

Play with these practices, and discover
which one works best for you.

As you listen you'll be stimulated
to create your own daily practices.

.....

And... You'll want to BE with me until we're complete,
because I have a Special GIFT & BONUS for You!

I'll show you how you can channel this
Divine Energy of GRATITUDE to actualize your dreams -
in business and every area of life...
in alignment with your mission and purpose.

Plus, I'll be opening up the chat lines later for a LIVE Q&A.
You can write in your questions, and I'll be delighted to respond.

.....

Now... to ensure that you experience the greatest benefit,
and you integrate the Power of Gratitude, (not just intellectually)
but neurologically (so it's in your cells) - where it becomes
Natural Action – I have suggestions.

Wherever you are, sit up tall,
elongate your spine, uncross your arms and legs,
open your heart. Relax your shoulders ...
Become an open vessel.
What does Nature fill?
a receptive vessel; and so it is with us –
we're filled to the degree we are open and receptive.
So just whisper to yourself: I am Receptive,
and allow yourself to receive.

Now bring your intention, attention,
and GRATITUDE into this moment.

Inhaling a deep, cleansing breath, and as you do –
notice the life force filling every cell within your being.
& ... pause for a moment– honoring the space between breaths.
Just like music – it's the space between the notes that makes music.

And Exhale....

These simple steps bring your attention into the present.

So People ask me....
what's your story,....

You may have heard me share - in my book...
[SUPREME INFLUENCE](#)

At 15 years old, I embarked on a Quest for

freedom, truth and enlightenment, except back then
I called it running away from home.

I felt frustrated and stuck.

At the time, I was not living in Gratitude –
& my life was clearly not working...
BUT.... I knew inside - **I was Destined for more...**

I made a decision...
Something had to change, and I was going to change it!

We know we've made a decision when ACTION flows from it.

A lot of people say *they want to change*, but they don't take action, which means, that they haven't made a real decision, they're stating preferences.

I realized that ... **to change my RESULTS,**
It was Essential to change my MIND.

To elevate my VIBRATION...
*...from scarcity to **Abundance***
*...from problem into **Possibility***
*...into **GRATITUDE***

It took intention and devotion to interrupt old patterns,
and Focus my Attention wisely. AND, it worked!

I went from being a teenage runaway at 15...
To Becoming Student Body President of the
largest community college in the US, with over 100,000 students...
To Becoming the #1 Corporate Trainer for Tony Robbins by age 20...
To Launching my own business in the year 2000...
To Consulting, Coaching and Training some of the most

powerful companies and leaders around the world...
Writing and publishing a Best Selling Book
Presenting to hundreds of thousands of people
on the biggest stages in North America...
And so much more....

And... we see these awesome
Results with our students too!

And, it started by **Attuning** with
The Powers of Gratitude.

.....

So what Blocks Gratitude.....

The conditioned mind operating in reactive conscious based on the
Law of **Association**, which means that experiences from the past,
(especially those with emotional intensity) can become neurologically
associated or hardwired at a subconscious level, and then become filters
from which a person perceives and creates their reality.

Joe Dispenza talks about this....

**Reactive, unconscious, auto-pilot thinking,
is an obstacle to living your most magnificent life ...
the life you deserve.**

This is when one thought leads to another,
then another,in a reactive chain....
without any conscious direction from you.

Here's an example of Associative Thinking.
Suppose you're walking down a street and you see a Rottweiler.

You're reminded of the Rottweiler that your neighbor had while you were growing up. All of a sudden, memories (with pictures, sounds and feelings) start flooding in to your mind... You go back ... decades... You can hear the music playing in the background... The dog is barking. Your neighbor's yelling at the kids - playing in the street.

What just happened? Where'd you go?
You Dissociated from the Present Moment.

Seeing a Rottweiler brought back a flood of memories and emotions that your body experiences as NOW.

Suppose that Rottweiler had bitten you; then; you may feel a flash of fear at the sight of a Rottweiler, even 20, 30 or more years later.

Consider: *what are these emotions really about?*
It's not about the present moment, is it?

Suppose that when you were bitten you ran home crying, hurt by the incident - seeking comfort and security, only to be scolded by your parents who said, ... "How many times have we told you to not tease the neighbor's dog! Go to your room!" You went to your room feeling unloved, abandoned and shamed.

Now you are an adult, ... you're walking down a street...
you just so happen to see a Rottweiler

What just happened? How did a dog on the street trigger a stream of memories and emotions from childhood. Someone else walking down the same street, and seeing the same dog would have a totally different experience. Another person may not even notice the dog at all.

A dog on the street has no logical connection to one's childhood.
These are neuro-associations in the mind.

That's why NLP -
Neuro-Linguistic Programming teaches:
People do not respond to reality.
They respond to their map of reality.
I add: ... Until You Wake Up!!!

And.. ***the map is not the territory.***

NLP also says: ***Perception is projection.***

As my friend Michael Beckwith says...
You do not describe, what you see....
You see what you describe.

In other words, what a person perceives in a Universe of Infinite possibilities is a reflection of their VIBRATION - the thoughts and feelings that they frequent.

Transform the thoughts and feelings, and PERCEPTION changes... The entire experience of Reality Changes.

As a brilliant being once said,
We do not see the world as it is –
we see the world as WE Are.

...

(NOTES) I Asked Tony.... Book ... Power vs. Force...Scales of Consciousness...
Vibration... Level of Consciousness... Linked to Emotion...

Influences PERCEPTION ... world view, self view, God/universe view
... Like Einstein said.... “Do we live in a friendly...or unfriendly
Universe....

Gratitude Quantum Leaps US into the present moment.

So let’s understand the etymology, of:
GRATITUDE.

In Middle French: “good will”

In Medieval Latin: to be Thankful

As we embody GRATITUDE, we live with **GRACE.**

The origin of the word “Grace” –
to receive & embody Divine favor.

With Gratitude and Grace:

The Creative Powers are alive within us.
The same Powers that birth galaxies and universes
into existence ... Flow in, as, and through Us.
In this Awareness ALL things are possible.

Because we are vibing on a higher frequency!

This is the basis of the Law of Attraction –
which is a subset of a deeper law...
The Law of Vibration, which illuminates that Everything
that is a Manifest Phenomena Vibrates.

YOU and I are Vibrational Beings
attracting our Vibrational Match.

That’s WHY it’s Imperative to VIBE in Gratitude.
& the word Imperative ... means to ... to set in order....

to come into Full Alignment w/ this Vibrational State of Grace

When we raise our vibe, through gratitude - it

**Awakens Us to the Beauty in all things,
which inspires positive & purposeful action that
generate value where others may see problems.**

Gratitude Inspires GRACE.

In Sanskrit the origin of the word Grace means:
to announce, or sing praises

Lithuanian: to praise, to celebrate.

Living with gratitude, ***our lives become a celebration!***

With Gratitude...

*we REALIZE we are alive! we're Free!
free to think ... to choose our focus, our direction!
we're free to create! to give! To BE.*

Here's a Practice:

Since life is a celebration, enjoy
showing up with a gift!

It doesn't have to be big, elaborate, or expensive –
only thoughtful.

How wonderful it is to be cared for, and surprised!

You can gift a book that positively influenced your life,
or an orchid, flowers, or delicious cookies.

It can be simple: like a quote you wrote on beautiful paper or a poem...

Gifts with intention and deeper meaning – are the best!
They're fun! They open the heart (*and conversation*)...
and bring us into the PRESENT, that's why we call it PRESENT! :).

When you're meeting with your team –
bring delicious, healthy food that everyone can enjoy.

If you're visiting your spiritual teacher bring him or her
a gift that shows how much you appreciate them.
Tithing is powerful too! When you give money to those who nourish
your Spirit, you open channels to receive even more.

We're aligned in the ABUNDANCE FLOWING within our Universe
which Inspires more Abundance to show up in our lives.

Go into a card shop and read through the cards. Notice which ones
remind you of certain people. Purchase a bunch. Then give a thoughtful
card to someone. But don't just sign it. Contemplate before you write.
Invest a moment to consider what you really appreciate about them.

If your Beloved is going out of town. Write them a heartfelt card. Share
how much they mean to you. Then stealthily, slip it in their suitcase.

There's countless ways to show appreciation –
one way is to give something thoughtful - and here's the key
- without expectation of anything in return.

This is a HIGH VIBRATIONAL state of living,
we're vibing in ABUNDANCE.

Peter Diamandis

wrote a book: Abundance, where he talks about how even the poorest people in America today, are living with greater quality of life than the wealthiest people just 100 years ago.

From a broad perspective he illuminates how exponential technology is transforming resources that were previously scarce into abundant ones.

In other words...there are no scarce resources -

I had this conversation decades ago w/ PAUL ZANE PILZER -
who wrote the book, Unlimited Wealth.

We can ask
How can I tune in to the abundance all around me?

That's a powerful question...
The quality of our lives mirrors the questions we ask...

In a moment, I'll share about this powerful practice....

Asking Empowering Questions

Because...if someone is...
Complaining, criticizing, blaming, needing to be right or making others wrong, or feeling stuck or looping emotions like anger, guilt or hurt -

These are **Red Flags!**

The mind is being derailed by reactive
thinking, past associative thinking.

But the great news is ---
the moment you realize it -
you are aware, and empowered to choose!

If you forget, honor whatever comes up, without judgment.
Love yourself through it.

Darkness dissolves in the presence of the LIGHT.

Our students know first-hand because in our [courses](#)
we create a safe container where the shadow, the darkness,
anything that has blocked you, or kept you stuck,
anything you've resisted or not accepted –
ALL are Welcome

Darkness contains gifts – like hidden treasure,
or diamonds buried within the womb of the earth,
awaiting to experience the light of day.

Working with a master guide, you can unearth treasures
within your own psyche. Shining the light of **illumination**,
and revealing new discoveries, which once integrated allow
old patterns to naturally dissolve in the presence of new
wisdom and understanding.

Realizing you're GRATEFUL for that person -
or that situation - which once challenged or hurt you.

All of a sudden, the loss, the breakup, the problem or frustration
transforms into STRENGTH.
and you become clearer than ever before
about who you are, and
what will or will not work for you ---
in the life you choose to create.

It becomes a turning point, inspiring you to
shift your direction, raise your standards. This is a gift!

You have alchemized a negative into a positive.
YOU have metaphorically transformed lead into gold.

That which used to bind you has set you Free.
You have Evolved!

Often life's greatest challenges are the ones, which
strengthen us, deepen us, nourish, and motivate us.

They test our metal,
causing us to Go Deep, and Rise Above...
to discover who we really are, and what we're made of.

Challenges create fertile soil for growth.

Remember, the lotus flower grows in the
muddy swamp. No swamp, no lotus.

It's not about what we get, it's about
who WE BECOME.

Challenges can shape us...
when we welcome them with Gratitude.

.....

The caterpillar goes into the cocoon and out emerges a butterfly; the
sand irritates the mantle of the clam, and a pearl is born; and,
the diamond, is forged by the heat of matter. Therefore when challenges
arise remember... **there is a gift in this.**

Step back from situations. View them with compassion and curiosity.
Observe through - the eyes of Gratitude. We're in the Higher Realms,
where problems pale in comparison to our power!

**We're vibing at a Higher octave. Life is sweeter here, more loving,
beautiful, harmonious, and filled with infinite possibilities.**

If you forget, it only serves as a reminder –
to Wake Up! And remember.

The more you catch yourself, and choose a wiser choice, the easier it becomes to live at your highest levels of excellence. You're building a muscle. You're building new neural pathways in the brain.

A Spiritual Teacher once said...

“The mind is nothing but subtle matter; it can be changed. And once you have a different mind you have a different world, because you look through the mind. The world you are seeing, you are seeing because of a particular mind. Change the mind, and when you look, there is a different world.”

In other words:

When you change... the world around you changes –
You have that much power!

Sometimes disempowering thoughts do not arise
from neuro-associations.

Sometimes these thoughts are in the field.

Radio waves broadcast around you all the time.
So do the thought waves of your tribe, company,
culture, society and nation.

Let's say a group of people around you fears economic instability or scarcity for example – then those thoughts are in the field, they can penetrate into a person's mind imposter as their own.

But these thoughts have no influence over you
when your mind is pure, and you're present with gratitude.

Here you recognize these thoughts as: **NOT yours.**

Contemplate your thoughts, with curiosity...

trace the thought back to its origin.
Ask...what is there for me to learn here?

This *expands your perspective*.

In my book: [Supreme Influence](#) I have a chapter titled:
Your Infinite Point of View.

You have the ability to view any situation from limitless angles.

You can look at a situation through your own eyes, or you can step into another person's shoes, and view it from his or her perspective; or you can view a situation as a neutral observer.

As Tony Robbins says, Flexibility is power!

You gain insights when your consciousness expands,
and you experience different perspectives.

When you observe with appreciation, you see beauty and opportunities that you would otherwise miss.

Realize that anytime you have felt stuck, then, in that moment, you were viewing the situation through a particular lens....

Shift the lens – and you shift your experience.
Gratitude shifts the lens.

It not only shifts it. It clears it... purifies it... and polishes it.

So back to my story:

There I was in my early teenage years feeling frustrated and stuck.
But in the midst of the chaos, I somehow knew – my life had a purpose.

I was destined for more!

I didn't have mentors at the time so I immersed myself in books (back then with) audiocassettes, and seminars. I listened to those cassettes over and over again. Soon, I began seeing things differently. My awareness expanded. I considered different points of view. I bought a journal, carried it with me, and would write in it, daily. I observed my thoughts and asked questions with the intention of understanding.

I would contemplate ideas in my mind
and view them from numerous angles. I got curious.

I contemplated the origin of my thoughts, soon I was contemplating the origin of life. I contemplated my True Purpose, my reason for arriving on earth. I contemplated the origin of the cosmos, the meaning of God.
Soon my life would never be the same!

I was grateful for this new awareness.

I had risen out of association (or Reactive Thinking)
into Contemplation....
AND SO IT IS ... WITH US.

Which Brings Us to ...CONTEMPLATION...

Contemplation Inspires US to Rise Above...
the reactive, conditioned mind.

When WE contemplate, our thinking is
consciously directed, without attachment.

Contemplation is the process of reflecting with intention.

It's being still, and considering deeply,
while being open to insights and possibilities.

The Tao Te Ching teaches that if you want a glass of muddy water to clear, you don't stir it up. You don't try to fix it. Instead, allow the water to BE calm and still, and it will gradually settle and become clear.

And So It Is with our Minds.

We become curious.

Rather than being caught up in old recurring thoughts –

We become still. We watch. We appreciate...

even if we don't yet understand. We observe our thoughts, our feelings, our environment – without judgment. Soon our Mind Becomes Clear, and the Highest choice is revealed.

Scientific discoveries emerge from contemplation.

Albert Einstein came to his theories of relativity through contemplation, conducting what he called: thought experiments.

Einstein viewed the Universe with awe and wonder.

And, **awe and wonder are intimately connected with gratitude,**

Scientists are studying: The Power of Gratitude.

UC Berkeley and UC Davis launched a \$5.6 million project to:

Expand the Science and Practice of Gratitude.

They're finding that living with gratitude:

- Strengthens our immune system and improves vitality,
 - it can lower blood pressure;
 - improves sleep

- enhances wellbeing;
- inspires positive emotions,
- greater levels of satisfaction, and optimism;
- Increases happiness and joy;
- and has been shown to decrease stress, anxiety and depression
- Grateful people have better relationships, they tend to be more connected, open, conscientious, AND more fun to be around!
 - They're more generous, and compassionate
 - They're better team members,

We all prefer working with someone who's grateful.

To amplify Gratitude: you can simply contemplate 3 things that you are grateful for either before bed or right when you wake up.

These can be small, simple things that bring joy and appreciation into your life. This is a potent ritual. Allowing you to awaken feeling refreshed and energized.

As you contemplate, use vibrant words: such as:

I appreciate such and such;

I am so blessed that ...;

I am happy that ...;

I am forever grateful that ...;

I'm so thankful that ...;

I am delighted;

I'm joyful;

I am thrilled;

I am fortunate because;

*I am so pleased;
I am inspired;
I am excited to...;
I am passionate about ...;
I LOVE that!*

*Words such as these can **create new worlds**.*

Here's another suggestion – write a Gratitude letter:

Is there someone who's been especially kind or helpful to you?
Someone who has supported you, or believed in you?
Someone who you're grateful for, and
you've not yet really thanked them yet?
Who is that person?

Write a heart-felt gratitude note, or card, or letter, and send it.
Then notice how you feel. You'll be uplifted.

Not only do scientists contemplate.... poets, authors, artists, inventors,
innovators ... who uplift and enrich our world – CONTEMPLATE.

When you contemplate... mysteries are revealed –

One of my beloved students has given me a painting by Vladimir Kush.
When you walk into Kush's gallery, you're welcomed by a quote from
William Blake:

“To see a World in a Grain of Sand,
And Heaven in a Wild Flower,
Hold Infinity in the palm of your hand,
And Eternity in an hour.”

Poetry emerges when we contemplate
with awe, wonder, and gratitude.

Rumi said:

“Just this morning, contemplation led me into the rose garden
that is neither outside this world, nor within it.”

To contemplate the rose garden.

To literally STOP and smell the flowers, but don't just smell them...
look at them, gently touch them, appreciate their beauty and fragrance.
Recognize how they brighten our day.

I began writing poetry at the same time I began contemplating:
The Power of Gratitude. Writing poetry is alchemical – it has power to
transform the lead in our lives into gold.
Lead refers to anything that appears dark or heavy;
anything that shackles you, or keeps you stuck.

Gold refers to the actualization of that which
is in alignment with our Highest Self

We create this metaphorical GOLD in our lives as
we radiate: The Power of Gratitude.

In this Supreme state, we INSPIRE

The dictionary defines INSPIRE as:

1. to touch or affect
2. to fill with an enlivening emotion,
3. to stimulate into action
4. to elicit, draw forth, or bring out
5. to be the cause – that brings about a beneficial result
6. to infuse,breath life into

7. to move, or *guide by divine influence*

The power to INSPIRE positive and purposeful action -
is available within US as WE live with gratitude.

Here is another technique to attune us with
The Power of Gratitude.

Go into nature: to the ocean, the mountains, forest, the jungle, the
canyons, or the desert (if unable to go physically...go in your mind).

When you arrive – Be Still. Become aware of your breath.

Feel the warmth of the sun shining on your face.

Sense the freshness of the wind caressing your body.

Listen to the sounds. Allow them to enter you,
connect into the core of mother Earth.

Observe the animals. Honor the Spirit of nature. Smile at the sun.

Feel the LOVE you have for Mother Nature.

She's given you everything...even your body.

Notice the subtleties all around – colors, hues, textures, fragrances.

Allow your Self to relax, bringing all your attention into the now.

Feeling into the body.

How wonderful it is to be in this present moment

We are here together & I am grateful for this technology,
which allows us to connect from anywhere in the world!

Imagine what the Pharaohs of ancient Egypt would've given
to experience what we have at our fingertips today.

Let's savor each breath ... each moment.
Appreciation attunes us to the beauty all around.
Reminding us how precious life is.

As we live in this vibration,
This feeling of love and gratitude sparks joy within us.
And we begin deeply appreciating, honoring and loving ourselves,
our loved ones, our creations and all life.

We transcend the idea of having a "job" ... We become present to our
Life's Work, our soul's purpose, our Dharma, our sacred duty – and what
we're here to share with the world.

We begin seeing our work as art. Not just a way to make a living, or make
money. Our work is an extension of our Spirit, an embodiment of soul, an
expression of LOVE, our gifts; our offering.

In this state of appreciation – Our hearts and minds align....
our thoughts, unify with the wisdom of the heart.

This sacred union illuminates the path of wise action.
We choose because we're inspired to, because we get to,
because we Will, not because we need to, have to, must, or should.

Gratitude supports us in making the highest choice -
it hones our discernment,
inspiring us to fulfill our Highest destiny.

Gratitude is always available to us!

The opening line of the Course in Miracles says:

Nothing real can be threatened.

Nothing unreal exists.
Herein lies the peace of God.

Real gratitude cannot be threatened.
Suppose someone does something helpful for you, and you feel grateful;
but if they didn't do that nice thing, then you would be upset.

A conditional response is not the highest expression of gratitude.
Sure it's nice to be thankful for someone's thoughtful actions towards you.
But consider, is the "thanks" a programmed response,
or is it genuine?

Most of us were taught to say please and thank you.
But this automatic, habitual response, is merely a shadow of Gratitude.

Real gratitude is a full body experience.
It is not just something you say.
You feel it deep within your core, and it emanates.
It is a way of living in a higher frequency -
ascending into a higher octave.

Gratitude is gratitude for the whole,
for the good, as well as that which challenges us.
Being grateful for Everything that shows up.

Here's another great technique:
Ask purposeful questions. Be clear on intention.
Consciously craft your questions. Invest a moment to think and
formulate them. Have fun with it.

You can ask: *Who or what am I grateful for?*
What do I appreciate about him or her?
What am I inspired to create? What brings me joy?
What's my highest intention?

*What's truly most important right now?
What's the gift in this situation?
What is the Highest choice in this moment?
How can I understand?
What is there for me to learn or realize? What else could this mean?
Who do I love? Who loves me? How can I be a model of possibility?
How can I uplift everyone I encounter?
If I could give anything to people right now what would I give?*

You don't need to go find an answer.
Just contemplate the question...be still.
Answers will be revealed.

Enjoy this elevated inquiry with your Self.
It'll attune YOU to the abundance all around.

And that's precisely what I did.
I got really good at formulating questions and contemplating.
AND I received insights, inspiration, bright ideas and clear direction.

I Rose from: Contemplation to
CONCENTRATION

Bruce Lee, said
"Concentration is the root of all the higher abilities in man."

It is vital to master concentration because, as scientists say,
wherever your attention goes, energy flows.

As we concentrate our Highest intention, with gratitude, the Universe
shows up to support us. Meaningful coincidences happen. Synchronistic

encounters occur. We attract allies and opportunities aligned with our Purpose.

To concentrate, it's essential to relax.
The world's great athletes, the most brilliant artists and innovators ...
RELAX; they become single-minded in focus –
they slip into a realm of timelessness.
They're *in the zone*.

Having single-minded focus does not mean tunnel vision.
It means: concentrating on a particular aim, while simultaneously
allowing your awareness to be expanded into the periphery.

It is a form of mindful-meditation, that allows you to be present to the
unlimited opportunities surrounding you now.

Here's a practice:
**Concentrate on Possibilities....
& Abundance....**

As Ziglar Ziglar said:
“The more you recognize and express gratitude for the things you have,
the more things you will HAVE to express gratitude for.”

If you want intimacy and love with a partner, then, ...
appreciate couples that are in love.

If you want financial wealth, and luxurious things,
appreciate that in others.

If you want to live in your true purpose with power,
seek out and admire people who are living their own life this way.

Honor, recognize, and give that which you desire. This affirms YOU as an abundant being. Look for opportunities to appreciate the experiences you wish to create, and as you do, you magnetize to them. With gratitude, you become a vibrational match to your genuine desires.

Here's a suggestion: **Make a Decision.**

We have talked about appreciating people and experiences. But what if you have someone in your immediate circle whose way of being is causing you to compromise your Self.

And your best efforts (and different approaches), to transform the situation into one of harmony, have not worked. Then, consider..

Is it wise to let go of that relationship. Gratitude does not mean staying in situations that do not honor you.

Real gratitude is honoring your Self, and all life. If you are not honoring your Self, you can't honor another. Gratitude means being grateful for what is, accepting it, and from a place of clarity making the wisest choice – for everyone involved, including YOU!

Sometimes that choice is to lovingly escort a person out of your immediate circle. Allowing them to go and grow, on their own path.

Although it may be difficult, you'll look back and realize
It created space - it activated the Law of Alchemy.
You created a transference of energy,
which allows something new to come in –
that is more aligned with your essence.

Another potent practice:
FOCUS on giving what you are inspired to receive.

If you want referrals in your business, give referrals.

If you want people to recommend you or give you testimonials,
you give testimonials.

This is an ancient teaching:

Do unto others as you would like them to do unto you.

The Golden Rule!

If you want people to become involved in your social media
conversations, you become active in their conversations.

Just be authentic.

Do not give because you want something.

Give from your heart.

If you desire spiritual evolution, give to those spiritual leaders and
communities that nourish your soul. This is the power of tithing. And it
doesn't have to be money. You can volunteer your time, or offer your
service or expertise.

Remember, the only thing missing in any given moment is what you're
not yet bringing - the moment you bring it - it's not missing anymore.

If you want passion in your intimate relationship, don't ask for passion,
or complain it's not present. Instead evoke passion within, and bring it to
your lover. Focus on giving...not on getting.

And since we are talking about intimacy:

If you have a partner...enjoy honoring your beloved. Pause before you
communicate. Place your hands on your heart. Look deeply into them.
Give a smile. Do something to surprise and delight. Create her favorite

meal, prepare a soothing bath, lovingly rub his or her feet, go for a walk, hold hands. Look into your beloved's eyes with wonder.

You can honor your children too.
Let them know how marvelous they are,
and how much you appreciate them.

As... we acknowledge and celebrate
the behaviors we intend, we invite them in –

**Concentrate on Giving:
It's in the Giving that we receive.**

Give like the sun. The sun gives because that's its nature. It doesn't give to get feedback. It doesn't discriminate. It gives to all equally, without reservation. It has that much power! It is generous and abundant.

This is a key to happiness: *Living through giving.*

The Bhagavad Gita says:
*without being attached to the fruits of activities,
give as sacred duty, for by working without
attachment one attains the Supreme.*

This is KARMA YOGA.
The Yoga of Action; Yoga means Union.

Karma Yoga is experiencing union through action,
through our Works - without attachment.
A wonderful yoga for busy western minds.

And then we come to Meditation

One day – I asked my friend Michael Beckwith –
how do you meditate? – He said, I become still, and available.

Think about that: becoming still, and available.

That's a BIG difference than praying to get something,
or not lose something. It's abundance, not scarcity.

It's becoming available to Spirit.
now that's transcendent.

And that's precisely what unfolded for me, through gratitude I
transcended – rising from association, to contemplation, to
concentration and finally – to stillness and meditation.

In the Yoga Sutras of Patanjali, the oldest text on yoga, Patanjali
describes meditation as: “the progressive quieting of the mind
until it reaches its source in pure stillness.”

Gratitude opens the gates to meditation –
Meditation can allow you to transcend the conditioned mind.
Through consistent meditation practice you can transcend old reactive
patterns of thinking and being.

Deepak Chopra, says:
“Meditation brings you to **the source of thought** –
into pure consciousness.”

Deepak describes this as: “a field of all possibilities, a field of
synchronicity, and unpredictability, a field of creativity,
that is imbued with intention.”

Earlier we talked about “being in the zone.” When an athlete is in the zone, in these inspired moments, the athlete transcends time and space.

He or she is in eternity. Superhuman feats are accomplished in this dimension. This is why our culture invests so much in sports . . . through the presence under pressure that athletes experience, we touch the eternal. When we see others reach a zenith—where everything becomes a fluid dance, fully expressed, marvelous, and powerful—it ignites infinite possibility within us. We feel grateful to be alive!

Where in your life do you feel this way?

Where do you feel wonder and awe?

Where do you touch the timeless and eternal?

Is it playing sports? Being in nature? Making love? Or all of the above?

Is it in your life’s work? With your family? Creating art? Playing music?
Tune in...become very aware of where you experience gratitude, flow states, stillness, and power.

As we surrender deeply into that which expresses our creativity:
these are ways to embody gratitude

Know that you are loved and supported on all levels....

Remember, I said that in the end I’d give you the Ultimate BONUS! And show you how you can channel this energy to actualize your dreams in business and every area of life, in alignment with your True purpose.

This is what my life’s work is about –
my courses, events and retreats...

In the last 2 decades, I've invested tens of thousands of hours, and hundreds of thousands of dollars... Studying courses in leadership, communication, business, marketing, psychology, linguistics, quantum physics, ancient wisdom, and more. I've studied with many of the most brilliant minds today. I've travelled the world, going to holy lands. I've sat in contemplation and meditation, applying my discoveries into the laboratory of my life.

This is why I invite you...with deep love and gratitude I have put something very special together for YOU! In celebration, because that's how I woke up this morning, celebrating

My next live course is NEW & it's happening in May of 2020.

[BUSINESS QUANTUM LEAP](#)



2 LOCATIONS TO CHOOSE FROM: US & CANADA

May 16-17, 2020 in LAS VEGAS, NEVADA, USA

May 30-31, 2020 in CALGARY, AB, CANADA

In this 2-day course - that is immensely powerful... you'll discover....

- Step by step strategies to Thrive in Any Market and Economy

- How to unravel the mysteries of what produces consistent, outstanding Results in your business
 - How to create instantaneous rapport with anyone, anytime
- How to generate powerful alliances and collaborations with influential people to actualize a shared vision
- How to declare specific goals that you are inspired and committed to achieve that I will guide you through to accomplish them in alignment with your True purpose....
- How to tap into much bigger resources than ever before by tapping into higher states of consciousness
- How to access your goals and dreams by accessing new and exciting channels!
 - How to Inspire a YES! in yourself and any client.
- Effective communication that inspires immediate action
- How to overcome unforeseen obstacles and successfully close any deal...by opening relationships...

So know that – you can experience and achieve anything you choose in the coming year.

And I am devoted to supporting you in accomplishing this by optimizing your success and fulfillment that will quantum leap your results and reality!

We Have so many stories.....

So, what would that be? What will it give you to know with certainty that you absolutely can and will achieve this goal. How will your life improve?

This goal can be a business goal –
such as earning \$1,000,000 or more, in the next 12 months or less; or
attracting your soul mate; or transforming your role within your
company in a way that offers you greater freedom; or generating 20k+ a
month in passive income by launching your timeless product that brings
value to people’s lives.

What is it for you? If you could achieve anything what would it be?
Whatever it is that you are intending to experience or create.

I am here to support you in realizing it

I am here to be a powerful resource in your life, your ally, your mentor,
your guide – to empower you in rising to the next level.

The investment for [BUSINESS QUANTUM LEAP](#), including all your course
materials is \$2,997

And in celebration of being with YOU today, and in celebration of the
holidays – I’m inspired to give you my most special offer EVER:

For the next 15 minutes, when you take action and register now for

[BUSINESS QUANTUM LEAP](#)
BY CLICKING THE LINK BELOW

You can [Reserve Your Seat for ONLY \\$297](#)
& When you Take Action Now, in the next few minutes...
YOU can bring a loved one – Absolutely FREE!
That’s Right, Buy 1 Get 1 FREE!

Go to www.businessquantumleap.com

Plus: When you Take Action Now....

At businessquantumleap.com

You'll Receive my Digital Course: Faith & Gratitude for FREE!

Limited Time, so Order Right Now

at Businessquantumleap.com

In a moment, I'll start taking Questions.... you can
write your questions in right now, in the comments or chat,

I am deeply grateful to have shared this time together....

Until we connect in person, ...

I'm intending May 2020,

in either Las Vegas or Calgary.....

Remember...

One person's awakening elevates the consciousness of the planet –

YOU are the One!