

Appreciation

and the

Power of Now



“The Universe has understood the things you have been asking for and is answering perfectly. And if you won't work to orchestrate the *how* and *where* and *when*, and *who*, but instead work to be in the **receiving mode** - as you practice **rampages of appreciation** . . . the things you have been asking for will unfold in a continuum of extraordinary life experience. You've just got to get happy – that's all it takes.” - *Abraham Hicks*

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The Power of Appreciation

Imagine if you just learned that there was a magical pill that would instantly make you feel happy, lighthearted, blessed, and inspired. Would you take it?

What if you were also informed that taking this pill would make your problems seem smaller, the people in your life would seem nicer and you would feel much better about yourself? What if you then learned that taking this pill would make you magnetic to goodness and abundance in all forms, and you would begin drawing amazing experiences into your life effortlessly? **How much would you pay for such a pill?**

Believe it or not, a practice of daily appreciation can do all of these things and more – and it won't cost you a cent! A little bit of effort is required at first, but before long momentum takes over and it seems completely effortless to keep your positive focus going strong.

The Power of Now

No matter what has happened in your past, this moment holds an opportunity to start creating something better. Exactly what is created will depend on your attitude.

Have you ever had a really bad day and noticed that the worse you felt the more irritating things seemed to happen to you? For example, when you're tired and cranky it seems like everything takes much longer than it should, is more difficult than it should be, and only amplifies your crankiness? Have you ever noticed that you seem to bump into a lot of rude and unpleasant people when you're in a bad mood? And when you're in a great mood, people seem nicer and everything in your life seems to flow more easily for you?

These experiences are not coincidences – they demonstrate something very important, and something that few people really grasp: your attitude, mindset and emotional state greatly affect the quality of life experiences you encounter each day. Before we continue with this concept, take a look around your life and consider whether your attitude and emotional balance may need some work. You can tell by deciding how happy you are with the conditions and circumstances you see when you look around.

If you see a lot of strife, arguments, hostility, struggle, scarcity and frustration, this book will be incredibly beneficial for you because you're going to learn some easy techniques that can yield almost immediate improvement in many areas of your life.

If you see a lot of joy, love, well-being, abundance and harmony as you look at your life, you're doing better than 95% of your fellow human beings – but the exercises in this book can still help you to increase your existing joy, love, well-being, abundance and harmony substantially.

Start With Baby Steps

No matter your current quality of life, be sure to take your time adopting an appreciation practice. Don't make the mistake of hoping that this new practice will transform your entire life immediately. For most people it will be more gradual than that – but you can definitely expect to see some improvements right away, even if they are modest to begin with. Approach this new practice with “baby steps”.

A good first step is to get into the habit of looking for just one thing to appreciate in every situation. For example, as you're driving to work, look around and think, “What do I appreciate about my surroundings?”

If you happen to notice that it's a beautiful sunny day, focus on that for a few moments. Notice how the sunlight sparkles on dewy surfaces. Notice how it lights up the flowers and trees in glorious color. Notice how sunlight makes everything look more cheerful. Notice the great contrast between shadow and sunlight.

Begin speaking to yourself (either out loud or silently) about why you appreciate the things you see. **Example:** “The sunlight is so beautiful this morning, I love the way it makes those flowers seem to glow. The sunshine feels good on my skin too; I love the warm tingling sensation I get when it touches me. This world would be barren and cold without sunlight; I really appreciate the warmth and life it provides us!” You can say this out loud or silently, but keep going as you think of more and more things to appreciate.

You don't have to stay on one subject either; feel free to bounce around from appreciating sunlight to appreciating the breeze to appreciating your vehicle for being reliable and enjoyable to drive, appreciating the smell of fresh baked bread coming from a nearby bakery, and so on.

Make it your mission to do this many times throughout the day, as often as you can remember to do it. At first you may only remember to do it once or twice a day but if you persist, eventually it will become a habit. You don't have to spend long periods of time on this activity; just a few minutes here and there can go a long way in improving your mood.

A Daily Appreciation Exercise

Once you get used to focusing on appreciation regularly, you may want to take it to the next level by putting your thoughts of appreciation into writing every day. Writing down appreciative thoughts is powerful because you spend more time focused on them than you would by thinking them quickly.

This exercise doesn't have to take a lot of time either; simply grab a notebook and pen and spend five or ten minutes jotting down your thoughts about why you appreciate something. Doing this first thing in the morning is a great way to start your day in a positive mood. You can also do it in the evening right before bedtime, or any time during the day.

If you can't seem to find anything to appreciate in your immediate surroundings, try opening any book or magazine and randomly choosing a word from the page. For example, if your gaze landed on the word "easy" you could spend a few minutes appreciating how it feels when your life seems to flow easily, when appointments take less time than you thought they would, when you achieve a goal faster and easier than you hoped, and so on.

If choosing a random word still doesn't inspire you, try this: choose any object nearby; it could be a pen, the chair you're sitting on, the telephone – anything.

Now start writing a list of reasons why you appreciate this item. What does it do for you? What would your life be like without it? Does it help you in some way? Keep going until you start to feel yourself being uplifted by the positive thoughts you're jotting down. Then you'll probably find it easier to continue appreciating other objects, people and situations in your life.

Get your emotions flowing as you perform this exercise! Really tune into your feelings of appreciation and you will create a great energetic shift from within, which will begin to radiate outward into every area of your life.

Transforming Frustrating Situations

One of the more empowering appreciation exercises is to find one thing to appreciate when you are in a frustrating or difficult situation. For example, if you were running late and stopped to pick up a few things at the store and found that there were long lines at the checkout, your first response might be to feel impatient, stressed and annoyed. That is a perfect time to shift into an appreciative mindset!

Look around at the other people in the checkout lines nearby. Focus on how much you like the coat that woman is wearing. Focus on the adorable baby smiling at you. Focus on the interesting gadgets for sale up near the register. If you can't find anything in your immediate vicinity to appreciate, focus on something else in your life. Think about your pets, a family member or friend, or even imagine that you are soaking in a bubble bath at home.

The important thing is to get your mind off the feelings of frustration and impatience and instead turn them toward appreciating something . . . anything! Not only will this make you feel better, don't be surprised if it also makes the checkout line move quicker and your visit to the store more productive. If you stand there fuming and groaning, you keep investing your energy into more frustrating experiences.

This technique works in just about every situation that has the potential to be unpleasant for whatever reason. Simply focus on appreciating something and watch how the situation transforms for the better.

A Rampage of Appreciation

Once you really get rolling with your new appreciation practice, you will frequently find yourself going on a “rampage of appreciation”. This is an emotionally intense exercise that elevates your mood into a whole new realm of joy and enthusiasm.

Here’s an example of a rampage of appreciation:

When you first awaken in the morning, start by thinking something like this: “I appreciate this soft, warm bed I’m lying in. I appreciate the fact that I slept really well! I so much appreciate these soft blankets covering me, and the pillows that support my head and neck while I sleep. I appreciate that today is a brand new day and I can choose to make it a great day!”

As you get out of bed: “I appreciate these slippers that keep my feet warm. I appreciate the strength of my body and the way it balances itself so easily! I appreciate my level of physical well-being and I know that I can become even more well if I want to. I appreciate feeling vibrant, strong and healthy. I appreciate having the stamina and strength to accomplish my daily tasks.”

As you get into the shower: “I appreciate the warm water that flows over me. I appreciate indoor plumbing so much! I appreciate the scent of this shampoo and the way it cleanses my hair so well. I appreciate this soap for the way it cleanses my body and leaves me feeling refreshed! I appreciate this soft towel that dries the water from my body. I appreciate these clean clothes I’m putting on, and I appreciate that I DO have clean clothing to wear each day.”

As you leave the house: “I appreciate my car so much, it always gets me where I want to go.” (Or, “I appreciate public transportation so much, it’s nice to be able to ride comfortably instead of walking long distances.” Or, “I appreciate being able to walk to my destination, that my legs are strong and steady, that my body is in good enough condition to get me where I’m going.”)

You get the idea – appreciate, appreciate, appreciate! Everything you see, everything you experience, everything you feel, appreciate all of it.

It's important to note that even if you don't necessarily FEEL appreciative when you begin this exercise, just keep thinking the appreciative thoughts anyway. The longer you do it, the more you will stimulate your emotions and before long you will notice that you are feeling more and more uplifted until finally true feelings of appreciation will begin flowing.

Appreciating Future Experiences

Another great way to use appreciation is for attracting things that you don't yet have but would like to. For example, if you were having some financial difficulties and wanted to start attracting more money, you could use a rampage of appreciation about money to do it.

Example:

“I so much appreciate how it feels to have plenty of money. I can imagine what it would feel like to have a lot of money in the bank, to be able to easily pay my bills each month, to go shopping whenever I felt like it. That would be such fun! Even though I often feel like I don't have enough money right now, I do know that my situation can improve quickly. More money can come to me in so many ways! I might get offered a higher-paying job, or I might feel inspired to buy a lottery ticket and win some money, or someone I know might give me money spontaneously, or I might receive an unexpected rebate or refund for an overpayment – there are so many possibilities!”

Then launch into the reasons why you love having a lot of money:

“I love the feeling of having plenty of money because it makes me feel very secure. I feel safe when I know that I can cover any emergency situations, pay my bills on time and buy the things I need. I love having plenty of money because it makes me feel free. If I want to take a trip somewhere, I can. If I want to take some time off from work, I can. If I want to buy a gift for someone, I can! I love that feeling of freedom!”

You will notice that this type of rampage does wonders for your mood and mindset! More importantly, it can begin attracting more money to you quite easily as long as you don't revert back into worrisome, negative thoughts about money.

[\(I have a helpful e-book with many more tips on attracting money here.\)](#)

You can also use this same process for health issues (appreciate physical well-being and how it benefits you), relationship issues (appreciate the positive qualities in the other person), or just about ANY other situation or circumstance.

Just focus on the positive aspects of it and try to turn your attention away from the negative, irritating or frustrating aspects of it. Before long you should notice some improvement – first in the way you feel, and eventually physically.

Gratitude and Appreciation – Is There a Difference?

You may have heard a lot about the power of gratitude, and maybe by now you're wondering if gratitude is the same as appreciation and if not, what's the difference? Energetically (i.e. the way they make you feel) there is little difference, but in some cases there can be a significant difference. The main difference is a little thing called "attachment".

When you express gratitude for something you often have an emotional tie to it, right? For example, you feel grateful for your family, friends, job, and the like. Even if you are giving thanks for something that hasn't yet happened, there is often an element of attachment to having it.

Appreciation is a bit softer in a way because you are not injecting an element of "need" or "want". For example, you can appreciate a beautiful sunrise without being attached to it. You can appreciate the positive aspects of the people in your life without feeling the need to change them in any way. You can appreciate the money you do have without feeling attached to receiving more.

The energetic gap between gratitude and appreciation can be very small or very wide, depending on the subject you're focused upon.

You don't have to worry about it really; use them interchangeably depending on your feelings at the time. If it feels better to focus on gratitude for something or someone, go ahead and do it. If you feel a bit of resistance (negative emotion) when you try to focus on gratitude, relax a bit by focusing on appreciation. Both of them can be incredibly effective.

Long-Term Benefits of Gratitude and Appreciation

Remember at the beginning of this guide we explored the connection between your thoughts and your outer life experiences? The longer you work on deliberately using gratitude and appreciation, the more you will notice that everything in your life begins to transform.

The changes may be very subtle at first (like the crowded store example we used earlier), but over time you should notice that the irritating aspects of your life have begun to fade away. Even if they don't fade completely, you'll find that you are no longer bothered by them as much as you used to be. Negative people will drift away from you, solutions to problems will appear, challenges will diminish and experiences of joy, happiness, and harmony will seem to be drawn to you.

It's not that your life will become perfect in every way – but rather you will become more balanced, serene, and happy on the inside, which will have a positive effect outwardly in many different ways.

Best of all, the longer you stay focused on gratitude and appreciation, the easier it will be to continue doing so, which will keep amplifying the positive energy in all areas of your life.

Be sure to visit <http://www.Appreciation101.com> regularly for more tips on using gratitude and appreciation to change your life!