

The Law of Increase

“Whatever you are truly grateful for and appreciate will increase in your life”

I've stopped reading newspapers. Except for an occasional glance at headlines to make sure I'm not missing anything really important, I just don't read them anymore. They are too negative, and I don't need to fill my mind with negative information. I don't think I need to give you any examples, but if you're not 100% convinced that 90% of the content of newspapers is negative news, just open your local paper today and read the headlines.

Instead, I recommend filling your mind with positive news and information. The basic premise is that we all have things for which we can be **grateful and appreciative**, like good health, a warm meal, a place to sleep, the ability to walk, talk, hear, etc.

Instead of focusing on **positive** things, most of us tend to focus on things in our life that are not going the way we want them to. Newspapers don't help, by the way! By focusing on things that are "not going our way," not only do we feel frustrated, angry, and depressed, but we are sending out "**negative vibrations**" that attract more negative things into our lives! *It's like a self-fulfilling prophecy!*

I believe in today's economy it is more important than ever to focus on all the **good** we have in our lives. The key is to focus as much of your attention as possible on what is "**right**" in your life to realize the "**Power of Gratitude.**"

Here is an exercise I highly recommend to help you change your life faster than ever before. Write down your goal at the top of a piece of paper. Some possible goals might be:

- "My life is rapidly improving in a **positive** direction"
- "My life is full of **positive** people and situations"
- "I am deserving of abundance in my life"

Once you have formulated your goal statement, take 15-20 minutes each day and write down every scrap of evidence that you can find that shows you are moving toward your goal and give thanks for it. Your list might look like this:

Goal: "My life is rapidly improving in a positive direction"

1. I received an invitation to a free presentation on a topic I am very interested in, **Thank You!**
2. I'm getting better at choosing positive friends, **Thank You!**
3. I have an excellent attitude regarding my life, **Thank You!**

The first key is to write down every bit of evidence that shows how you are moving toward your goal. Writing it down is absolutely crucial! The act of writing brings a magical quality to the exercise.

The second key is to **give thanks** for each item you have written down and feel a deep sense of **appreciation and gratitude** for it. Allow this feeling to surface. Permit it to take hold of you, to envelop you. Broadcast it out as a silent statement of who you are.

The more you do this exercise with **sincere appreciation and gratitude**, the faster and easier you will reach your goal. And as you get better and better at creating that **feeling of gratitude**, you can begin to carry that feeling with you throughout the day and your life will be transformed!

It is necessary to cultivate the habit of being **grateful** for every good thing that comes to you and to **give thanks** continuously. Because all things have contributed to your advancement, you should include all things in your gratitude. **Be positive** in all of your approach to life. There is good in every thing!

I would like to let you know how **grateful** I am to you. I greatly cherish the trust you have put in me to help you improve your health and well-being with my services. Please know that I am worthy of that trust and that I strive to get better at serving you each and every day. I can assist you with the following:

- 1) *Vibrational Clearings* to remove any blocks you may have to **receiving abundance**
- 2) *EFT (Emotional Freedom Techniques)* to improve your vibration and remove any guilt and shame blocking you from **attracting abundance**
- 3) *Serenity Vibration Healing* protocol to anchor you in the flow of your own creative energy

Please contact me to assist you with “**The Law of Increase**” in your life.

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