

# "The Gratitude Movement" Has Begun...

Julie Hryniewicz-Hache -- Tuesday, April 3, 2007, 10:00AM



"The Gratitude Movement" has officially begun! I am so very blessed and grateful for every single individual who I have the pleasure of connecting with. Pictured here is one of the handsome young attendees of the seminar last Thursday and I will never forget his little eyes, "Can

you sign your book for my Mom, please?" My heart just about melted...

This is what it is all about. This young lad had the opportunity to hear information that many people will never be able or will never choose to hear. He left that room with the belief that he was a powerful creation, who was capable to great things. He was perfection in a bottle and I am so appreciative that he was there.

You are brilliance as well! Despite anything that has taken place in your life so far, you have the ability within your heart right now to turn any circumstance around, because there is always something to be grateful for. Audience members were able to hear one of my main points that joy can be felt right now and the only way we can bring better things into our lives is by being grateful for what we already have. This is an absolute.

If you want better health, be grateful that your heart is still beating. If you want more money, be grateful for every single penny that you find. If you want more love, be grateful for the love that you already have. If you want more fulfillment in your life, be grateful for the joy that you already feel in your heart. Every time something good happens to me I always say, "I am so grateful and abundant!" (I may be perceived as crackers, but I am ridiculously happy!)

I just received the ISBN number for my new book titled, "The Gratitude Movement" and it is so exciting!!!! I am so grateful to have the ability to share my passion for personal growth with others!!!! Gratitude is the most powerful human emotion in the universe and can instantly redirect our vibration to one that is more positive. Our

intention is to generate a positive mood, feeling, thought, or vibration so that we can deliberately attract better circumstances into our lives.

The missing ingredient for many people has been gratitude, because we always tend to be reaching for something that we don't yet possess. When we are feeling deprived of something that we want, we generate a negative mood. We actually won't get to possess what we want, until we feel massively grateful for what we already have. As far as I am concerned, gratitude is the most powerful key to success in any area because it can completely turn any sour mood in an instant.

Especially in the realm of relationships, it is essential to understand that the greatest desire of the human species is to feel loved, appreciated, or recognized. You can enhance and nurture all of your relationships by constantly expressing your gratitude, joy, or appreciation for their presence in your life. If you can't think of something to be grateful for, then you can always be grateful that they are still with you...

There was a wonderful woman, who approached me at the seminar, and shared a story of gratitude with me. I then asked her to share it with the audience after the break. She described how she started with feeling grateful that her teenager was home in his bed every night and then built on that list every day. In a short span of time, she felt that their connection had been rekindled. There is always something to be grateful for.

I am grateful for individuals who care enough about their children to bring them to life improvement seminars. I am grateful that I have been receiving tons of email and phone calls from such amazing remarkable people who are sharing their struggles and breakthroughs with me. I am grateful that people are taking positive steps on the information that they heard, because we know that knowledge without action is useless.

Today is such a remarkable opportunity to press "RESET" on your life and decide to focus on what you have to be grateful for. Everyone deserves to hear how much they are valued, loved, cared for, and appreciated. Your loved ones crave it, your coworkers need it, your children thrive on it, your spouse deserves it. So do you... Thank you for being attracted into my world. Together we are making a difference in this community. Have an absolutely amazing week!

"We attract more of what we are grateful for; the gratitude comes before the desire can manifest!" Julie Hryniewicz-Hache