Do You Believe in Magic?

"Those who don't believe in magic will never find it."

Roald Dahl (1916–1990)
WRITER

Remember when you were a child and you looked at life in total wonder and awe? Life was magical and exciting, and the smallest things were utterly thrilling to you. You were fascinated by the frost on the grass, a butterfly flittering through the air, or any strange leaf or rock on the ground.

You were full of excitement when you lost a tooth, because it meant the Tooth Fairy would be coming that night, and you would count down the days to that magical night of Christmas! Even though you had no idea how Santa Claus could get to every child in the world in one night, somehow he did it, and he never let you down.

Reindeer could fly, there were fairies in the garden, pets were like people, toys had personalities, dreams came true, and you could touch the stars. Your heart

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was full of joy, your imagination knew no limits, and you believed that life was magical!

There is an exquisite feeling many of us had as children, that everything is good, that every day promises more excitement and adventure, and that nothing could ever thwart our joy for the magic of it all. But somehow as we grew into adults, responsibilities, problems, and difficulties took their toll on us, we became disillusioned, and the magic we once believed in as children faded and disappeared. It's one of the reasons why as adults we love to be around children, so that we can experience that feeling we once had, even if it's just for a moment.

I am here to tell you that the magic you once believed in is true, and it's the disillusioned adult perspective of life that is false. The magic of life is *real* – and it's as real as you are. In fact, life can be far more wondrous than you ever thought it was as a child, and more breathtaking, awe-inspiring, and exciting than anything you've seen before. When you know what to do to bring forth the magic, you will live the life of your dreams. Then, you will wonder how you ever could have given up in believing in the magic of life!

You may not see reindeer fly, but you *will* see the things you've always wanted appearing before your eyes, and you will see the things you've dreamed of for so long suddenly happening. You will never know exactly how everything weaved together for your dreams to come true, because magic works in the invisible realm – and that's the most thrilling part!

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Are you ready to experience the magic again? Are you ready to be filled with awe and wonder every day like when you were a child? Get ready for the magic!

Our adventure begins two thousand years ago, when life-changing knowledge was hidden within a sacred text . . .

WHY DO YOU THINK CHILDREN BELIEVE IN THE TOOTH FAIRY, SANTA AND FLYING RAINDEER?

A. Because they are stupid.
B. Because they believe in everything that is unreal.
C. Because they believe in magic

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A Great Mystery Is Revealed

The following passage comes from the Gospel of Matthew in the Holy Scriptures, and it has mystified, confused, and been misunderstood by many people over the centuries.

"Whoever has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him."

You have to admit that when you read the passage it appears unjust, as it seems to be saying that the rich will get richer and the poor will get poorer. But there's a riddle to be solved in this passage, a mystery to uncover, and when you know it a new world will have opened up for you.

The answer to the mystery that has eluded so many for centuries is in one hidden word: **gratitude**.

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*"Whoever has **gratitude** will be given more, and he or she will have an abundance. Whoever does not have **gratitude**, even what he or she has will be taken from him or her."*

By the revelation of one hidden word, a cryptic text is made crystal clear. Two thousand years have passed since those words were recorded, but they are as true today as they ever were: if you don't take the time to be grateful you will never have more, and what you do have you will lose. And the promise of the magic that will happen with gratitude is in these words: *if you're grateful you will be given more, and you will have an abundance!*

From the Koran the promise of gratitude is equally emphatic:

"And (remember) when God proclaimed: 'If you are grateful I will give you more; but if you are ungrateful verily my punishment is indeed severe.'"

It doesn't matter what religion you follow, or whether you're religious or not, these words from the Holy Scriptures and the Koran apply to you and your life. They are describing a fundamental law of science and of the Universe.

It's Universal Law

Gratitude operates through a Universal law that governs your whole life. According to the law of attraction, which governs all the energy in our Universe, from the

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formation of an atom to the movement of the planets, "like attracts like." It's because of the law of attraction that the cells of every living creature are held together, as well as the substance of every material object. In your life, the law operates on your thoughts and feelings, because they are energy too, and so whatever you think, whatever you feel, you attract to you.

If you think, "I don't like my job," "I haven't got enough money," "I can't find my perfect partner," "I can't pay my bills," "I think I'm coming down with something," "He or she doesn't appreciate me," "I don't get along with my parents," "My child is a problem," "My life is a mess," or "My marriage is in trouble," then you must attract more of those experiences.

But if you think about what you're grateful for, like, "I love my job," "My family is very supportive," "I had the best vacation," "I feel amazing today," "I got the biggest tax refund ever," or "I had a great weekend camping with my son," and you sincerely feel the gratitude, the law of attraction says you must attract more of *those* things into your life. It works in the same way as metal being drawn to a magnet; your gratitude is magnetic, and the more gratitude you have, the more abundance you magnetize. It is Universal law!

You will have heard sayings like, "Whatever goes around comes around," "You reap what you sow," and "You get what you give." Well, all of those sayings are describing the same law, and they're also describing a principle of the Universe that the great scientist Sir Isaac Newton discovered.

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Newton's scientific discoveries included the fundamental laws of motion in the Universe, one of which says:

Every action always has an opposite and equal reaction.

When you apply the idea of gratitude to Newton's law it says: every action of *giving* thanks always causes an opposite reaction of *receiving*. And what you receive will always be equal to the amount of gratitude you've given. This means that the very action of gratitude sets off a reaction of receiving! And the more sincerely and the more deeply grateful you feel (in other words, the *more* gratitude you give) the *more* you will receive.

The Golden Thread of Gratitude

Dating back thousands and thousands of years to the earliest recordings of humankind, the power of gratitude was preached and practiced, and from there was passed on through the centuries, sweeping across the continents, permeating one civilization and culture to the next. The major religions of Christianity, Islam, Judaism, Buddhism, Sikhism, and Hinduism all have gratitude at their core.

Muhammad said that gratitude for the abundance you've received is the best insurance that the abundance will continue.

Buddha said that you have no cause for anything but gratitude and joy.

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Lao Tzu said that if you rejoice in the way things are, the whole world will belong to you.

Krishna said that whatever he is offered he accepts with joy.

King David spoke of giving thanks to the whole world, for everything between the heavens and the Earth.

And Jesus said *thank you* before he performed each miracle.

From the Australian Aborigines to the African Maasai and Zulu, from the American Navajo, Shawnee, and Cherokee, to the Tahitians, Eskimo, and Maori, the practice of gratitude is at the very root of most indigenous traditions.

> *"When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies with yourself."*
>
> TECUMSEH (1768–1813)
> SHAWNEE NATIVE AMERICAN LEADER

History is laden with famous figures who practiced gratitude, and whose achievements put them amongst the greatest human beings who have ever lived: Gandhi, Mother Teresa, Martin Luther King Jr., the Dalai Lama, Leonardo Da Vinci, Plato, Shakespeare, Aesop, Blake, Emerson, Dickens, Proust, Descartes, Lincoln, Jung, Newton, Einstein, and many, many more.

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Albert Einstein's scientific discoveries changed the way we see the Universe, and when asked about his monumental achievements, he spoke only of giving thanks to others. One of the most brilliant minds of all time thanked other people over a hundred times a day for the work they had done!

Is it any wonder that so many of life's mysteries were revealed to Albert Einstein? Is it any wonder that Albert Einstein made some of the greatest scientific discoveries in history? He practiced gratitude every single day of his life, and in return he received many forms of abundance.

When Isaac Newton was asked how he had achieved the scientific discoveries he made, he said that he stood on the shoulders of giants. Isaac Newton, recently voted the greatest contributor to science and humankind, was also *grateful* to those men and women who lived before him.

The scientists, philosophers, inventors, discoverers, and prophets who practiced gratitude reaped its results, and most were aware of its inherent power. Yet still gratitude's power is unknown to most people today, because to experience the magic of gratitude in your life you have to practice it!

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My Discovery

My story is a perfect example of what life is like when a person is ignorant of gratitude, and what happens when you make gratitude a part of your life.

If I had been asked six years ago if I was a grateful person, I would have answered, "Yes, for sure I'm a grateful person. I say thank you when I receive a gift, when someone opens a door for me, or when a person does something for me."

The truth is I was not a grateful person at all. I didn't know what being grateful *really* meant, and just saying the words *thank you* on the odd occasion certainly didn't make me a grateful person.

My life without gratitude was pretty challenging. I was in debt, and it was increasing a little bit more every month. I worked really hard, but my finances never improved. In trying to keep up with the mounting debt and obligations I was living with a continuous undercurrent of stress. My relationships swung like a pendulum from fair to disastrous, because I never seemed to have enough time for each person.

While I was what would be termed "healthy," I felt exhausted at the end of each day, and I always got my fair share of colds and the latest illnesses going around each season. I had moments of happiness when I went out with friends, or when I went on vacation, but then the reality of having to work harder to pay for those pleasures would sweep over me.

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I wasn't living. I was surviving – from day to day and from paycheck to paycheck, and I would no sooner solve one life problem than more problems would appear.

But then something happened that would change everything in my life from that day forward. I discovered a secret about life, and as a result of my discovery one of the things I began to do was practice gratitude each day. As a result of this, everything in my life changed, and the more I practiced gratitude, the more miraculous were the results. My life truly became magical.

For the first time in my life I became debt free, and shortly after that I had all the money I needed to do whatever I wanted. Problems in my relationships, work, and health disappeared, and instead of facing daily obstacles, my days became filled with one good thing after another. My health and energy increased dramatically, and I felt better than I had in my twenties. My relationships became much more meaningful, and I enjoyed more good times with my family and friends in just a few months than I had in all the previous years.

More than anything else, I felt happier than I thought it was possible to feel. I was blissfully happy – the happiest I had ever been. Gratitude changed me, and my whole life magically changed.

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WHAT IS THE MISSING WORD IN THE QUOTE FROM THE BIBLE:

Whoever has will be given more....

A. HAPPINESS
B. MONEY
C. GRATITUDE

WHICH RELIGION DO YOU NEED TO BE TO READ AND UNDERSTAND THIS TEXT:

A. NONE OR WHICHEVER
B. CHRISTIAN
C. BUDIST
D. ISLAMIC
E. OTHER

FIND AT LEAST ONE PHYSICIST WHO IS MENTIONED IN THE TEXT:

FIND AT LEAST ONE BRITISH FAMOUS POET AND AUTHOR MENTIONED IN THE TEXT:

MARK AREAS THAT HAVE IMPROVED IN THE WRITERS LIFE AFTER PRACTISING GRATITUDE, AFTER CHANGING THIS PART OF HER LIFE AND BEING MORE GRATEFUL (3 ARE CORRECT):

A. MONEY
B. SEX LIFE
C. COMPUTER SKILLS
D. READING SKILLS
E. RELATIONSHIPS
F. HAPPINESS

NAME 5 THINGS THAT YOU ARE GRATEFUL FOR IN YOUR LIFE:

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