



## What You Hold in Your Conscious Thought, You Invite More of It Into Your Life

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Each year we gather around the table to give thanks for our blessings. In my own life, it's pretty amazing how people and opportunities have come my way from both expected and unexpected sources. The ease and flow with which I am able to create a life I truly desire has been amazing.

And, as I pause and reflect with you today, one thing is very clear, it's a perfect opportunity to share about the Principle of Conscious Thought and the significant role it plays in making my life extraordinary.

Every year, thousands of people sit down at Thanksgiving and reflect on what they are thankful for. By reflecting this way, you acknowledge the blessings that have come your way. The more I've routinely practiced this principle of expressing gratitude, the more I'm convinced you prepare yourself to receive more blessings as well as pave the way to make a bigger contribution to the world.

It reminds me about the story of Connie. Around the table at Thanksgiving, Connie experimented with being thankful. The rest of the year, she forgot about being thankful and always complained about what she didn't have. As a result, she struggled in life in many ways. Then she heard of the Principle of Conscious Thought: what you hold in your conscious thought, you invite more of it into your life.

While taking a walk one bright, sunny day, she found a penny on the ground. She replied sarcastically, "Well, I found a penny, I'll be rich in no time." At that moment, she stopped herself. She realized the other important part of the Principle of Conscious Thought – to be genuinely grateful. In that moment, she realized that she was stopping the flow of abundance if, in her heart, she wasn't truly thankful for even the little things. How could she be given more, when she wasn't truly grateful for the little things?

After practicing the principle of conscious thought routinely, it didn't take very long for her to realize the true power of the principle. In the weeks that followed, she would receive three phone calls from people wanting to do business with her effortlessly. Connie made it part of her every day routine to express gratitude.

Being in gratitude consistently has proven to me over and over that when we are thankful, opportunities come in abundance regularly and effortlessly. Use the Thanksgiving holiday to start a brand new habit of giving thanks for everything no matter how big or small it may seem. You may want to begin with writing in a gratitude journal. When you shift your conscious thoughts and focus on what good is happening, you'll start inviting more of what you desire into your life.