

## Daniel's Reflection for week beginning 25th February

### When you daily bless, thank and praise everything, you are living in the heart of Love

Whatever you think about, you bring about. Remember to give thanks. Your gratitude gets you involved with the creative energies and frequencies of the Universe. Being thankful is such a powerful daily exercise. It lifts you into another place of wholeness. Albert Einstein said 'Thank You' hundreds of times each day, especially for the great scientists who went before him. It is important, too, that you have a sense of having already received those blessings for which you ask, and for which you are offering thanks. Visualise the presence of the transformation you desire. This act of imagination sees the change as already happening to you. Mystic Meister Eckhart wrote, 'If the only prayer you ever say in your entire life is thank-you' it will be enough. '

*'Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.'* (Storyteller A.A.Milne, author of 'Winnie-the-Pooh')