Close your eyes and imagine your rebirth. This is the very first day of your new life. Take in a deep breath and open your eyes. Look at the colors around you. Take note of your new, pristine hearing.

Are those birds chirping?

Is that the wind rustling the autumn leaves?

Is that the sound of your child’s innocent laughter?

There are no more flaws with your rebirth. The slate is clean and you are the author of this chapter in your book. Imagine this new day, this new you as a gift given by the universe, a day for you to climb mountains, to fly, to touch other people’s lives more positively, and to gain a new appreciation for the little things that were so often missed.

This rebirth is the gift of Gratitude. Gratitude is the quality of being thankful, feeling elation for everything your senses experience, for all the material items that help establish convenience in an otherwise chaotic world, for knowing that you have the ability to make your life what you want it to be.

You are now the pilot, able to navigate your way through the messy chaos into brighter skies. Gratitude is your aircraft. It is at the
ready to be used as a vessel to show appreciation for those who are kind and even to those who are not.

It gives you an opportunity to be a gardener, to plant the seeds of friendship, kindness, and compassion. Here you are able to cultivate this gratitude.

With the wakeup of this new day and this new you, learn and practice the Prosperity Prayer -- the most powerful prayer in the world:

---

**The Most Powerful Prosperity Prayer**

The seeds of my happiness 'today' were planted 'a year and a half ago'

The seeds of my happiness 'a year and a half from now' are being planted 'today'

The Seed of Being Transcends
What I Am Seeing
As Discontent Plays Its Way into Divine Countenance
Nothing to be counted

---
During the progression of your new day, remind yourself of all the **positives** that are present and recite the Prosperity Prayer. If you have lost your job, it is a **new door opening**. If you experience loss, you may

Water bucket is empty  
Always filling with any  
I Am flowing reality  
All I Am...is Now  
I Smile Because I Am  
This Sunny Kozmos  
I Am so Grateful  
I Am so Blessed  

Thank you. Thank you.  
How may I serve...  

- Keith Matthew
look deep down and see that the energy is still connected with yours and you can feel grateful for the memories. Feel elation today at having experienced all the good qualities of people, and even their bad.

Surely life teaches us all lessons and for that, we are thankful. You can rise above the ego and see that ego and gratitude cannot exist together. As Buddha has been quoted,

“Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die.”

-Buddha

Some say that gratitude is the shortest shortcut to happiness. Even in your rebirth, you may struggle during this new day. Here are some proven ways that will help manifest a calm nature and promote your gratitude.

Proven Ways to Promote Gratitude

• See a negative situation in a new frame of mind: Instead of focusing on the negative, spend your energy searching for the positives.

• Surround yourself with positive influences: Listen to your intuition, it will always keep your mind and body aligned. It is ok to love and care for someone without being around them. It is not abandonment if you are able to still treat
them with kindness and compassion in your heart.

• **Speak up:** You don’t have tomorrow. Today is your new day. Express your thankfulness to all that you are thankful for.

• **Identify negative thought patterns:** Negative thoughts have the ability to creep upon you so silently, do not be alarmed. Practice self-awareness in order to stay in control and break the pessimistic behavior.

  Be vigilant; Guard your mind against negative thoughts

• **Slow Down:** It is that simple. STOP. Breathe in deep. Close your eyes. Feel your fingertips with your mind. Feel the rise of your chest. Stop and smile at the humble ant or appreciate that you have been given the gift of this day.

• **Keep a journal:** We as humans are naturally forgetful. To remember feelings of elation and gratitude, keep notes. Re-read when you find yourself slipping into negative thoughts.

  Keeping a Kindness Journal helps cultivate a grateful heart

• **Volunteer:** The best part of compassion, kindness, and gratitude is giving back. Actions are the substance behind the mentality. Endless rewards are created when you can give to others. Volunteer your time in the community and become a walker down the path to true happiness and enrichment.
Practicing gratitude is an awarding experience. You can see it and science has proven that practicing gratitude leads to less physical pain, higher quality sleep, increased energy levels, increased motivation, and a decrease in anger, envy, regret, and resentment.

Close your eyes and have the new you take a breath. Feel gratitude towards yourself. Be thankful that you are you. Today you successfully lived your new day...as if it were your last.