

THE MAGIC- ABSTRACT (RHONDA BYRNE)

This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.

With the practice of gratitude, while the challenges may come, you will know how to overcome them and learn from them.

The Magic formula:

1. Deliberately think and say 'Thank You'.
2. More deliberate 'Thank You', more gratitude feeling.
3. More gratitude feeling, more abundance.

Gratitude must become a way of life, must impregnate our cells & subconscious mind.

Out of 28 days Gratitude Practice, 1st 12 days are for gratitude for what you have now & in the past. Next ten days are desires & dreams. The last six are for higher level(help others, dissolve problems, improve -ve situation).

You can follow 28 day practice or choose one practice that is important for 3 days in a row, or everyday for a week. After 28 days, use particular one for special need.

Your job is to wish. 'How' is not your job.

Strong Request: Find time to maintain a list of your dreams throughout life. List small, big, what you want now, after a day, week, month, an year. You can categorize them as follows.

1. Health & body
2. Career/work
3. Money
4. Relationships
5. Personal Desires
6. Material things

Day 1 ; Count Your Blessings

"better to count blessings than to lose blessings to counting your troubles".

1st thing in the morning, 'Count your blessings'. Write down anywhere. List 10 blessings you are grateful for. Degree of feeling is important.

Start from the 1st on the list, Read out loud/or in mind, why you are grateful. At the end, say 3 times 'thank You' with feeling. Then move on to the next.

Gratitude subjects:

God and Guru, Universe and earth, Nature, plants, animals, people, Health and body, work, money, relationships, passion, happiness, love, life, home, material good

Day 2; Magic Rock

Find a rock/stone-small to fit in the palm, smooth. Put where you can see it –near bed.

Before sleep, hold rock in closed palm, think of the best thing that happened in the day with reason, & say with feeling 'thank You'.

Day 3: Magical relationships

People with gratitude have better relationships in family, with friends, in office, outside.

For one complaint about others, find ten compliments for a good relationship.

VIMP- Being grateful for people just as they are. Makes stronger relationships.

Choose three of the closest relationships to be grateful for. You may include God/Guru, parents, spouse, children, siblings, friends, mentors/teachers, colleagues. Any relation.

Have a photo of each one. Hold it in hand & think of things you are most grateful for- Best qualities or important act that helped you. Think 5 things you are grateful for. Look at the photo, say Thank You & the reason for each of the five things.

Day 3 Practice: 1. Count blessings. 2. Magical relationship exercise- 3person-5 reasons 3. Magic rock- best thing today.

Day 4: magical Health.

Thank you for everything in the body-list

Write on a card in bold letters- 'The Gift of Health is Keeping me Alive'. Put it where you will see it often . Read slowly, one word at a time- many times & feel grateful- Min 4 times

Day 5: Magic Money

If you have lack of money, worry, envy, jealousy, disappointment, discouragement, doubts, fear, keep it more away.

Same with health, relationships-everything.

Complaints, arguments, frustration, criticism of the cost, rich also keep it away.

feeling grateful for whatever little we have is the key for improvement anywhere.

IMP: It may appear foolish when you are in dire straits. But if you understand the logic, that's the only way.

In the morning, think of situations from the past(any period-even short) where you were better off, financially. For each one, say ' Thank You' with feelings.

(My own thinking)Even if you don't have any such memories, the best way is to 'Thank God' for giving money for those who have, and prayers to Him for giving to those who don't have. When

you ask for others, your situation is also most likely to improve. Whether you get money or not, your happiness is guaranteed.

Better situation does not mean riches. Enough food, clothes, house, school, vehicle, utilities at home-anything.

Take a hundred Rs note, and on a sticker to be put on the note, write in bold, capital letters, 'Thank You For All The Money I have Been Given Throughout My Life'. Take it with you, everywhere today (in a wallet). At least 3-4 times, take it out and read words slowly & feel grateful. Sincerity is very important.

Whenever you get money, through salary or any other form, do not treat it as a matter of routine/non-event. Be grateful.

Practice: 1. Count blessings 2. For a few minutes think of good memories of the past & with each one, say Thank You, with reason. 3. take Rs 100 note, and write above note on a sticker. Carry it with you today. Read several times & feel grateful. After today, put it at a place where you see it every day. 4. magic Rock-Gratitude for Best thing today

Day 6 : Works like magic

" If you take any activity, any skill-take it & push it as far it goes & push it beyond where it has never been before, push it beyond the edges of edges, then you force it in the realm of magic". Tom Robbins

VIMP: To bring success or increase things in your job/work like opportunities, promotions, money, brilliant ideas, inspirations & appreciation, it is essential to be grateful for your job or work. When you are grateful for your job/work, you are in a happier state of mind (you can't be grateful otherwise), you will automatically give more to your work----more money, more success. If you are bitter, complaining, you give less to your work (less efficiency).

Include more details to be grateful for-colleagues, facilities, students/customers. For parent-children.

You should love your job. Be excited to go to work.

VIMP: The way to receive dream job is to feel grateful for the present job. (How to do it when it is very bad? Principle may be correct, but it must be practical-Think)

Today, during your work, find as many things to be grateful for. It is very simple. The more busy you are in finding good things, you have automatically lesser time for -ve things, and the momentum changes. **(Personal: You must notice good as well as bad things, and look for improvements lovingly, without negativity)**

Practice: 1. Count blessings 2. Feel grateful for the job. Be enthusiastic while going for job. Find as many things to be grateful for at the work place. 3. magic Rock

Day 7 : Magical Way Out of Negativity

A thankful person is thankful under any circumstances. It is impossible to be -ve/critical/blame/sad, when you are grateful. First, as difficult as it may be, you have to look for things to be grateful for in a -ve situation. no matter how bad things are, you can always find something to be grateful for.

Disney's movie ' Pollyanna' had a 'Glad game'. In that, you look for as many things you can be glad about, especially in a -ve situation. It makes solutions appear.

Gautam Buddha: Let us rise & 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 did not get sick, & if we got sick, at least we didn't die, so let us all be thankful.

So, in any situation you want to improve, list 10 things to be grateful for in a gratitude journal. Even if you are out of work, or in a bad relationship, find whatever small things to be grateful for.

Your feeling tell you whether your gratitude is working or not. If you feel better, it is.

The answer to any -ve situation is to focus gratitude on it until you feel better inside.

Practice: 1. Count blessings 2. Choose a -ve situation to resolve. 3. List ten things to be grateful for with reason- In the end say thank you 3 times. 4. Just Today: Go through work without any -ve comment/thought. If you observe making one, cut short, and give a +ve slant. 5. Magic Rock

Day 8 : Magic Ingredient

Be grateful for food and drink, every time you eat or drink something.

Day 9 : Money Magnet

Complaint makes you poorer, gratitude-richer. True for money/happiness

We aren't aware of complaining, -ve, jealous, worried, thoughts/words about money creating poverty.

Biggest complaint - money to be paid for anything.

If we don't have enough money, negativity about bills seems natural. But, it is exactly at these moments we need to be most +ve. Be grateful for goods/services for which we have received bills. Simple but monumental effect on the money in your life-Money magnet.

Think how the goods/services were important for you- groceries, telephone, electricity, gas, internet. When you receive a bill, write on a sticker across every bill, ' Thank You for the Money', and after payment ' Thank You-Paid'.

Practice: 1. Count blessings 2. Unpaid bills-write on a sticker ' Thank You for Money', and after payment, 'Thank You-Paid'. 3. Magic Rock

Day 10 Magic Dust Everyone

Ancient spiritual teaching: What we give to others with full heart returns multiplied many fold.

Gratitude is an energy which grows where it is directed.

We meet so many people. We receive something from them, directly/indirectly. They deserve our gratitude. Be grateful to a even a rude person. Choose gratitude, no matter what. You don't know the problem/difficulties of other person. Be kind because everyone is fighting a hard battle.

VIMP: Don't just throw away 'Thank You', give reasons. When you say 'Thank You', look into the eyes of other person and mean it. It makes both happy. You can sense your own happiness.

Use magic dust of gratitude everywhere.

Practice: 1 Count blessings 2. Magic dust-at least 10 people(with reason) 3. magic rock. 4. Read next day practice

Day 11: Magic Morning

When you arise in the morning, think of what a privilege it is to be alive, to think, to enjoy, to love.

Easiest and simplest ways to have good day ahead is to fill your morning with gratitude.

daily routines are the times when you can harm yourself the most by thinking -ve thoughts.

Before you move out of bed after waking up in the morning, be grateful to be alive, for good night's sleep, bed room, bed, all support systems in the house(bathroom, hot/cold water- as many things as possible- Electricity, phones, gas, people who run these).

As you get dressed, thank for clothes, kitchen appliances.

Practice: 1. After waking up say 'Thank You' for being alive etc. 2. In the morning, till you get ready for work, say 'thank you', for everything you touch and use. 3. Count your blessings 4. Magic Rock.

Day 12 : Magical People Who Made A Difference

" At times, our own light goes out and is rekindled by a spark from another person". Each one of us has a cause to think with deep gratitude of those who have lighted the flame within us. Albert Schweitzer(Nobel Peace prize winner)

Sometimes, another person alters the course of your life through encouragement, guidance, or just being there at the right time. Teacher, relative(spouse, parents, siblings), friends, office colleagues-any others).

Sometime today, find a quiet place, think of three extraordinary people(dead/alive) who have made a difference in your life. Begin with one, imagine them to be present, tell them aloud(if possible) why you are grateful to them. Then the next person. This process makes you feel happy.

Practice: 1. Count blessings 2. Find a quiet place. List 3 persons who made profound impact on your life. To each one, imagine presence and tell them why you are grateful. 3. Magic Rock

Day 13: make All Your Wishes Come True

Gratitude is a must both before and after you receive something. Normally we do it only after receiving.

List top 10 desires. Get very clear about what you want, and why(with consequences). Express gratitude for each one by saying ' Thank You' 3 times, and then the desire. Saying thank you 3 times is a very powerful thing.

Saturate desires with even more gratitude. Express feeling as if desire is fulfilled. Imagine news about desire fulfilment- How did you react(words, expression, sharing with others).

Magic Board: Write in Bold capital letters, 3 times, ' Thank You' , or on a sticker on a refrigerator or where you can see it often.

Practice: 1. count blessings 2. List top 10 desires with 3 times Thank You before them 3. Use imagination to describe feeling after fulfilling the desire 4. Magic Board: 3 times Thank You in Bold Capitals. 5. Magic Rock

Day 14 : Have a magical Day

In the morning, before getting out of bed, or shaving, shower, list plans for the day & say 'Thank You' for each one going well. Wipes out unexpected problems and difficulties.

We wake up in a bad mood because we went to sleep thinking –ve.

Imagine how you felt when plans go well & you say 'Thank You'.

Practice: 1. Count blessings 2. List plans for the day and write 'Thank You'' before each one, imagining that it has gone well. 3. After reading all plans, say 'Thank You' for the great news coming to me today. 4. Magic Rock

Day 15 :Magically Heal Your Relationships

When we have difficult relationship, these can improve ONLY when we are grateful to the other person at least for a few things. Blame, anger or hatred makes relationships worse. These burn your life. Gratitude heals.

'Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the only one who gets burned'. G. Buddha

Choose one difficult/ problem relationship to improve. The person may or may not be with you, or in your life. List down as many things as possible for you to be grateful to the other person. Even if there is none, think of some good qualities.

It is never about right/wrong, or what others have done/said/not done, in order to heal your relationship.

Practice: 1. Count blessings 2. Choose one difficult relationship to improve 3. List things to be grateful for/appreciate. 4. Magic Rock

Day 16:Magic and Miracles in Health

Gratitude's magical power increases the natural flow of health to the mind and body & assists quick healing. Helps other body care: Exercise, medicines, good food.

When we have sickness or other unsatisfactory body condition, instead of being –ve, bitter, we need to think of good health & feel grateful about whatever good we can think about.

You may have lot of pain, might have been unwell for a long time. But still, smallest bit of gratitude can improve situation. Following things help.

Step 1: Gratitude for health you have received(past). Think of 3 incidents of good, energetic physical condition and thank. See videos or photographs of good times.

Step 2; Health you are continuing to receive(present). Think of good health you are having today(Mind, Body) and thank for each part of the body.

Step 3: Health you want to receive(Future)

When unwell, don't think about ill health & all –ve talk in such situations. Don't focus on disease, focus instead, on ideal health, or the methods to improve the same. Spend one minute in visualizing a scene of yourself with ideal state.

Natural forces within us are the true healers of the disease. Hippocrates-father of western medicine

Day 17 : The magic Check

When you direct gratitude's magical power toward any –ve condition, a new condition is created, eliminating the old.

Combine joy with gratitude-magnetic force.

Blank magic Check: Write your name, money, and today's date. Be clear why you need that money-focus.

Money is a means, not the end. Material things are also the means, not the end. The end is always happiness.

Start with smaller amount for smaller items.

Practice: 1. Count blessings 2. Fill magic check-amount, name, date. 3. Imagine purchasing a specific thing with this amount

Day 18: The Magical To-Do List

Every day we seem to have so many things to do that we feel overwhelmed. Applies to everyone, even a house wife. When we don't know what to do, where to start, we feel depressed, and tend to give up.

Today, create a To-Do list of MIMP things to be done/solved. Title this ' Magical To-Do List'. Put things for which you don't have time to do, but needs to be done, thing you don't want to do, but are important & the usual current problems(small/big), in all areas.

From the list, select 3 things to focus on today. Imagine one at a time, and think it to be done very nicely, and you are giving massive thanks. Spend at least 1 minute on each item.

Focus on problem leads to more problems, focus on gratitude for solution leads to actual solution.

Practice: 1. Count blessings. 2. Written Magical To-Do list for all areas. 3. Choose 3 MIMP things. One at a time, imagine it done. Spend 1 minute on each, imagine it to be done, feel enormous gratitude. 4. Magic Rock.

Day 19 : Magical Footsteps-Very Good Mood Lifter

A hundred times every day I remind myself that my inner and outer life depend on labours of other men, living/dead, & that I must exert myself in order to give back in some measure, as I have received, and am still receiving.

God gave you gift of 86400 seconds today. Have you used one to say Thank You?

Today, anywhere, anytime, take 100 steps, and with each step(foot touching the ground) say 'Thank You'. It is important to see how you felt before & after these footsteps. Use this where you feel mood is down. You will feel much better.

Day 20 : Heart Magic

Focus your mind on the area of heart. Close your eyes as you say, ' Thank You'.

Gratitude leads to harmony resulting in improved immune system and health.

Prepare a List of Top 10 Desires, and perform Heart Magic on each one. You will feel peace and happiness.

Practice: 1. Count blessings 2. Focus on heart area, close eyes, and say 'Thank You'. 3. List top 10 desires, for each desire perform Heart Magic. 4. Magic Rock

Day 21: Magnificent Outcomes

Say grace before any important activity you want to be successful, interview, exam, lecture, meeting, purchase.

When something unexpected happens, we fear something -ve. Use this technique to be grateful for good outcome.

If you miss a bus/train/plane, think that there is some good reason & be grateful for the outcome due to changed circumstances/plan. make it a habit.

Today, choose 3 situations for being grateful, before expecting magnificent outcome. Imagine how you will feel after the magnificent outcome.

Practice: 1. Count Blessings. 2. At the beginning of the day, choose 3 things for which you want magnificent outcome. 3. List each one, along with how you feel after the magnificent outcome. 4. Choose 3 unexpected events, where you can be grateful for magnificent outcomes. 5 Magic Rock.

Day 22: Before Your Very Eyes

Practice: 1. Count your blessings 2. Start of the day: Take your top 10 desire list. Read each desire & for one minute imagine & visualize that desire to be fulfilled. Feel gratitude. 3. Carry desire list. On two occasions; read and feel gratitude 4. Magic Rock

Day 23: The Magical Air That You Breathe

Practice: 1. Count blessings 2. Five times today, stop and think about the glorious air that you breathe. Take five deliberate breaths, and feel the air going in/out and joy. 3. magic Rock

Day 24: The Magic Wand- IMPORTANT-But see if it can be made better

People who wait for a magic wand fail to see that THEY ARE THE MAGIC WAND. Thomas Leonard(Life Coach)

If anyone whom you love(friend, relation) who is having a difficult time due to a bad health, bad finance, bad relationships, lost job, or any other thing, then imagine that the person's problem has been solved, feel grateful for that-imagine how happy that person is.

Today choose 3 persons you care about- who need help. Get a photo of each person & use during this. Take the photo of the 1st person, close eyes & imagine that person telling you happily that the problem has been resolved. Open eyes, look at the photo & express gratitude with feeling(say Thank You 3 times).

Practice: 1. Count blessings. 2 Choose 3 close persons who need help of any kind. Repeat above procedure for each one. 3. Magic Rock

Day 25: Cue The magic: Very Good

Use people, circumstances, events that surround you daily to provide clues to be grateful for. e.g. Ambulance -Thank You for good health, Police- Thank You for safety.

When you see person with good health, happiness. Say Thank You for the same in your life. When you see ATM, say Thank You for plenty of money. At home, say Thank You for a great home. When neighbour invites for a coffee or just greets you, say thank You for a good neighbour.

If you see one of your material desires in the market, or road(car, house, dress), say thank You for receiving.

When someone says good morning, say Thank you for actual good morning. When you get a phone call from a family member/friend, feel grateful for being in your life. If there is good weather, Thank You for that. If bad weather, say Thank You for the protection you have for that. If an appliance breaks down, instead of fretting, Thank for the good ones. If someone is sick, Thank for medical help, money to treat, good health of others. True for plants as well.

Use unlimited creativity.

Looking out of the window in the morning, Thank for the good day ahead. While switching off lights before sleeping, Thank for the good day you had.

Today be alert enough for at least 7 cues.

Practice: 1. Count blessings 2. Be Alert for 7 cues for gratitude 3. magic Rock

Day 26: Magically Transform Mistakes Into Blessings- Very Good

Turn wounds into wisdom Oprah Winfrey

Child does so many mistakes of all kinds before it learns. There is no other way. They never worry what others think. It is automatic/natural. Why adults are so hard on themselves. Everyone makes mistakes. Perfection doesn't happen overnight. +ve/-ve attitude about the mistakes makes the difference. We get into trouble due to ego and comparison.

Pain from mistakes is a deliberate design so that we don't repeat it, and improve. To learn, we must first own the same. How do you learn from mistakes- Through gratitude.

Today, think about a mistake made(small/big). But choose one that hurts. It could be anywhere, home/office/outside. It could be about behaviour/bad decision/ in home, workplace, finances. Once you identify a mistake, look for the things to be grateful for. Ask: What did I learn from the mistake? What are good things that came out of the mistake? Even if you can't see anything good right now, just take it as an experience, and say that God may have good reason for doing it, which you may know later & are grateful to Him.

Write as many good things (learning or otherwise) about the effect of that mistake.

Practice: 1. Count blessings 2. Choose one mistake you made in your life. Find 10 blessings from the mistake you are grateful for-Ask questions . 3. Magic Rock

Day 27: Magic Mirror- Very Good

" The appearance of things changes according to the emotions, and thus we see magic and beauty in them, while the magic and beauty are really in ourselves" Kahlil Gibran

Change the person(actually, attitude) in the mirror, and your world will change.

When you are grateful to be the person in the mirror, feelings of dissatisfaction, discontentment, disappointment, or I am not good enough completely disappear. The circumstances also change for the better. -ve feelings about yourself cause the greatest damage in your life, because they are more powerful than any feelings about anything or anyone else.

Go to the mirror. Look directly at the person in the mirror & loudly say, Thank You' with all your heart(max feeling). Say Thank You for everything that you are!. Be more grateful to yourself than anyone else, any other thing. Do it many times today. Say 3 things about yourself that you are grateful for. When you are grateful, you do not blame yourself or others, when you make a mistake.

Practice: 1 Count blessings 2. Each time you look into mirror, say Thank You, and mean it. Say 3 things you are grateful for about yourself. 4. Magic Rock

Day 28: Remember The Magic

" That's the thing with magic you have got to know/feel. It is still here, all around us, or it just stays invisible for you". Charles de Lint

In the morning, remember yesterday's blessings. Make a list, say aloud. If you can't find many for the previous day, find from previous days.