Joyful Expressions

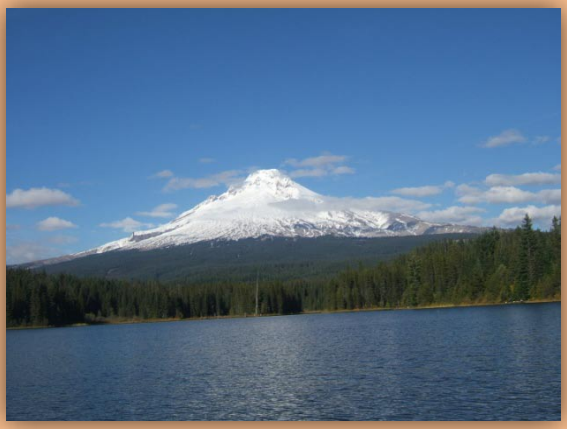
Monthly e-Newsletter

Joy in the Journey & *Woo Woo Marketing*

Issue 16 October 2007

Dear Joyful Souls,

It is a perfect fall day here in Portland, Oregon. The rain is falling, the air is cool, and a fire is burning brightly as I sit her reflecting on my blessings. I look around and am in awe of the magic and beauty in my environment and in my heart. The season of autumn naturally encourages us to reflect and harvest all that we experienced these past few months.



Trillium Lake, Mt. Hood – Crisp Fall Day

This month's newsletter is the joyful expression of gratitude. I invite you to take a moment and reflect on your life as you read the greatest prayer I have ever prayed… *Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. Thank you! Thank you. I am so thankful my heart is FULL!!*

Wahkeena Falls, Columbia River Gorge

In the movie, The Secret, they talk about the "Attitude of Gratitude". It is the greatest healer, the greatest prayer, and the greatest opportunity to shift your perspective. So what is the attitude of gratitude? I'm sure you've heard of "rose colored glasses." Imagine a pair of glasses that allows you to see everything and everyone in your life as new and as a gift of love from Spirit. Your heart would grow and expand. Your passion inside would start to express itself in glorious new ways.

How might you invite gratitude into your life? I urge you to find a way or a practice that allows you to live in joy and to choose to be the very best you that you can be. So to support you in discovering your way to gratitude, here are a few ideas:

- ♥ Use The Secret's ways…find a rock and make it your gratitude rock
- ♥ Write a list of your gratitudes then journal about it for 5 minutes a day
- ♥ Pick your favorite color and every time you see it, say Thank you
- ♥ Be abundant and give of your time and your money to a cause or a group you believe in
- ♥ Make a gratitude box full of little notes of all your gratitudes; pick one a day
- ♥ Sign up for Go Gratitude: www.gogratitude.com

I am grateful for each one of you. I am grateful for the opportunity to express joy. I am grateful for the sweetness in my life. I am grateful that I get to create my passion in the world. I am grateful for the support in my life that shows up in my family, friends, clients and business colleagues. ***What are you grateful for? Who are you grateful for? What makes your life more full? What delights you?***

In Joyful Delight,

Dani

Coach, Healer, and Business Woman

dani@joyinthejourney.com | 503.232.1831 | www.joyinthejourney.com