

The Secret Gratitude Book

Introduction by Rhonda Byrne

Whenever I am asked the easiest way to use [The Secret](#), my answer is always the same. [Gratitude](#)! It is one of the most powerful emotions you can use to bring all-good into your life in absolute abundance. No matter who you are, no matter where you are, gratitude can dissolve all negativity in your life, no matter what form it has taken. Let me explain how something as simple as gratitude can completely transform your life.

[The Secret](#) explains that the [law of attraction](#) is the most powerful law in the Universe. This magnificent law governs all energy, attracting like energy to like energy. Einstein proved that everything in the

Universe is energy. All energy vibrates at particular frequencies. We are energy too, and so each of us is also vibrating at a frequency. Your thoughts, feelings, and beliefs determine the vibration and frequency of your energy.

As you focus on gratitude and think, speak, and feel gratitude, you are transforming your energy frequency into one of the most powerful and highest frequencies of all. Gratitude attracts like energy of gratitude to it, so as you are feeling grateful you are powerfully bringing like energies to you, which will have you experience more things to be grateful for. In other words, you will magnetize to you the energy of people, circumstances, and events that will bring all good into your life.

It is impossible to bring more good into your life if you are feeling ungrateful for what you have. Why? Because the thoughts and feelings you emit as you feel ungrateful attract a life filled with more things to feel ungrateful about. Whether it is jealousy, resentment, dissatisfaction, or feelings of “not enough,” those negative emotions cannot bring you what you want. They are blocking your own good coming to you. If you want a new car but you are not grateful for the car you have, that will be the dominant frequency you are sending out, and you cannot attract something better. On the other hand, if you feel grateful for the car you have now, you are powerfully summoning an even better car to you.

The negative things that we experience in life are simply caused by turning away from

the good that is there. Imagine that the Universe (which is all-good) is like the sun. The sun continually shines, sending out its life energy to us in a never-ending stream. You experience the effect of the sun when you are facing it, but if you turn away you will no longer receive its life-giving effects.

The Universe is operating identically to the sun. It is always there and always available, sending out all-good to you. When you focus your thoughts and feelings on gratitude you are turning toward all the good that is being permanently offered to you. But when you complain, blame, criticize, feel resentment, jealousy, or any negative emotion, you are turning away from all that is good.

The Secret Gratitude Book is one of the most powerful tools you can ever use to

transform your life into total joy. When you use the book every day and write about all the things in your life you are grateful for, you will be amazed at the never-ending list of thoughts that come back to you of more things to be grateful for. You just have to make a start, and then the law of attraction will receive those grateful thoughts and give you more just like them. To transform your life, you must find a way of being grateful for what you have now. As you focus on sincere gratitude for several minutes at a time, you will move your frequency to one of the most powerful frequencies there is, and all-good things will begin to appear in your life!

You can also use gratitude and *The Secret Gratitude Book* to powerfully attract specific things that you want into your life.

When you are grateful for the things that you want to come into your life (the [perfect relationship](#), the [dream job](#), absolute [health](#), total [abundance](#)) before they actually appear, you are sending out a frequency to the Universe that you already have those things. The law of attraction does not know if you are imagining something or if it is real, so by giving heartfelt thanks for it now, you must attract those things to you. This is an immutable law, and when used correctly it is unfailing in its response.