



Thanksgiving Bonus Class

“Gratitude: Creating Abundance”

1. Start your day right – Начните день правильно

Marianne Williamson, spiritual philosopher, on meditation – Мариан Вильямсон, духовный философ, о медитации

2. Gratitude and Abundance – Благодарность и Изобилие

More useful expressions for expressing gratitude. Дополнительные полезные выражения благодарности.

3. Подарок участникам прямого эфира

Стратегическое видение изобилия.

4. Special Thanksgiving Offer – Специальная акция

Специальная акция на День Благодарения до 2 декабря.

Your Homeplay:

Write 7-10 sentences expressing your gratitude using examples in this lesson.

Practice out loud with the video “Start your day right”. Say the words after and along with Marianne Williamson following the transcript.

Remember, repetition creates mastery. So learn it, use it, teach someone else!

See you in Power English Class!

1. Start your day right – Начните день правильно

Marianne Williamson, spiritual philosopher, on meditation – Мариан Вильямсон, духовный философ, о медитации

Start your day right

Marianne Williamson

You know, people wouldn't dream of going out into the day without taking a shower, taking a bath. You don't want yesterday's dirt on your body. But when we wake up in the morning and you directly go to the news on television, on the radio, or a newspaper and you add caffeine, you are immediately at the effect of the thought forms of the world.

So just as you wouldn't go out, knowing that you have yesterday's dirt on your body, we routinely go out of the house in the morning with yesterday's stress on the mind and on the heart. So all of the great religious and spiritual traditions emphasize the importance of the morning, because in the morning you've had sleep, the spirit has had a chance to work on your thought forms, you really can be at the effect of your higher thought vibrations. But if you immediately lower yourself, you are at the effect of those things. And then people are like... surprised that they are depressed by noon.

Years past, the majority of people aged with a partner in the house, majority of people had their grown up children who lived geographically near them, so the role of the spouse aging, the partner, the role of the active grandparent – all of these things were traditional roles that would give psychological and emotional support [to] people moving into next natural appropriate respect-filled place in life. Today that's simply not true. At least half the people do not age with a partner, so we are having to provide for ourselves new internal structures, thought forms that support us in aging with glory and all kinds of things that we want.

I am used to people saying, "I have no time to meditate", because when you meditate, you quite literally have more time. You know, Einstein said, "Time and space are illusions of consciousness." If you are involved in a deeper inquiry, if you are involved in a more reflective life, if you are involved in prayer meditation and serious spiritual seeking, that stuff just recedes. It's there, it's there to dance with and to have fun with, but it's not there to make you suffer.

2. Gratitude and Abundance – Благодарность и Изобилие

More useful expressions for expressing gratitude. Дополнительные полезные выражения благодарности.

I am grateful beyond words for this gift you have given us. – У меня нет слов, чтобы выразить благодарность за подарок, который Вы нам сделали. (Я безмерно благодарна...)

I am so grateful to have met a kindred spirit – Я так благодарна, что встретила родственную душу.

With much gratitude for this amazing gift! May you be Blessed... – С большой благодарностью за этот изумительный подарок. Благослови Вас бог...

Thank you from my heart for this gift of knowledge – От всего сердца спасибо за этот дар знаний.

I am grateful for everything that comes into my life – Я благодарна за все, что приходит в мою жизнь.

I am so grateful to share this day with other people – Я так благодарна, что могу разделить этот день с другими людьми.

Thank you for sharing this gift. – Спасибо, что поделились этим даром.

I feel so grateful for... - Я испытываю такую благодарность за...

Thank you from the depth of my heart and soul – Спасибо от всего сердца (и всей души)

I am so grateful to be a part of this. – Я так благодарна за возможность участвовать в этом.

3. Подарок участника прямого эфира

Стратегическое видение изобилия.

4. Special Thanksgiving Offer – Специальная акция на День Благодарения

Только до 2 декабря 2013 г.

**Регистрация в Power English Class
по специальной акции на День Благодарения**

<http://www.powerenglishclass.com/12steps/special-offer/>