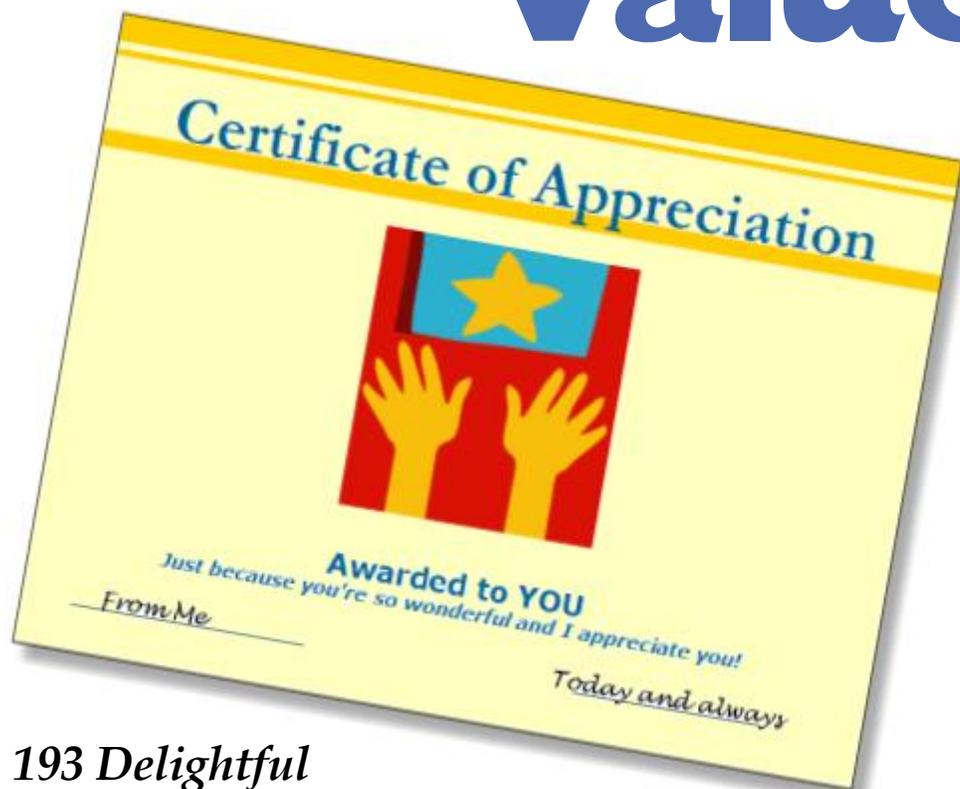


Appreciating in Value



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Appreciating in Value



Have you ever noticed how versatile and beautiful the English word *appreciate* is? Dictionaries offer five different uses:

1. To recognize the quality, significance, or magnitude of: *They appreciated their freedom.*
2. To be fully aware of or sensitive to; to realize: *I appreciate your participation.*
3. To be thankful or show gratitude for: *I really appreciate your help.*
4. To admire greatly; value.
5. To rise in value or price, especially over time.

For our purposes, of course, the third definition fits most closely with Mr. Wattles' advice to live in gratitude constantly. But look again at those other meanings up there with *The Science of Getting Rich* in mind.

They ALL fit!

I've always loved that fifth one because while my way of looking at it isn't quite the "official" meaning, it fits really well, too: When we're grateful for something, we appreciate it – and its value in our lives increases!

So, whether you're a long-time *Certain Way* reader or have just joined us here, I want you to know something:

I appreciate you!

I'm grateful you showed up at my website and in my life. (It was no accident.) I'm grateful that you read this ezine all the way down to this point! I'm grateful that you are, in your own unique way, raising the value of everything *you* appreciate. And I'm immensely grateful that your participation in The Science of Getting Rich Network allows me to fulfill my own purpose in a bigger way. (How cool is that?)

And that's how it works for all of us. The more we appreciate each other, the more we ALL benefit.

The best part is that the benefits begin *immediately* because it feels GOOD to be appreciative and grateful. And when what you're appreciating happens to be another person, it feels even better to *tell* that person. Samuel Goldwyn, one of the founders of the giant movie studio, Metro-Goldwyn-Mayer (MGM), once said:

**"When someone does something good, applaud!
You will make two people happy."**

Great advice – but why wait? There are so many people in our lives who have already done so much good for us – people we know and people more "behind the scenes" – that we could actually never run out of people to appreciate and to be grateful to and for.

Just another example of the abundance of the universe!

So wherever you are, whatever you're doing, I invite you to take a minute or two right now and let someone know you appreciate him or her with a quick word, email, note, phone call, or maybe with a pat on the back or a hug.

Notice how wonderful that feels, and then realize that ...

Simply by choosing to let yourself feel good, you've just moved yourself light years closer to whatever it is you are desiring to see come into form or effect in your own life!

How cool is THAT? ;-)

Go for the JOY, my friend!

Many blessings, and of course –

EXPECT Success!

A handwritten signature in blue ink that reads "Rebecca". The signature is written in a cursive style with a large initial "R".

Rebecca

P.S. Could you use a little more appreciation directed *your* way? How about some from our friend Wally himself?

You'll find it on the "Between-Issues Update" page. (Right below the cartoon fairly near the top of the page). And many gifts and goodies from previous Updates are still online there, waiting for you to hop over and pick them up. Enjoy!

www.scienceofgettingrich.net/update.html

Appreciation in Action



The preceding article was my “Wrap Up” to the July 2005 edition of *The Certain Way* ezine. In that issue (as in every monthly edition) I offered a “Prompt Reader Prize” through a random drawing. Usually readers answer a simple question based on that month’s theme, but in July we did something a little different and readers sent in brief accounts of what happened when they took me up on the invitation in the Wrap Up.

I had no idea the results would be so much fun! (And I don’t know why I was surprised since *Certain Way* subscribers are among the most wonderful, positive, giving, and FUNNY people in the world.)

**But when I saw what readers had to say, I knew
I couldn’t keep all these gems to myself!**

So although this is nowhere near all the stories, I’ve included a large representative sampling, knowing that you’ll get a smile, a laugh, and some inspiration *you* can put into action right away.

I know you’ll also enjoy the further confirmation (as if you didn’t already know!) that the PAYOFF that arrives when we feel and express gratitude and appreciation is immediate and wonderful. And while the person to whom we offer our appreciation may certainly enjoy it, **the major benefits of this kind of thinking and acting always accrue mainly to us.**

What a deal!

Thoughts and feelings of appreciation definitely keep our minds in harmony with abundance and, as Wallace Wattles says in *The Science of Getting Rich*, that “leads our minds out along the ways by which things come” to us. Such thinking keeps us focused on the things we desire to be, do, and have in our lives rather than on those things we’d rather not experience more of.

In short, the practice of appreciation is a win-win for everyone involved!

Now, a BIG thank-you to *everyone* who participated. And if you don’t see your story featured here, it doesn’t mean it wasn’t wonderful. It just means that quite a lot of us enjoyed very similar experiences, and so to keep this little ebook manageable, I’ve chosen not to repeat too many extremely similar ones.

Here’s exactly how the Prompt Reader prize-drawing was set up:

“This month our question is a little different. This edition has an invitation for you to DO something that feels really good, involves another person (your choice), and only takes a minute or two. So the question to answer this month is a three-part one: Who was the person you chose? How did that person respond? And how did this little experiment feel? Just a sentence or two is fine.”

Because I wasn’t crystal clear, some readers took as an invitation simply to do something nice for someone else. And so I’ve included their responses as well. Enjoy!

Readers Say:



Texas, USA:

I sent an e-mail expressing appreciation and gratitude to an associate for the time, effort, and concern she puts into everything she does for others. I have not received a reply and don't care if I get one. The reward to me was the good feeling I had in expressing the thanks and gratitude.

Curitiba, Brazil:

I took the opportunity created by you and chose an "enemy" – a person who has criticised me a lot in the past and which I did not like very much. I wrote a note telling him that I appreciate his writing skills and congratulating him for having many academical publications. That was something I could sincerely appreciate.

He thanked me, but the best thing that happened was that I felt a lot lighter after this exercise.

Thanks, Rebecca, for the opportunity!

[**Note from Rebecca:** You felt lighter because you now ARE lighter, having let go of those old, self-defeating feelings you'd been lugging around. Congratulations!]

Rhode Island, USA:

I chose my dear friend D___. I was going to write him the e-mail and when I signed on line, there was an e-mail from him that said "I love you" ... we have been friends for years and have not been in contact too frequently lately.

He called me the next day to catch up, connect and say "I love you"

And how did this little experiment feel? So good, I tried it on my boss too!

London, England:

I have lunch once every couple of weeks or so with a friend. I've never told her how much I appreciate that little bit of time, hearing about her life (a world away from mine). So I told her. She was a bit embarrassed, or rather, surprised, but clearly delighted. I'm sure it made her feel valued and she obviously left feeling great. And I felt great that I'd made her feel great. (You get what you give away!).

So, thank you so much. You've made a difference already.

British Columbia, Canada:

My friend L___ is having some challenges at work. So we talked (or rather, she talked and I listened) over a quick tea break. Then I gave her a hug and told her not to underestimate herself, she has so many wonderful qualities. Then I told her what a few of them were.

She got a little misty-eyed and squeezed my hand and said she really needed that, and she would have a better rest-of-the-day and a good weekend. We all need to have a loving and kind ear to hear us. I value her friendship and we share and help each other.

British Columbia, Canada:

I told my husband today that I really appreciate all the meals that he made for me on HIS holidays!(He's a chef). He actually smiled and told me that he liked doing it! If it was me, I wouldn't enjoy it at all. So I know we are both appreciating what we do; I even got a hug!

It feels good to say out loud what you are thinking! Makes everybody happy!

Ontario, Canada:

Who was the person you chose? My boss.

How did that person respond? She was speechless ... smiling ... a bit of a blush came to her cheeks.

How did this little experiment feel? Great ... it felt natural to let her know that her efforts are noticed and appreciated, and it was warm and fun to do it. It led to a warm hug. Next I plan to let each member of my team know how much I appreciate their unique quirks and talents.

Texas, USA:

I chose to call my awesome 82-year-old dad and tell him how glad I am that he's my dad. He said, "WOW! I think I'll swim TWO miles this morning!" (Normally it's "just" one.) I felt joyous and energized and blessed to have such an amazing father.

And then I went jogging!

South Australia, Australia:

The most impactful thing I did was realise late one night that after reading, discussing and noting lots of personal development stuff I hadn't actually DONE much or changed much. And, surprise surprise, my results hadn't changed much either! So, one night after P___, my wife, had read a chapter from a book called *The Dynamic Laws of Prosperity* by Catherine Ponder, I lay in bed and started to forgive and release as many people and negative/painful events as I could remember. I finally got to sleep at 4am!

Since then I've been more relaxed, reacted less through old patterns, slept better and feel like I'm now finally radiating good to the world. And I feel better than great! Money has come in some great ways too.

So who'd I do it for?

Well ... ME ... people I love ... the world at large!

[This] has really been the changing point in moving from Mr Negative to Mr Positive ;-) It's something I'd like to share.

Wishing you everything good.

South Carolina, USA:

This involved my wife of 25 years. When we're at home or together, sometimes we pass and stop and look at each other and instinctively give each other a hug and say I love you! and then kiss.No reason other than letting her know how I feel about her. Our

kids think it's gross, but I know really they're glad to see us this way. I think it's very important to always let someone else know how you feel.

Her reaction is the same as mine, we both enjoy it

Quezon City, Philippines:

I thanked my mother for giving me unconditional love and for inspiring me to do my best; I did this by constructing a frame from cardboard. I saw her beaming and smiling excitedly. I felt happy and uplifted after thanking the person who made a difference in my life.

Gujarat, India:

I called my friend of long time at another place and told him that I think of him often specially about how he had taken me to my examination hall on bicycle 13Km from my house as I was unwell that day and had no other transportation. Had he not done that I wouldn't have passed the exam.

At first he couldn't recall the incident but then he said he was happy I remembered this incident even after so many years. We both felt happy, specially me because I had acknowledged the debt of gratitude to a friend who did this selflessly and never ever reminded me of the incident.

Victoria, Australia:

I chose to tell my husband that I appreciate him. He was chuffed, but of course he knows how much I love him because I tell him very often and do little things to remind him — and he responded by telling me that he appreciates me too. This felt very much like our normal end of day cuddle and chat actually. We are both very grateful to have each other in our lives.

Rivers State, Nigeria:

1. I chose Q___ (a choir member of mine who had no self-esteem and would not lead a solo).

2. After making her feel good by first of all appreciating her commitment to the choir and making her know that she is great, seeing what others never saw in her, she felt so good and is now working on a song she will solo with the choir.

3. I feel so good ... I have made the whole choir feel good yesterday and yesterday was my best day in the choir. I am looking forward to today's choir rehearsals. It is great to feel good.

Washington, USA:

The persons I chose to tell how much they are appreciated were my husband, our son and our daughter. The guys responded with a hug from each; our daughter and I had a long conversation (75 min.) as she is not close by. And, of course, it felt great!

Queensland, Australia:

Who was the person you chose? A man that I work "with" (from about 1500 km distance).

How did that person respond? Interestingly, he hasn't responded.

And how did this little experiment feel? It felt good to tell him how much I appreciate

all the effort he puts into his work. Neither of us reports to the other, nor do we work in the same area; but we are both contributing to a project that can be very demanding. He works long and hard, and I do appreciate his efforts.

It was good to send him that message, even if he never responds to it.

[**Note from Rebecca:** Yes! Because when we feel and express appreciation, the MAJOR benefit is always for US!]

Negros Occidental, Philippines:

I chose my wife. She responded with a delight, a big grin on her face and a hug. I made her glad and it also made me feel good on the inside.

Thanks a lot for adding value to me! God bless!

Lancs, United Kingdom:

Thanks so much for this issue, it has truly been a life changing edition for my wife and I.

I chose my life partner and best friend, E___.

How did that person respond? With a healthy level of sceptism!

And how did this little experiment feel? We both enjoyed the experiment, more so upon completion, as even though E___ and I have been together for over eleven years, she's never wanted to explore these specific areas in her life, and none of the samples I've previously offered, have provided the right formula ... until now!

Utah, USA:

The person was my 88-year-old mother, who is rather foggy in her memory and very frail in her health.

She looked at me with a startled look of surprise after which a huge smile came across her face, her eyes filled with a twinkle, and she offered a quiet genuine thank you.

A gentle swelling filled my being and I knew that I had actually done a small thing, which took me almost no extra time or effort, and yet it made a huge difference for someone who is quietly content with the circumstance she can no longer control.

It mattered to both of us.

Gold Coast, Australia:

Thank you for your lovely positive enziene. I really appreciate it. I am really enjoying learning how to put the SOGR into practice and feeling a lot happier.

Yesterday I had great pleasure in letting my daughter know that I really appreciate her taking the time to coach my partner and I at the gym. We really appreciate her having our interests at heart and her unselfish kindness. My partner and I have really needed help and really desire to be healthier than we are so it is wonderful.

She looked really happy when I voiced my appreciation to her and I felt good.

New York, USA:

Who was the person you chose? A woman who had broken up with me, who I am still very much interested in.

How did that person respond? By saying she would love to go with me to a concert in the park.

And how did this little experiment feel? It felt empowering and uplifting, and gave me a good feeling inside. It rekindled the good feeling I had when I was seeing her regularly.

Sevilla, Spain:

I chose my aunt. She responded a little surprised and tried to brush it over.

It felt a little uncomfortable at first but it I felt quite good once I had actually done it. The thinking about it beforehand was more difficult than actually doing it.

[**Note from Rebecca:** Good for you! And isn't it SO often true that the things we fear turn out to be surprisingly easy? ;-)]

New York, USA:

I work at a hotel as part of a hospitality education program. This week at work, I chose to add value by feeling good, smiling at the program's participants and making them feel welcome, especially since a large part of our job involves greeting people, assisting them, escorting them to places etc. (These were the people I chose, as per the instructions in the article). Not only did it feel good, but a lot more people did things like smile and wave every time they passed by, saying "thank-you" a lot more, and joking and having more fun with all the staff.

[**Note from Rebecca:** Want to see more about how to add value to your workplace and have a LOT of fun doing it? Read my *Certain Way* article, "Flinging Fish for Fun and Profit" on the "Articles" page of The Science of Getting Rich [Network](http://www.scienceofgettingrich.net) web site.]

Michigan, USA:

1. I chose my younger brother, Bill.
2. Teasingly. (That's a very Irish reaction to a compliment.) I told him he was very special and that I appreciated having a brother like him. His response: I'm the luckiest sister in the world! :)
3. It felt great to be able to affirm another person's value to me. (Especially since in the usual brother-sister relationship we tend to take that value for granted.)

Thanks for all you do Rebecca!

Tennessee, USA:

My Mother of 84 years, a stroke patient, had major surgery last October, and has NOT been on her feet since then. I gave her a big HUG and told her how much I really appreciated her being my Mother. She and I both cried a little. This morning, she stood up on her own feet and got into her Hoveround, without the Hoya Lift!!!!!!

Hoorahhhhhhhhhhhhhhaaaaaaa!

[**Note from Rebecca:** Another excellent example of the power of feeling good!]

California, USA:

I was not a person that uses a compliment when I like something. After reading your email I wanted to give it a try. So, after having my lunch today I complimented the waiter on how good the food was and thanked him for his service. Not only was he very pleased with my comments but it also made me feel good about myself. And I resolved to do it more often from now on.

Wisconsin, USA:

The person I chose was my son, J___. He was, first of all, quite shocked, and then surprised! It made me feel really good that I took the time to conduct this little experiment and to see his reaction. I do believe this will be an ongoing habit for me!

Thank you very much.

Wisconsin, USA:

The person I chose is E___, who helps me out without payment. She responded favorably when I invited her to see a play in a local outdoor theater. It felt really wonderful inside to know I can spend time with her and do something she would not do herself ...

Thank you Rebecca.

Wisconsin, USA:

I chose my husband B___.

He replied that he appreciated the appreciation, and appreciated me as well ...

The glow of the "feel good" has continued to shine within me and serves as a reminder that I can choose to have it do so regardless of my present surroundings – somehow the things that might have got me down this week just bounced right off.

Thanks for asking! ;o)

Oregon, USA:

Before I enter my answer to the July question, I would just like to thank you for re-viving that great old masterpiece, *The Science of Getting Rich*. I ordered it on CD and I love it. As you can image I listen to it all the time, as a matter of fact I usually leave the CDs in my car so I can listen to them while I commute. It's great because I can easily listen to any section I really need to hear at the time (you know sometimes I need to re-hear some parts more than others). I just want to thank you for creating this opportunity for others.

In answer to the July question:

1) I chose my friend P___ who has been going through a harrowing marital separation. I chose to offer to take her out of town for a day and just do whatever. So we went to the coast on Saturday. We left early that morning and returned about twelve hours later.

2) She was overjoyed! We had a great time. I thoroughly enjoyed myself too. We stopped by the Casino, then went shopping, then went along the beach, and before we knew it it was time to leave. Time had just flown by – we were having fun!

3) This little experiment felt great. I think I needed it as much as she did. I had a great time, I know my friend felt much better and because of that I felt even better. It was great all the way around.

Thank you – I loved it.

[**Note from Rebecca:** *The Science of Getting Rich* Audiobook on CDs or cassettes is available at www.scienceofgettingrich.net/tapes.html]

Kansas, USA:

Who was the person you chose? I chose 3 people because my family is not close and I have difficulty communicating with them, my sister, my brother and my cousin.

How did that person respond? My sister and brother responded favorably, with I love you's and to date I have not heard from my cousin yet.

And how did this little experiment feel? I felt great!!! Even if I had not heard back from any one of them, it felt good in the moment, made me wonder why we don't keep in touch more often. (By the way my cousin is the only one I keep in touch with on a regular basis, weekly, and the only one who did not respond, go figure!)

Nebraska, USA:

I gave my adult daughter a hug and a kiss on the cheek. She grinned! We both enjoyed the moment.

California, USA:

I love getting your emails. The person was my good friend, Reverend R____. I called him on the phone to make a lunch date. I feel great (and R____ was surprised and happy too).

Pennsylvania, USA:

I chose my Mother. She smiled ear to ear and said that I really don't know how much that meant to her to hear me tell her that even though she always assumed I really appreciated her, it was a totally different experience to actually hear me say it to her.

It made me feel unexplainably good just to say it to her not to mention the great feeling in regards to her response to me about how much it actually meant to her :-)

Maryland, USA:

I chose a young man who works in my office who had sought advice from me last week. We had discussed a book and I came across a pocket guide to the book which I loaned him. He was very happy. I initially had hesitated to give him the book — but after reading the practices that Rebecca had written decided to move forward. I am richer for it!

St. Gallen, Switzerland:

Hi Rebecca!

Thank you so much for bringing this fine E-Zine to us so dedicatedly and loyally. It is really a joy to read, great remembering, a wonderful reminder, and so often contains quotations that put things I want to communicate to others so nicely they really mean a lot to the elegance and effectiveness of my speaking.

I really appreciate it!

By the way, in German the word *appreciate* is *schätzen*. It works mostly the same way, with a slightly higher emphasis on feeling very, very grateful. Now isn't that something worth feeling grateful for, that we have all these appreciateable words to choose from, no matter which language we might be making use of?

My good feeling deed this week was sending a very friendly letter to a high ranking government official, who was largely responsible for hiring one of Switzerland's leading artists for the reconstruction of a now-gray city area. It will be full of weather-proof designer furniture (including a stainless red carpet) and I will certainly be to be seen there quite often when it's done. Now if that isn't something to be grateful for ... Our city is in the initiative for prosperity thinking!

It felt really good writing the letter. Then, when I sent it off, the feeling took a different quality, and then rose to a deep, lasting and extremely intense awareness of joy and lovingness to the point where I was so immersed I was almost shaken between tears, yet profound tears, the kind you get when something starts to feel good that hasn't for so long.

And it lasts. And it took me two minutes. And I can do it again as often as I want to. And I am. Now if that isn't a reason for deserving all life's good to let my subconscious know about!

[**Note from Rebecca:** Wow – Imagine if we *all* sent notes of appreciation to government officials! I'll bet they mostly hear complaints and accusations. But if we choose to change our own thinking, to look for the good, and acknowledge it – well, our own individual “worlds” would change in that instant.

So here's an invitation and encouragement to do just that. Find something to appreciate and focus on that, leaving out and choosing NOT to focus on anything at all that person is involved in that you do NOT like. Remember, whenever we give our attention to anything, we invite it into our experience. Choose wisely!]

Kingston, Jamaica:

The person I chose to appreciate was my mother. She and I are just now developing a more healthy relationship (I'm 31), and I've come to value her a lot over the past couple years.

I chose to give her a hug and some kisses as she was alighting the outside staircase of our house. She responded by hugging me back and giggling ... and then telling me that I needed to get out of her way 'cause she was on the phone and needed to get something inside so she could respond to the person she was speaking to. Nonetheless, I felt great! Truly blessed. Thank you.

Ontario, Canada:

I chose a co-worker named C___ who has had a really tough year and has had to deal with a lot of tough issues. But nonetheless she is always positive with others even though the average person may have collapsed in grief, frustration and withdrawn into themselves. My statement to her was, “With all you have had to go through in the last little while I want you to know that I appreciate your positive outlook as it has allowed me to readjust the way I look at things.”

Tears came to her eyes along with a glorious smile and she then wrapped her arms around me and said thank you along with a return of “I appreciate you TOO!”

Amazing!!! I am going to use this technique each and every day as it made me feel wonderful. These are three very powerful words!!!! Thank you, I also appreciate your providing me with this absolutely amazing insight that will assist me on my journey to enlightenment and as they say, I will pay it forward.

Western Cape, South Africa:

Our Company Tea-Lady, P___. Probably the most valuable member of our company, LOL. She is definitely an integral cog in the wheel.

P___ came into my office as usual with my tea, I decided to offer her one of my delicious chicken mayo sandwiches which my wife makes for me. I offered her one. She was overjoyed and said “thank you so much” as she took one. She left my office.

After a couple of minutes I decided to follow her to the kitchen downstairs, to chat with her and see if she was enjoying the sandwich. She was washing the dishes, not eating her sandwich, so I asked her why?

She laughed and said she will eat half “now now” and keep the other half for her daughter (at home)!! Laughing, she showed me gratitude in its purest form. It felt brilliant!!! Thank you very much, P___.

Drammen, Norway:

- My teenage daughter.
- She was very happy.
- It felt as if everything was as it should be.

Victoria, Australia:

My darling sister was the recipient of my surprise hug. It lifted her spirits and she had a lovely smile which completely covered her face. I felt warm and loving and delighted to have done such a simple thing which gave someone so much inner joy.

British Columbia, Canada

The person I chose to appreciate was my friend D___. She responded by sending her gratitude right back to me. We both felt GREAT! I love to share great feelings with folks, and I do so in my life daily. My philosophy is “What you think, you look. What you think, you do. What you think, you are.” (from Dr. Shaklee) ...

Australian Capital Territory, Australia:

I recently read Deepak Chopra’s *Synchrodestiny*. What a tremendous book. In the book, Deepak introduces the word *namaste* (nah-mah-stay) which means, “The Spirit in me honours the Spirit in you.”

Well I have used this word many times before when I meet someone. It was during my elevator trip at work that a sad looking executive entered and I immediately said to myself, “Namaste,” and radiated a smile in his direction.

Within a millisecond, he smiled back at me and said, “Good Morning.” I reciprocated and as I left him behind in the elevator we both said, “Have an outstanding day” at exactly the same time.

This was a truly amazing experiment and made my day and also made his.

Thank you.

New Hampshire, USA:

The person I chose was on a park bench crying, being berated by her mother for wanting to go to town and causing her mother to spend all the money they had and now they had no fare money home, etc., etc.

So ... I sat down by this crying girl and put \$20 in her hand. She was stunned but delighted. No more crying. I was grateful to help. Felt great!

New York, USA:

Who was the person you chose? Aunt C___.

How did that person respond? Impossible to say — she is deceased, but I really appreciate her help, and know that she was such a blessing in my life.

And how did this little experiment feel? It always feels good.

Ontario, Canada:

WHO: My partner J___.

HER RESPONSE: She made me dinner and brought in the laundry! After saying thanks.

MY FEELINGS: I felt happy, especially since I had just been criticizing something she'd done. I chose instead to appreciate her and felt an instant reconnection and love for her.

Thanks for the opportunity.

Queensland, Australia:

1. The person I chose is N___, a co-worker that sits next to me at work.
2. N___ responded in a warm, caring and open way.
3. During the experiment I felt the pleasure of sharing, a relaxed openness and mutual respect for each other.

Palmerston North, New Zealand:

I chose my partner for this little experiment. His name is L___.

The good thing was minor: I am a night owl, he is a morning person, so this day I got up earlier than him, and made him breakfast in bed, and joined him and we just talked.

He was really smiley! Looked stunned that I had got out of bed! But he said that he was pleased that I had thought of him.

I felt tired, my eyes were groggy! But inside ... Well, inside I felt amazing!! The fact that my presence is enough to make him feel so good made ME feel so good. Might make it in to a weekly occurrence!

British Columbia, Canada:

I practiced gratitude with two people already today. My brother E___ who lives in ___. He was clearly moved as he has been depressed. And a friend who is at work – who responded with a surprising word of gratitude himself. Both were done by email.

It feels GREAT! Thank you, Rebecca for your very encouraging spirit.

Ontario, Canada:

The person I chose was someone who works for me, and I was able to give her a sterling recommendation to a job that she truly deeply wants. As luck would have it, it is with a person I was able to place in his job, so he is grateful and also receptive to me.

My staff person was so happy, and grateful. The talk I had with my current peer went very well, and he expressed gratitude at what I had done for him, and at helping him find a great candidate.

I feel really good myself, and on many levels. It feels good to help others, to be part of making dreams come true, and to be in a circle of gratitude.

Florida, USA:

I walked over to a homeless man that hangs out under a tree accross the street from my workplace. I didn't say anything, I just handed him my lunch bag with a nice sand-

wich, some chips, a banana and a bottle of juice. I also handed him \$25 and told him that God was blessing him and that giving for me was also receiving. He wouldn't look me in the face but instead just started to dig in the sack and said "God Bless You" back to me.

This felt scary as he seems to be disturbed mentally and I felt sadness for him. It was an over-zealous feeling when I went into the building and watched him out the window eating the food like he was starving. I noticed that I had a tendency to want to tell him what to do with the money but I refrained as a gift is given without any ties.

When I got home I had a check for \$1,000 in the mail that I was not expecting. It was from a bank loan that I had paid off and they owed me money back so I guess giving really IS receiving.

Idaho, USA:

Person: 16-year-old daughter

Response: OK! What do you want???

Felt? It felt great, family are the best ones to pay a sincere compliment too, it usually freaks em' out and they want to know what you want or what they did! (I found out during the [Science of Getting Rich for Practical Geniuses™] course that sometimes they won't say so but they are still freaked by it!)

British Columbia, Canada:

I sent an email to my wife to remind her how much I appreciate all the work she does for the family. Especially the night before when we were all "under the weather" and she was able to take care of all of us. We talked later in the day and she thanked me for the note. Likely it gave her a bit more energy to face the day and felt great. I felt great. Good reminder to focus on positive.

Illinois, USA:

1# An old acquaintance (prior work-mate) and I went out to dinner. He was both up and down as he just started a new job and was apprehensive. We talked through what he could do to shorten his learning curve and ideas he could present to his new boss to show he was a go-getter who could make a difference. We both had a great time in catching up on what was going on in our lives and brainstorming ideas for his success. We both left feeling great.

2# At an auction, my mother-in-law missed out on buying a plaque with the poem, "Don't Quit." As it was part of a large group of items, I went to the high bidder afterwards and talked her into selling me the plaque which I gave to my mother-in-law. She was very thankful and we both felt good.

Tallinn, Estonia:

I understood that I should tell somebody by my choice something very nice. I thanked my boy friend and it is amazing that he got very confused. It means that he is not used to it and even worse it means that I myself personally tell to the persons surrounding me very seldom nice words.

What do you think, am I right? Thank you again.

[**Note from Rebecca:** I think it was a good "wake-up call," an opportunity to make different choices, and I think it's wonderful you're saying yes to that opportunity!]

Somewhere in South Africa:

The person I chose is our company receptionist who is the centre of the entire organisation with her efficient, good humored approach to matters that endears colleagues and customers alike. Without a doubt, when she is off work sick, or on leave, EVERYBODY feels the void that has been left behind.

She beamed with gratitude when I thanked her for her invaluable contribution to the company, and to myself personally.

I felt good expressing gratitude to her, and I also felt good when I saw that my words had in turn, made her feel good :)

Texas, USA:

I called someone with whom I had a several year relationship that ended horribly painful for both of us. I told her I appreciated her because the experience of being with her in the great moments and ending the relationship in the bad moments gave both of us a clear understanding of our relationship needs. I believe I have found someone who fits that bill after a year of being in a self-imposed cave. The so-called "bad experience" showed me what a healthy experience was like.

She was touched to tears, actually we both were.

[**Note from Rebecca:** Yes, the "negative" experience is incredibly valuable because it shows us clearly, unquestionably, and right in the moment what we do NOT want. Then, we can take that and shift out of focusing on it and onto what we DO want. Good for you!]

Alberta, Canada:

I chose my girlfriend, C__.

Since I'm working a split night-shift this week, I emailed her stating how much I really appreciate her being in my life.

Normally, C__ lets me sleep in ... knowing the normal time I'd get up at ... before phoning me. But not after that message out-of-the-blue!

My eyes had been shut for 2 hours when the phone started ringing. Her 1st words were ... Oooh Honey – That was Sooo Sweet! – I Love You! (She even began prying to see if anything was wrong! LOL*)

It made me feel good, and, after ensuring there was nothing wrong, it made her day!
(Thanks for Scoring Me a Big One in Her Good Book!)

Victoria, Australia:

I chose: My partner, K__.

Her response was: I appreciate that you are grateful for the little things that I do.

This experiment felt: Fantastic. I do not show enough appreciation to K__ and the kids, and doing this little gesture helped enormously to rekindle some gratitude.

Texas, USA:

Appreciation has always been one of my favorite words!

Very recently I called our electricity provider with some questions. The young man

*Note to newbies: LOL is internet shorthand for "Laughing Out Loud."

who helped me was very friendly and eager to get the info I wanted. We had a nice little chat while he made sure to really understand what I wanted, not just what was easily available in front of him. When we were quite finished, I asked if I could speak with his supervisor.

At first his voice changed a little and he asked why. I told him I was sure he had customers complaining all day long. But I thought when someone did such a nice job, they ought to be complimented and recognized – appreciated! I wanted his boss to know about it.

He stopped for an instant and his voice brightened considerably. He said he'd have a supervisor on the line right away. He thanked me and assured me that this was, indeed, rare. The boss was just as surprised and pleased. He promised some form of recognition and thanked me for telling him.

A little extra sunshine for all three of us that morning! Why not? He deserved it! So did the boss for having him on staff. And I so enjoyed being able to thank him this way for his excellent customer service!!

Australia:

I chose to send my husband an email thanking him for his willingness to give things simply for my comfort.

I got a lovely email back. Offering to do more things for me which in effect, HE is the one going the extra mile for me! (How interesting is that!)

And how did this little experiment feel? Simply GREAT. I felt, peace, contentment and happiness with no expectation of receiving anything. Yet I am receiving back way more than I gave. Mmmm Really reminded me how important it is say THANK YOU more often. :)

Indiana, USA:

I chose my grand-daughter, I___, age 4. (We actually do not use the “g-words” and instead I call her my daughter-once-removed and she calls me “N__.”)

Anyway, she was here with me, and so we made a list of fun things we want to do this summer, (like go to the farmers’ market and blow bubbles) and we penciled some of them in this week, and then we were so excited thinking about them, that we gave each other a BIG, BIG hug. And afterward, she felt great and so did I___. Thanks!

Somewhere in Australia:

1. Person I chose is a housekeeper for the premises that I am renting at.
2. With delight.
3. Felt great.

California, USA:

I expressed gratitude to my girlfriend, C___. She responded sweetly, and it felt great! Thanks for the suggestion.

California, USA:

I told my husband I appreciated him so much. I looked in his eyes and sat with him and told him how much I appreciated who he is. He seemed to be surprised at how much attention I was giving him. He seemed to be calmed and more relaxed after I

did it. I felt great. It seemed to turn a hot day into a cool breeze of inner joy that no circumstance can take away.

Thank you again for your service to the world!

Florida, USA:

The person I chose was S___, my department secretary. Her response was she sent me an email to explain how much she valued working with me for the past 12 years and couldn't image me not being there at work.

Her response made me feel good and very teary eyed. I felt good just telling her even before she responded.

It's great to be grateful and appreciative. I'm a new subscriber to the list but I enjoy it and I'm glad you're spreading the word and Dr. Wattles' book.

Singapore:

The person I chose was ___, one of our business associates in our mlm business.

Personality-wise S___ and I have different personality styles and sometimes we clash. We are currently on a business trip ... and trying to break into a new market. It's a difficult time with a lot of work and little results (at least that I can see ... I'm already grateful for the learning opportunity and the fact that we are successful).

S___ is from ___ and is definitely operating outside his comfort zone. So my partner and I let him know how grateful we were that he was here, grateful that we were involved in this business together, grateful that we were moving forward and would be successful together and that we really appreciated him as a person.

He responded by first of all staying quiet, then he half smiled, then his confidence started to build, he became happy and was positive about the results we would achieve.

The experiment felt great! There was no more clashing of personalities because we were now happy about what we were doing, happy that we knew we would have success in one way or another. I think the other important thing that happened is that we all took a BIG step forward in terms of mutual respect and trust – something that could have taken a long time to achieve happened in a really short time. :)

East Melbourne, Australia:

I left a note for my wife saying how proud I am of her (she recently started a new job in a totally new field). She was very happy to find it and has left it sitting near the phone to remind her of our support for each other.

Michigan, USA:

I made a call to a friend, P___. I felt good about this and though she was surprised, she felt good about this. So two of us felt good and happy. I have moved around a lot for many years; P___ has always keep in touch with calls, clippings, etc. Thank you.

Indiana, USA:

Part one: I spent time by myself, visualizing myself being grateful. So the answer is ME.

Part two: I responded with a smile, without trying!

Part three: I felt truly grateful and blessed. I kept finding more things to be grateful

for! I spent a ridiculous amount of time in front of my computer with eyes closed, just being grateful. Thank you!

Maryland, USA:

The person was my brother. He responded very positively. Feels good to know you are more capable by using just a little more of your mind than working harder and negatively.

Kansas, USA:

I chose my wife. Washed her car late in the evening. She went out the next morning and was very happy to see a clean vehicle. It felt good to do something nice for her without her finding out 'til the next morning.

Laezonia, South Africa:

I chose my mother. She e-mailed me back so happy to have had the e-mail.

It made me happy & sad, happy as I made my mother's day and sad because she should have been told that a lot more and a long time ago.

[**Note from Rebecca:** I understand your feelings, but let me encourage you to let go of any sadness as gently but quickly as possible so that your focus shifts to what you desire rather than any lack from the past. This is the great thing: Every moment is a new opportunity, a fresh start!]

Ontario, Canada:

Four months ago I met a very nice man from the personals in the newspaper. "J___" seems to be the ideal man for a possible serious relationship. We seem to like the same things and live not too far from each other. We had a few dates and everything was slow as he told me he was checking his other answers (he put the ad in the paper).

Since I read *The Science of Getting Rich*, I am always trying to be appreciative and thankful for what I have. Last week I had a dinner date with "J___" and I told him how grateful I was that he put an ad in the paper as I would never had met him if he had not put an ad.

I think he was very surprised with my saying that and he told me that I was the only one he was seeing from that ad. I think "J___" and I have a future together.

Pennsylvania, USA:

I told my kids how much I appreciate them. It felt good to hear that they already know :)

Minnesota, USA:

My husband lost his job last week, so I chose to tell him how much I appreciate what a wonderful husband he is, because he needed the self-esteem boost.

I sat next to him and took his hand and told him all the reasons why I think he's a great husband and father – and none of them had to do with his state of employment!

He hugged me and thanked me and told me how much he loves me. He felt much better and so did I! To be honest, I'd been harboring some fear and anger about the situation and this exercise reminded me where my priorities are and how extremely lucky I am to have such a great partner. Gratitude works!

Michigan, USA:

My son is currently unemployed and still transitioning from active duty in the army to civilian life. I gave him a pat on the back and thanked him for helping me with a household chore.

It was good to see him smile and hopefully it will keep us smiling all day.

Ontario, Canada:

Thanks for your great newsletter ... uplifting and motivating as always!

In my "little experiment" I chose to thank my appointment setter (who works from her home), who works the phones day in and day out, week after week, cold-calling prospects and setting up sale interviews for me. She does a great job, but I rarely tell her that, for some reason (other than the occasional "keep up the good work" passing comment).

So I emailed her telling her how much I appreciate her and how vital she is to the success of my business. She said it was really good to hear that from me, because sometimes she feels that maybe she's not doing a good enough job! She never really knew she mattered as much as I said she did.

This made me feel GREAT! And I can see how the benefits will be far-reaching and long-lasting. I believe she will have a greater sense of purpose when she calls and her days will be a little brighter, knowing how important her role is in the company. Her self-esteem and self-confidence has probably been raised significantly. All this from one simple little gesture! You can be sure I will be spreading praise generously like this, over and over again. Thanks again Rebecca.

[Note from Rebecca to readers who are bosses, supervisors, managers, employers, etc.: Have you invested appreciation in the people who work with and for you? When I was a networker I learned that there are six major, basic reasons people decide to get involved in that type of business – and four of them have nothing to do with money! Sincere recognition and appreciation are *powerful*. And they pay big dividends in *any* kind of business, not to mention in friendships, families, and other relationships, too.]

Illinois, USA:

The person I chose was my wonderful wife. She responded with a little surprise, then a smile and a hug. We both experienced a joy filled day.

Utah, USA:

I enjoyed this newsletter immensely! I too noticed the joyful focus of *The Science of Getting Rich*. Thank you for your wonderful encouragement and uplifting words!

I chose to tell my wonderful husband how much I appreciate him and how he is always positive, hopeful, and encouraging with me. I have never told him that before – I tend to be down on him (or, I used to be but will be no more) most of the time.

It felt wonderful to express that and he responded with a surprised "Thank you!" We hugged. It felt wonderful! It immediately brought me into a more peaceful state.

Thank you for that challenge/invitation. You are the best!

Texas, USA:

The "person" was a little miniature Pekinese dog wandering the streets in hot weather.

I stopped and opened the door. The dog jumped into the car and onto my lap and proceeded to cool down and make herself comfortable. She has shown her gratitude in every way she can, but I know she will be happiest when we find her family this afternoon.

Montana, USA:

1. I chose my daughter.
2. The smile on her face illuminated the whole planet (and you thought what you saw this morning was the Sun!!)
3. It felt great – and took me from a not-so-great mood to appreciating my day!
THANKS!!

Alberta, Canada:

Who was the person you chose? a friend, L__.
How did that person respond? with a smile, a hug and a tear
And how did this little experiment feel? great

Manila, Philippines:

I chose my new Office Assistant. She looked embarrassed, but, was happy and thankful to receive approving feedback from me.

It made me feel good to be able to do it. Additionally, the atmosphere in the office became decidedly lighter because my Office Assistant was in a better mood in dealing with others either in person or on the phone.

Singapore:

I thanked this friend who I got to know from work almost 5 years back. As he was older and wiser, I often sought his advice on issues I was facing. He always came up with intelligent and sensible views which I truly appreciated and told him. He was surprised that I thanked him as he did not think he did much.

This experiment felt good as I showed my appreciation for someone that I have never done before. My friend too was surprised and he would have felt good being appreciated as well.

New Hampshire, USA:

I chose my mother and we just decided to jump in the pool, with our clothes on. She giggled like I haven't seen in so long, since before the cancer began. She hasn't been able to go out in the sun for months during her latest series of chemo treatments because of the adverse reactions. I felt like a kid again, hearing her enjoy herself in this way.

Georgia, USA:

I chose my husband, who is, hmmm, on a different place of the continuum when it comes to gratitude. I always like to tell him how much I appreciate him, because I do and because he does so much for us ... day in and day out.

He probably doesn't hear a lot of gratitude at work, either, so it's important that he hears it at home! He almost always responds with a shy smile and either says "That's okay" or "Thanks for noticing."

He's a typical man's man, so when I sent him an email just now to thank him for being so patient with me while I study for the bar exam (my head's always in my books and the house is a shambles!) he emailed back that he has every confidence in my ability to pass the exam, which was just what I needed to hear!

What goes around, comes around ...

Utah, USA:

When I chose to let my husband know how much he is appreciated for all he does to keep our home and landscaping nice and neat, his entire face lit up with such a JOYFUL smile and he said, "I don't mind doing it. I'm glad you like it."

Of course it felt good to express my appreciation, but it also made me feel REALLY GOOD to know that he really appreciated hearing it and that he now felt REALLY GOOD too!

Amsterdam, Netherlands:

I told my boyfriend that I really appreciate him. He responded by telling me that he appreciates me too. We both felt great and hugged.

Thank you for suggesting this. It made me feel happy.

Johannesburg, South Africa:

The person I chose was K___ a little girl of 8 from a home of safe-keeping for abused children!

Her whole little face lit up! (Picked her up from the home and left a Barbie magazine on her seat in the car!)

I felt great! Her pure joy was contagious and ignited a fire within me, warming my heart and being.

Thank you for the inspiring newsletter. It always helps me to focus!!!!

Location Unknown:

My adult daughter. Her whole attitude changed: when she left, after our visit this morning, she had a smile on her face, turned back to me and said, "I love you, Mom!"

Barcelona, Spain:

The person I expressed appreciation for was myself. This has got to be the very first time I have felt grateful for who I am as a person and individual. I felt so special and at peace, knowing that who I am is perfect and right. I also congratulated myself for the way I am applying the Certain Way in my life since February. So much positive change is evident and many creations realized. When I catch myself thinking incorrectly, I apply my will to correct thought and resistance immediately subsides.

Then to end my experiment, I went to the page where Wally gives encouragement. This brought tears to my eyes and was obviously the final touch to the beautiful experience of expressing gratitude to myself. What a wonderful feeling.

York, United Kingdom:

Thanks for the idea!

a) K___, a good old friend of mine in Germany I haven't been in touch with for over 18 months.

b) Delight, especially as I, quite spontaneously, decided to go to visit her in a few weeks time, as she is getting married that weekend! Also, we might pick up an almost forgotten writing-together project again.

c) Exciting but calming as well – connecting back to some roots and going to exchange quality experiences and thoughts, ideas etc.

West Sussex, United Kingdom:

I read your email, then went up to see my teenage daughter who was just getting ready for bed and asked if I could give her something special – I then gave her a huge hug, which is a not very common thing for her to allow me to do these days, as she can be pretty prickly – and she gave me a great hug back and said she loved me!

I felt very loved, a special moment – thank you!

Coventry, United Kingdom

I chose my friend and told him how much I appreciated him and his constant support. He responded positively to what I said and it not only made his day but his response to what I said also made me feel great and appreciated too. It's such a wonderful feeling. :-)

Queensland, Australia:

1. My husband, B___.

2. He was a bit surprised, but glad to be acknowledged and appreciated for everything he does.

3. It felt good – not “wow” – but good. I think maybe I was expecting too much and therefore, put too much pressure on the outcome. I made it too much about me instead of making B___ the main focus.

[**Note from Rebecca:** Good is good, and it'll get better as you realize that, actually, it is about you and how *you* feel. ;-)]

Somewhere in Italy:

The person is my wife. She appreciated it. If you make something you think is good even it cost you, as the first thing in the morning, you'll have a very good day starting.

Many thanks Mrs. Rebecca, I love you for having put this little seed, inviting us to do something that feels really good.

Kampala, Uganda:

I appreciated my wife's looks and mentioned to her how much she means to me. She was elated and I felt good.

Thank you for your efforts to bring to us the enlightening wisdom of SOGR.

Colorado, USA:

I thanked a friend for being a friend and told her how much I appreciate our relationship. My friend was baffled and embarrassed at my candid admission of my affection for her. I felt great!

It's important to tell the people that we value them at every opportunity, because life can be short. We just never know when a time with someone will be the last time, ever.

New Mexico, USA:

I chose my daughter. She was in the computer room and I took her a soft drink and gave her a big hug and a kiss and told her how proud I was of her. She was thrilled and gave me a big hug and kiss and said “You are the best daddy in the whole world.”

It’s something I need to do more often because it feels wonderful to be loved.

Cape Town, South Africa:

I received feedback on one of my employees [and] had not shared it with her yet. I called her and gave her the message: A customer had written to thank our company for the excellent service we provide. She really had done the job so I called her, gave her the letter, thanked her for the service she delivered and told her how much value she adds to the company by delivering excellent service.

She was thrilled and said that she did not think anyone would notice. She promised to continue the excellent job she does, especially now that someone had said “thank you.”

She smiled so much that I could not help but smile along with her. I must have smiled all day!! I’ll bet people are wondering what I am up to!!

Thank you for your e-mails. I sincerely appreciate them

New South Wales, Australia:

1. M__, an ex-colleague of mine (*ex* because I have just resigned), is struggling with his own decisions about resigning and what to do next.

2. I gave my copy of *Feel the Fear & Do it Anyway* by Susan Jeffers to him. He was very grateful for the gift, and I have no doubt he’ll find great value in the book, but it is the mutual exchange of positive thoughts and ideas in our conversations that is giving us both such value, including the strengthening of our friendship.

3. I feel nicely “warm & fuzzy” because the exchange has been mutually valuable, with both of us receiving as well as giving. I feel greatly empowered in the giving and the receiving.

Gauteng, South Africa:

My “other person” was an elderly lady in the grocery store. She had put her purchases through and I was behind her. I asked the teller to add her purchases to mine and paid for them. The lady was confused until it was explained in her language that her groceries were free today! She was so delighted – and it was possibly one of the best things I’ve done all year. It made me feel so good. Abundance truly is everywhere.

(Now, having shared that, the good deed no longer counts. I’ll have to do another!)

Kind regards and many thanks for sharing your abundance.

California, USA:

I appreciate you!

Who was the person you chose? My Dad.

How did that person respond? Gratefully, acknowledging he has always appreciated me, whether he knew how to show it or not.

And how did this little experiment feel? It felt like an invitation to be truly grateful for another’s existence and presence in my life. In recent years I have really come to ap-

preciate my dad. This exercise was the perfect reminder to really let him know how much I appreciate him.

So I appreciate you for giving me and everyone this reminder, because all who practice this make the world a better place.

West Virginia, USA:

I chose my son and his best friend.

They seemed amazed I wasn't complaining, and answered with a smile and started a conversation with me (they are both 21) which is not common.

It felt good to tell them they are appreciated and receive the same from them and to be included in a conversation with them, in which they started.

Texas, USA:

Rebecca, I chose my wife and sent her an email telling her how I appreciated her encouraging words, gentle reminders, and each expression of love she gave to me. Her response was almost immediate and read:

"You're welcome! – it is because of my love for you!"

That made my day! Thanks Rebecca.

Dubai, United Arab Emirates:

I sent my friend a hug & wishes for a good day via text & for a change I included a picture of a flower. I told B___ she is a special friend.

She replied in kind surprised & happy that I had made a little extra effort to brighten her day. And I could feel us both smiling & feeling happy.

Karnataka, India:

1. Who was the person you chose? – Myself, of course.
2. How did that person respond? – Very enthusiastically, dead sure – with as much awareness that I am alive, almost falling head over heels
3. And how did this little experiment feel? – Most natural, as if restored to my true nature.

Ohio, USA:

I chose a friend, M___. We've been trying to find "answers" for some time. I forwarded him the newsletter..and he is elated.

Of course it feels wonderful. I always feel on top of the world to pass along info that someone has been looking for or interested in, helpful stories, kind words or compliments to others. It takes so little and gives so much. It feels good to help ... and it shows you care.

Ontario, Canada:

Q: Who was the person you chose? How did that person respond? And how did this little experiment feel?

A: It's funny, Rebecca, that earlier today I was thinking that it might be *my* behaviour that needed changing, not that of my roommates. So, I changed the way that I respond to him. I'm nicer, I smile more, I offer more.

It feels better to me, and when he smiles in return, I know that it was my behaviour after all; that if there is only one thing to change to make myself feel better, its never too far out of reach.

Thanks for your insights.

Hawaii, USA:

My wife. I just sent her the email. But I'm sure the response will be positive. ;-)

It felt great! I need to do this more often.

A reader in Florida, USA took this opportunity to get in touch with a friend whose son had just died:

How wonderful it is to appreciate good friends.

... I chose to let him know how wonderful a person he was and what a good friend he had been to me. He responded in quite the same way to me and we had a wonderful conversation about all the friends that came to comfort the family ... I felt that this person was not only my friend, but new family.

Thank you for the exercise.

South Carolina, USA:

Who was the person you chose? An 83-year-old patient of mine (I am a nurse) who needed transportation for cataract surgery because she could find no one to drive her there. I arranged for my daughter to provide transportation for her so she could get her eyesight restored. A few minutes on the phone.

How did that person respond? She praised the Lord for making a way "when there seemed to be no way!!!"

And how did this little experiment feel? Probably fed my spirit more than hers!

Ontario, Canada:

Who was the person you chose? My friend A___, who I've developed a good friendship with over the last 3-4 months. Never would have guessed we'd become good friends.

How did that person respond? She appreciated the compliment I sent her as a reply to her text message. She said she was having a great night and my compliment made it even better and put a smile on her face. She returned the appreciation with a thanks.

And how did this little experiment feel? It made me feel really good.. I was making somebody else feel special, important and really appreciated. At the same time it made me feel good and grateful to have somebody as special as her in my life. It's a real blessing.

Oklahoma, USA:

Who was the person you chose? An outer circle friend/acquaintance.

How did that person respond? She was very appreciative of the email and wanted to help me even more in the future!

And how did this little experiment feel? It's really nice to be able to tell someone "Thank You and I appreciate what you did!" It made me feel good to remember how helpful she was since she went out of her way for me and also made me realize I need to do this more often for more people!

Colorado, USA:

Who? My wife

How did she respond? Thankful and Appreciated

How did I feel? More In Love!!

Northern Territory, Australia:

Yes Rebecca I did receive joy but indirectly from the lesson it provided!

I gave my 13-year-old daughter a hug, she smiled, I was happy. However there was a look of dismay on her face. Of course the lesson was I didn't hug enough, and how easy to rectify. No cost involved but instant happiness for both involved.

Next was phoning my partner ... I was greeted with silence when I told him how much we appreciated him and how grateful I was for his efforts! Dismay again, but he did assure me that he was going to have a good day.

Thank you for letting me find you.

Richmond, CA:

Greetings, I've been getting the Newsletter for several months now, and this is the first time I decided to play the monthly game. I'm making a choice to become more active with SOGR and playing the game this month is one of the ways I am choosing to actively jump in and play, because playing feels GOOD, and the secret to living in abundance is creating the emotions that will draw to us what we desire, and that emotion (according to what I just read, and I also know it to be true) is feeling good and joyful! Learning to generate that feeling of joy, of feeling good, seems to be the point of this month's game.

[**Note from Rebecca:** Yes – exactly!]

One of the things that always makes me feel good and joyful is to express to someone else what I appreciate about them, and follow it up with a hug.

I decided to do this to/with my husband. He responded by filling up with tears and smiling with joy, and I wasn't sure if the hug was initiated by me or by him, we fell into a beautiful and joyful hug and were surrounded by an energy of abundant love. This exercise filled me with joy. I deeply felt the reality that by giving appreciation and expressing gratitude, joy immediately wells up within me with no effort.

Many thanks, and much appreciation for all the wonderful energy you create and share with so many.

Virginia, USA:

A lady at my church who does so much around there to help was washing dishes after grilling the meat at our church cookout. I told her how much I appreciate everything she does and that she probably wasn't told enough but we all really do appreciate her.

She turned to look at me and her eyes were just beaming. She was so happy to know she was appreciated. Of course, I also felt great because what I was saying was coming from my heart and it made me happy to see her feel happy too.

Quebec, Canada:

I chose my Wife, S__, telling how much I have appreciated her Love, sense of decoration and gardening that has rendered our Life so beautiful together. I told her I ap-

preciate her for her Love for me and for her patience with all my “quirks.” That I appreciate her “monetary senses” for handling our budget so well and for all the good things she help bring into my Life!

But the BEST thing I appreciate her for is simply HER and our Love!

How did made me feel? Like the first day we went out, feeling full of Love and Joy!

Thank you Rebecca, and I appreciate you for making this little exercise. I am sure MANY may be more surprised then they think they would be!

Hugs to You!

Victoria, Australia:

OK, after reading the question, the first person who came to my mind was my 15-year-old cat D__ who was crying and wanting something so instead of telling him to go lie by the fire, I picked him up and gave him a big cuddle until he was dribbling! He loves me so much and even more at that moment. I didn't just feed him more food to shut him up, I took the time to get off the computer and love him.

For me it felt at first a bit frustrating coz I know I just wanted to read my email but by taking the time out to nurture both of us, me in the giving and him in the receiving it made me feel more calm and peaceful.

Thanks Rebecca!

Western Australia, Australia:

Hi, love your ezines and enthusiasm ...

I was feeling very narky with my partner this morning. After reading your ezine I expressed gratitude to him for all the nice things he does for me. He had tears in his eyes, gave me a big hug and said he loved me. It was a very special moment.

So thanks for all your encouragement.

Ontario, Canada:

I asked my friend D__ for a hug and he was very happy to give one and receive that hug as we both felt really good about it and appreciated it very much, he is my best friend, student and brother in arms!

Thanx Namaste.

Kingston, Jamaica:

My daughter, Elizabeth

She gave me a big hug

It felt wonderful – need to do that more often – life is good!!!

Texas, USA:

I called my son and told him how much I appreciate him. He said “Well, thanks,” sounding happy to hear that. And I felt his happiness with my own.

Thanks.

North Carolina, USA:

I contacted my daughter in Florida and reminded her of how much I appreciate her and told her how very much she means to me and how grateful I am to have her in my

life. Her response was mutual, of course. But I felt so good, telling her exactly what was in my heart and hearing her say she feels the same way made me feel pretty awesome too.

Thanks again for my first issue of *The Certain Way*. It's already been beneficial! And hugs to YOU!!!! :-)

California, USA:

I chose to tell my husband how much I appreciate and love him. He gave me a huge beautiful smile and a loving bear hug. This made me tingle all over with joy!

Thanks for the sage advice!

South Australia, Australia:

I chose my 17-year-old son as the person whom I appreciate, with particular reference to his recent "helping out" with some students from interstate in clearing the table, washing dishes and general caring. He responded with a smile and I felt great and joyous on the inside.

Mississippi, USA:

Short answer: I called up my girlfriend who lives 2½ hours away and where Hurricane Dennis just passed through last night. I frequently play games like calling from Kissing, Inc., pretending to be a kissing salesman. I'll ask how many kisses she would like for the weekend and whether or not she had a special salesman to deliver them. As you can imagine, she's a frequent "buyer" and I have quite a selection of kisses. LOL.

But you asked for something more recent. Today ... I called her and said, "Isn't this the telephone number for the cutest girl in ___ county?"

"Yes it is, how did you know?"

"Well I was reading the paper where they have the listings of things like best place to go to theater and there your number was for cutest girl. But they didn't put your name. Say this isn't ___ (her name), is it?"

"Yes, how did you know?"

"I just knew it had to be you."

Okay we're sappy sometimes, but we're having fun. Anyway, I hope you don't publish this, because I'm so shy. ;) Really though, ummmmm, don't pub if possible. Got my "professional" image to maintain and no, I'm not married. How could you think such?

[**Note from Rebecca:** I asked nicely and this very romantic reader gave me permission to go ahead and publish this. Guys, are you taking notes? ;-) Matter of fact, gals, are YOU?]

Queensland, Australia:

For the first time ever I have taken time out to sit and read your email message in its entirety and focus on the message within. Wow – what a difference it made to my way of thinking. I'm going to dig out my copy of SOGR and start reading again.

My answer to this month's prize draw is as follows:

The person I chose was my four week old son who was asleep in my arms.

Whilst he didn't respond (apart from snuggling in more) I could feel a shift in the energy around us. This little experiment felt great as the feeling of sleep deprivation faded away and I was overcome with immense feelings of love, joy and happiness. I am so lucky – and so grateful.

Thankyou for sending out the monthly SOGR email – it has reminded me of the importance of my positive thinking AND the power of the Universe.

Oklahoma, USA:

Who was the person you chose? (My granddaughter, D___.)

How did that person respond? (She smiled and gave me a big hug!)

And how did this little experiment feel? (It felt wonderful. Just to see the smile on her face, and know that she felt appreciated, made me feel all warm and fuzzy inside. I am going to make it my priority to do this at least three times a day with three different people.)

Arizona, USA:

1. I chose my son C___ and gave him a big hug and told him I loved him.
2. He loved it and returned the hug and the love.
3. It made me feel great!

Georgia, USA:

Who was the person you chose? Wife, K___.

How did that person respond? Delighted, excited, energized.

And how did this little experiment feel? Since it was my spouse, obligated. It may have felt a little awkward to a friend or better yet stranger. Nevertheless the energy and excitement was in the air and full of power.

[**Note from Rebecca:** That awkward, obligated feeling was likely just because you haven't done this before in such a spontaneous way. The solution? Practice! ;-)]

Florida, USA:

I told my Daughter how much I appreciated her for all she does for me and for being a great mother to my Grand-kids. She was moved to happy tears and it made me feel really really great. I have been reading *The Science of Getting Rich* for the 2nd time and I'm starting to get it.

Western Australia, Australia:

I chose my wife for this experiment, she has been working hard and I thought I would call her to let her know I appreciated what she was doing. Her reaction was very positive and she said I had made her day, which was great, because doing it made my day as well.

Saskatchewan, Canada:

1. My mom
2. She got all misty eyed and gave me a huge hug of thanks
3. Like I finally was able to return her earlier kindness of being there to appreciate me when I needed it most.

Alabama, USA:

I chose my very dear friend M__ who is always building me up, no matter what. She gives and gives, in all ways. I called her, then wrote her an email letting her know what she means to me. She was almost speechless (and for her, that is NOT normal). She is saving my letter. I feel really good about finally doing something to build her up like she does me. I plan to find others to do this for, and to remember to do it for Marie from time to time.

California, USA:

I chose my friend, V___. I told her how much I appreciate her friendship, how she has been so generous to me and how she will always have a special place in my heart no matter what happens and where our separate paths lead us. I told her she can also count on me.

How did that person respond? She smiled broadly, blushed and thanked me for being so nice as to mention it. She said she appreciates me too.

And how did this little experiment feel? It felt very good.

Florida, USA:

My best friend's niece.

She responded with joy and happiness and a sense of pride in her own uniqueness.

The experiment enriched my sense of my own uniqueness and helped ease the pain of the loss of my best friend.

Nevada, USA:

I used this month's "question" to do something that I haven't done enough of in the last 35 years ...

... I took the time to REALLY express my gratitude to my wife for all the wonderful things she has done since we were married in 1970, like putting up with me and my "dreams and schemes," being the nurturing mother of three wonderful kids and now grandmothing three fantastic grandsons.

California, USA:

I chose my wife, she laughed, smiled and gave me a kiss. It made me feel good.

Minnesota, USA:

I want to share with you the difference that gratitude made in my life.

Six years ago my husband moved out of our home. I kept telling everyone that he "left me for another woman" (which there was another woman involved, but when I took 100% responsibility for my life, I realized that was not why he left) and complaining about him all the time.

My coach told me I was not allowed to do that any more.

I was to call all of the people that I had been complaining about him to and tell them that I was no longer allowed to complain about him and if they caught me doing that, they were to stop me and request that I say 3 things that I appreciate about him. I needed to write a list of things about him that I was grateful for and keep the list handy for when I slipped up and started to bad mouth him.

In writing the list, I got what a great guy he really is and how grateful I am that he is in mine and my children's lives. I called him and told him all of the things I am grateful for that he provides for the kids as well as for me.

I had also made a list of things that "the other woman" (now his wife) does that I am grateful for and I also talked with her and thanked her. This has opened up the space that allows them to come to my home for events for the kids.

In this, I have not only given myself the gift of letting go of the negative thoughts, but an even better gift of my children getting to have all three of their parents be part of their lives without having to worry about their Mom and Dad not getting along.

I know this is A LOT longer than you wanted. I thought it was worth sharing, however.

I am making a list of all the things in my life I am grateful for and taking on the practice of every night and every morning, getting in touch with how "rich" I really am.

[**Note from Rebecca:** Now that's one GREAT coach! And big congratulations to you for having the courage and willing spirit to make this huge shift in your thinking and action, and also for sharing the experience with us. I'll bet you just inspired a LOT of people to move toward that same kind of courage and willingness.]

Texas, USA:

I just finished reading the newsletter and looked out to see the man who has done our yard work for years taking off his cap to wipe his brow ... we're in ___ and it's SO hot here.

I went outside and told him how much I appreciate his showing up every week, no matter the weather and always doing such a great job. With a big smile, he replied that he loved working on our flower filled yard and that HE appreciated always getting paid on time. We shared a nice hug.

I felt lifted up and energized by this brief encounter!

Maryland, USA:

Thanks Rebecca ... hope you "appreciate" my little story that follows, because I really appreciate you and your wonderful material, and how it continues to bless and inspire.

Today, I chose a co-worker who was experiencing some neck and back pain. I made some microwave popcorn, brought it to her desk, and told her that I really appreciate her efforts.

How did that person respond? She smiled broadly ...

And how did this little experiment feel?

Of course this experiment made me feel great. I'm constantly amazed at the huge dividends a "little" appreciation can pay. I finished the "Genius" course last month and have your "Grateful" signs in my car windshield, in my office – everywhere.

Now every time something "bad" happens, I thankfully acknowledge it and lo and behold that bad thing becomes a stair-step instead of a stumbling block. For instance, my office computer firewalls recently shut me out of all my financial "investment" websites. I thankfully asked my "computer major" daughter to help me find an answer. In just one evening last week searching tech gadget reviews on the internet, she found and helped me order a wireless Pocket PC that connects me to my internet brokers even when I'm in my car.

Of course my appreciation expressed to my daughter made her gush and reminded her that she is worth more than her weight in Gold (like all of us who are GRATEFUL).

Florida, USA:

I chose my wife to tell her I appreciate her. She was a little befuddled, and I felt a little embarrassed, but good.

A dad in Indiana, USA:

I told my little daughter (11), whom I've raised alone since she was a baby, just now that I appreciated her. She said, "Ok, why did you tell me that?" And I said, "So it would make us both feel good." She smiled.

Thanks.

Michigan, USA:

1) My cousin

2) She was short on rent money and wanted to borrow \$300. I told her I would give it to her instead, I had some extra money come in unexpectedly and was thinking about what to spend it on. she was very shocked yet grateful. We are not that close and she was very touched by the help.

3) It felt great. I was going to buy a new printer for my computer, but the one I have still works great, so it felt great to help someone instead.

Washington, USA:

I tried it on my wife. I always tell her thank you whenever she does something for me or the girls (we have two adoptees). But I say it automatically and in passing, if you know what I mean.

This time I sat down with her and really let her know how much I truly appreciated her and all that she does on a daily basis to keep our household operating efficiently, and all the little things that I don't have or take time to do. I could tell that she was very moved by this and, of course, that made ME feel GREAT as well!

Waiheke Island, New Zealand:

A wonderfully positive, zestful 94-year-old who's in a local rest home — took him out in my car for coffee (although he still drives, it takes him ages to get anywhere!) and we had a fantastic couple of hours, discussing the power of thought & the law of attraction, which have always formed his life philosophy — no wonder he came through the 2nd World War OK!

Illinois, USA:

1) I chose my 20-year-old son.

2) He gave me his beautiful, breath-taking smile with a little a little sideways head drop.

3) To see his smile and know that he trusts in what I say is a feeling so precious for words. He is going through a difficult period and the fact that he takes time for me to say little words of encouragement and allows me to see the lightbulb go off, is a truly special moment in any parents life, or for that matter any persons life who has ever believed in someone and know they are being listened to.

Location unknown:

I have been working with a woman named K___ on a top-secret project in the ___ industry on and off for the past three years. She contacted me out of the blue on my cell phone after being recommended to speak to me by a mutual acquaintance. (There are no coincidences, right?)

After learning the details of her project, I knew that there was the potential to turn her idea into a multi million dollar industry. (This was two and a half years before I discovered your web site and Mr. Wattles' book.) I knew she was already tuned into the principles of SOGR from our previous conversations so I began quoting excerpts from the book to her in our phone calls.

When I spoke about the concept of using the creative mind instead of the competitive mind, about how all of our thoughts make impressions on the universe, and how maintaining a clear vision in the mind will undoubtedly lead to success, she would say to me, "Yes! That's exactly what I believe."

Sure enough, things have been moving along with this project in a very fast and exciting way. It's only a matter of time now before it pays off. Our shared motto is now, "EXPECT Success!"

Florida, USA:

I chose to express my appreciation to my brother, D___.

He responded by thanking me (I could hear it made him feel better).

This made me feel much better having let him know I appreciated him.

Massachusetts, USA:

I chose my mom. Response: A very excited "Thank You! I appreciate everything you do too!" It made me feel great!

Thanks.

Florida, USA:

I chose my sister, asked her to come over to my house tonight for dinner. She was surprised and asked what was the special occasion. I said, "I want to appreciate you for being such a wonderful human being," and went on and on for about 2 minutes, verbally acknowledging her for the contribution she is in my life. She cried, and was touched, and said YES ... So I get to cook dinner tonight!

It felt great to say to her all the things that I would normally say on a big occasion (a wedding, a funeral, a graduation, etc.). To say it just because I mean it, and not because of an external occasion, was very empowering, and it drew us closer.

This was a great exercise! And I plan to implement it with everyone in my life. Thanks, Rebecca!!!

Florida, USA:

Who: The person in front of me at the grocery store.

What: He tried to put his credit card in to pay for his dinner twice. He was having great difficulty. I told the cashier to add his food to my bill. It was not a lot of money but he was having such a hard time. You could tell he had just gotten off work, but he was smiling thru his problem. The cashier added our bills together.

Reaction: The man just smiled and nodded as I handed him his dinner and told him to have a nice day. I was in a hurry when I went into the store and frustrated and the act of helping that man but a smile on my face and slowed me down a little to receive the greatest pleasure of all, helping another person.

[**Note from Rebecca:** I know just what you mean. A few days ago in an airport shop the cashier couldn't get the credit card reader to work for a fellow who simply wanted to buy a bottle of water before getting on his plane. I just smiled and handed the cashier the cash to cover both our purchases. He said thanks, but seemed a little sheepish about it. But as you've noted, when we do these little kindnesses, WE are the ones who truly benefit.

(And I'm sure he really was grateful. I'll just bet that later on, it really made his day. Sure made MINE! And we sure are having FUN choosing to acknowledge abundance, aren't we?) ;-D]

Connecticut, USA:

I told my Aunt who lives in an apartment I rent that I really appreciate having her as my tenant as opposed to some stranger. She thanked me and then let me know that she appreciates having her nephew as her landlord which made me feel good which is just what the exercise was intended to do from what I understood. :)

Illinois, USA:

Hi! I chose to tell my 15-year-old daughter how much I appreciate her. She grinned her beautiful smile and gave me one of the sweetest hugs she's ever given me. :) ... How blessed can one Mom be? C___ has 2 sisters!

Oregon, USA:

I picked three, not one. I told each of my kids separately how much I appreciate their help during the summer. My older son was assured and confident, he knows he helps but was happy to hear that I know it too. The faces of the younger two (who are both 9) lit up. They love to know that I appreciate them and I do. And, of course, it always makes me feel joy and pride to have such wonderful kiddos to appreciate. I am very fortunate!

Cambridgeshire, United Kingdom:

Who was the person you chose? My daughter

How did that person respond? With a hug back

And how did this little experiment feel? Well, my wife and I are really appreciative of the work our daughter has put into her degree course where she has just graduated with an honours degree. So she feels really good about herself, and the hug back was sort of appreciation for our support. Lovely.

California, USA:

Ha! What a larf. I send an e-mail chitty to my wife telling her how much I appreciate her and...guess what...she sent a rather curt note-ette back to me asking what the bleep I had done, burned the house down or summit? LOL

How did it feel, whell I felt like a right chump, that's what it felt like. Anyhows, I'll have the larst larf if I win that I-poddy thingy, whatever one of those is.

[**Note from Rebecca:** Give it another shot, M____. More iPods are available! (But the REAL prize is much bigger and better.) By the way, did you learn anything about how you've expressed appreciation – or not – up 'til now? ;-)]

Location unknown:

I have really enjoyed and benefited from *The Certain Way*.

I chose to show appreciation for my lovely wife A____. She responded with a hug and kiss & some words of appreciation I didn't expect.

This experiment was GREAT, and I intend to repeat it frequently.

Georgia, USA:

I chose one of my co-workers who is working with me on a major project. She responded very positively, even smiling at the end of the conversation. This felt great. We turned a less than pleasant situation into one that we are orchestrating with positive images of completion.

Maryland, USA:

I chose my son. I told him how much I appreciate his taking care of his own self-care (he's 15) and how I admire his taking on increasing responsibility. He got a really big grin on his face and said, "thanks, ma."

Tennessee, USA:

I said to my wife, out of the blue, "thank you for being my best friend." She beamed up one side and down the other and then said, "where did that come from?" It made me realize that I'm not vocally thankful enough for and towards my wife. Of course I felt warm and fuzzy, sad in a way that I hadn't done it more, and more clear of her needs. Being thankful is so necessary, so therapeutic, and so rewarding!

Somewhere in the United Kingdom:

I read your email, then went up to see my teenage daughter who was just getting ready for bed and asked if I could give her something special. I then gave her a huge hug, which is a not very common thing for her to allow me to do these days, as she can be pretty prickly – and she gave me a great hug back and said she loved me!

I felt very loved, a special moment – thank you!

South Carolina, USA:

I chose to give my mom a big hug, and she acted very surprised, and it made me feel very, very fantastic!

Minnesota, USA:

My Best Friend – R____.

Very positive feelings and insight & returned the feelings of Gratitude. This little experiment felt GREAT and Joyful & I AM Grateful!

Virginia, USA:

I chose my boss, H____. I thanked her for all she has taught me this past year especially on watching the details. She was shocked as most everyone complains that she is

a stickler for detail. It felt great especially because I really meant it and that came across in what I told her. I think we move closer to our desires if our gratitude is really felt and not just a list of I am grateful for statements. I use the statements to get me primed when it is hard to really feel the grateful-ness. I know I am on the right track when I have a smile for the thought.

Thank you for this support system.

[**Note from Rebecca:** Yes! That smile and the good feeling that go with it are the inner signals that you ARE on the right track! That's why shifting to thoughts that feel better is so essential. Whatever you're feeling (thinking about with emotion) is what you are *asking* for, no matter what your spoken or written *words* may say.]

Utah, USA:

I drive limousines and the company owner is a wonderful person, always doing for other people. So I chose her.

I gave her a card I found while getting gas for a limo.

It had a picture of a cow and the message was that she was a 100% Grade A Friend. Inside I wrote "You are one of my favorite people!" Then I tucked the card in with paperwork I was turning in.

She was delighted. It felt really good to acknowledge a wonderful person for being a wonderful person.

Wisconsin, USA:

1. T__
2. Emotionally, happily – but then I was emotional in telling her how I appreciated her just for who she is
3. It made me feel emotional and strong at the same time

Texas, USA:

I called an old best friend of mine who had become estranged over something stupid. We had argued a long time ago. I told her that I miss our friendship and hope she is doing well. I could hear it in her voice how much she had regretted the silly spat and was happy to hear from me.

Thank you for this note today. I had been thinking about calling her for about a month or so and it had been years, since I had spoken to her, probably about 5 now.

Luckily, I remembered her number and she was still there! So now I have some peace about a broken friendship and have promised myself never to break a friendship like that again. It takes two to be that stupid! No one has so many friends, that they should risk losing one of them.

Thanks again! Your timing was perfect.

[**Note from Rebecca:** Wonderful! And *your* timing was perfect, too. Matter of fact, the time is *always* right to feel good and express appreciation, isn't it?]

Colorado, USA:

Who was the person you chose? My son (22), sitting right beside me.

How did that person respond? He said "great," a little bit cynically. But then we talked, and he got it.

And how did this little experiment feel? Felt good. Always does!

Dublin, Ireland:

I chose my cyber friend H___, who lives in San Diego. I live in Dublin Ireland.

H___ is 92. He is deaf and does not get out of his home very much. His wife G___ (a mere 87 years old) is his caregiver.

H___ and myself play on-line golf together (Golden Bear and PGA 2000), but business had prevented me for playing for some time.

H___ was thrilled to hear from me, and responded very warmly.

Truth be told though, I got as much, if not more, from the fresh contact than Hal did!

We were both boosted terrifically by the contact and our regular punning competition (played side by side with the cyber golf) was very funny.

He'd been on my mind, but your "challenge" gave me the push to renew our friendly jousting. Isn't the web wonderful for reducing the size of the world around us?!

Great idea ...THANKS.

Wisconsin, USA:

My husband. He felt validated. It was easy and felt good.

Ontario, Canada:

The person I chose was my wife, R___.

Her response? Pretty typical. She burst into tears.

I felt absolutely great -- empowered, strong, capable ...

Her tears were a mixture of relief and disbelief.

Once I got R___ settled back down, I went back to feeling strong and capable.

Oregon, USA:

This morning, I went out for coffee with my husband. (We usually don't spend mornings together). I appreciated him not only in words, but by LISTENING to him, giving him lots of silent appreciative space to flesh out his thoughts.

The more I listened, the more good stuff he came up with in regards to our future and our business. The more I listened, the deeper my own appreciation for him became. It was like compound interest. It charged him up and empowered him for the whole day and gave me more insight to what is in his head and heart than when I do half or more of the talking.

I feel closer to him, and more thankful for him and our life together. We are more of a team than ever.

Massachusetts, USA:

The person I chose was my good friend, A___ . I sent him an e-mail thanking him for being in my life and telling him what I appreciated about him and he responded by e-mailing me back saying "I'd appreciate it if you didn't make me cry at work" which I take to mean he was pleased (as he's a standup comedian on the side).

I enjoyed expressing my true feelings, and offered to tell him a joke to take the edge off, but he then wrote "Thanks for the sweet email. I love you too."

British Columbia, Canada:

This past week I chose to do something that feels real good not just for me but for my husband and best friend. I slotted a week at our cabin in the woods where we could just be together. When he heard that he really was going to get me all to himself without interruptions from my home run business, he responded with enthusiasm.

You ask how it felt, well ... it was a week of replenishing our love, appreciation and joy in one another. By the end of the week, we felt like we had back what we had 2 years ago when we traveled across Canada for 3 months ... a beautiful easy friendship created from doing simple things together. It's about taking time to just be together as a couple away from our normal routines.

Thanks for the inspirational newsletter Rebecca.

Connecticut, USA:

In response to this month's suggested action, I asked my Mom if I she would let me take her out to dinner instead of having her cook a meal on this very hot (90s) day. I live with her, by the grace of God, and she does most of the cooking as is her choice.

She hesitated and said, "no that's not necessary" as I expected her to since she's so often better at giving to others than receiving for herself. With a little bit more coaxing and the promise of an air-conditioned favorite place of hers, she relented.

I'm glad I did what I did since she has been generous and there for me more often than I have ever been there for her. A little bit of payback goes a long way in keeping our relationship at a wonderful level.

United Kingdom:

I chose my partner G__ — he's been away for 10 days to his brother's Wedding — we'd been getting on "badly" — I hadn't been invited to the do.

Tension still in the air, so I wanted his value in increase :-)

He's an awfully lovely guy!

He was shaving at the time, he winked at me in the mirror, and said "Thanks a lot" as I walked out the bathroom.

Well, I felt more touched than him, I had tears well up — I guess I filled with sheer anxiousness about how he'd respond (he frequently banks me when I say things). So to get that he was touched by what I'd said. Made me feel brilliant.

Thanks for shifting the energy in the world ... especially in our little and lovely world tonight.

Love to you.

Georgia, USA:

The person I chose to do something for that felt good was a work associate. They were ecstatic with the information I gave and thanked me very much. I felt great!

(I DO SOMETHING LIKE THIS EVERY DAY. It's a great feeling to know I have helped even if it's just something I think is a small thing.)

Michigan, USA:

I chose my best friend M__, whom I sent a virtual hug to and told her how much I appreciated her creativity, kindness, and uniqueness.

She responded by emailing: “###sniff### It’s good to know that someone cares! You brightened my day.”

The experiment felt great, just knowing that I made a difference in someone’s life, albeit such a simple and small one.

British Columbia, Canada:

I chose the catcher of the men’s fastpitch softball team I play on, who was injured and could not play in a recent tournament. I told him how much I appreciated his commitment to the game and how he complimented my ability as a pitcher.

He thanked me for the comment and let me know how much it meant to him.

I felt great and very warm inside to have been able to say just a few words to make someone feel good about himself.

Oklahoma, USA:

I love being able to thank people and I do it as often as possible, so this time around, I chose my friend S___ (who woke me up at 3 am the other night to talk. Turns out I was the one who did most of the talking!)

I called her at work and told her that I really appreciated her calling me and listening to what I had to say. She emailed me back later thanking me for saying it, as she was having a stressful day and needed to hear something nice. It always feels good to do something nice for people, and it seems to be that most of the time that one little bit of kindness hits at just the right time for the other person – two benefits in one!



And That’s Just the Beginning!

I hope – no, I know – you’ve enjoyed these appreciation tidbits. There’s so much value here for all of us in these experiences your Certain Way friends and family have shared.

Some got a wake-up call, realizing from the response that they haven’t expressed, or even allowed themselves to feel, appreciation much up ‘til now.

Others noticed that the qualities we usually think of when we think of appreciation and gratitude – making the world a better place, helping someone else to feel good, etc. – are all just wonderful side effects.

The REAL value in expressing appreciation is because it makes YOU feel good! And when you feel good, your focus, faith, and feeling are all in complete harmony with your desires. You’re headed right toward whatever it is you want to be, do, or have – and it’s headed right toward you.

Now why do we want prosperity (in all its forms – wealth, health, peace of mind, great relationships, and more) in the first place?

Because we think it will make us feel better!

So, when you understand that, up ‘til now, we’ve mostly been going about things backwards, it’s easier to see why we’ve gotten results that were NOT what we’ve wanted!

Keeping your focus, faith, and feeling on the things you desire to be, do, and have doesn’t mean constantly struggling to keep out negative thoughts, or needing to have

an image of some particular thing in mind all the time. (Whew! That would be hard work!)

All it really means is noticing when whatever is occupying your mind is NOT making you feel good. Then, once you notice, you can choose to shift – gently, a little at a time – to something that feels better. Now you're headed back in the right direction!

So appreciation and gratitude are not just tools for living in the certain way. They are major elements of living in “the certain way that will make you rich.”

Our friend, Wallace Wattles, puts it this way:

“The grateful mind is constantly fixed upon the best. Therefore it tends to become the best. It takes the form or character of the best, and will receive the best.”

Many blessings to you, my friend. You ARE the best!

EXPECT Success!



Rebecca

P.S. How's this for synchronicity?

As I was putting this ebook together, *Certain Way* subscriber Adam Shreve showed me his new website, Love and Honor. And guess what it's all about? ;-)

In the stories we've just read we've seen the power of appreciation to improve and strengthen all kinds of relationships right in the moment. Well, Adam's Love and Honor process includes and goes beyond appreciation to make difficult relationships good, good relationships great, and great relationships spectacular.

I read his whole site and then his ebook and found it all delightful. Maybe you will, too, and better yet, maybe it's just the spark and practical help you can use to get a whole new perspective and experience of a relationship that's important to you.

Take a look and see what you think! Click below to visit Adam's Love and Honor website:

www.scienceofgettingrich.net/love-honor

Are The Science of Practical Geniuses Online Course™ and the Audiobook Right for You, Too?

“Thank you for sending my audio tapes for The Science of Getting Rich. It is lovely to listen to them whilst I am out in the car.

“From when I ordered them to when I received them was only such a short time. Thank you for that. Everything you do is so ‘on the ball’ – with such wonderful service.

“I am truly loving my Practical Genius™ course. I give thanks every day that I found you. (I may have said that before. But I can’t stop saying it.)”

– Jill Cooter, Lockleys, South Australia,
Australia

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“I made three sales in my first week with my new business!

“I listen to the SOGR CD in my car as often as I can and it really helps me to calm down and get rid of my fears of selling a new service to businesses. I really felt relaxed and words flowed as I talked with the business owners.

“I even had one comment from a business owner that I needed to hang around more often because while I was there, the phone was ringing and they were having customers come by!”

– Verona Raymond, Medford, Oregon,
USA

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“I recently purchased the SOGR audiobook. I want to highly recommend the tape to all who are studying this book and method. Rebecca reads the book with such passion that it cannot help but bolster you in maintaining the necessary faith and purpose. If you listen to the tape

many times over you will hold to your faith in ‘a certain way.’

“I listen to the tape often while driving. You will hear more than you realized was there in the reading of the book. It is a different experience that will benefit you greatly. Thanks, Rebecca!!”

– Rhonda Roberson, Houston, Texas,
USA

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“I started on the Course about a month ago. Since then I have had a \$6,000 pay increase without the requirement to ‘sell my soul’ to the job ... and it was easy. Now to start asking for more.

“Thank you, thank you, thank you.”

– John Kirk, Sydney, New South Wales,
Australia

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“I originally applied Wally’s techniques to my small independent record label less than two years ago. In one year, the income increased by 500%.

– Don Baaska, Luquillo in Puerto Rico

Don took the Practical Geniuses™ course two years ago and has apparently become unstoppable! ;-) Not only is he selling a LOT more of his music, he and his wife are finding they also have plenty of time to cruise the Caribbean in their home-built catamaran, too.

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“This is more amazing than I imagined. First I read the book, and this morning I did Session 2 of the Practical Genius™ course and it was hilarious. I am a trained economist, who has done many, many, papers in college and graduate school on

the efficient allocation of allegedly scarce resources. You can imagine how up to now I have been burdened with this zero sum mentality.

“God, Rebecca this is great and I want to hug you!!”

—Ken Kallon, Stamford, Connecticut,
USA

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“I have been listening to your recording of the book and I find it brilliant. The tempo is just perfect to retain my focus and attention, and hearing you read it gives it even more impact. Many thanks.”

—Brian Fahy, Dublin, Ireland

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“I have had some good results since starting the course. I am involved in an MLM company ... Up until doing the course I was struggling to get new prospects. Now I have them coming at me from all angles. I am even having people call me! This is fantastic!

“My wife Sarah (who is also doing the course) had a job offer from out of nowhere. We bumped into an old acquaintance in the most unusual spot, and in jest I asked him if he had a job for Sarah ... and he said YES!!

“I love it ... This stuff works. Things can and will get a LOT better.

“Thanks for all your help and support. And thanks, Wally.”

—Michael Harrington, Happy Valley,
South Australia, Australia

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“Well, Rebecca, I have not even been a good student, but have listened to your voice on the CDs [SOGR audiobook] maybe four times now in the past few months.

“Things are starting to happen! A case appeal I had pending with the government for a long long time came to hearing before a judge this week and she ruled in

my favor. The money involved is around \$30,000 we guesstimate, plus a monthly amount of more than \$500!

“And three days later the county notified me they were refunding two years property tax (partial refund) and also reducing the yearly tax owed! I got the numbers today and it looks like about \$2,000 refund when processed. I won't have any of this money in my hands for awhile they tell me, like eight months for the larger amount, but the way this has worked so far, I wouldn't be surprised if things speeded up!

“My friends now all want your website address! Haha! Also received a \$250 unexpected Christmas gift and \$1,000 for my daughter!

“So if all that happened while I was a poor student of SOGR, let's see what happens if I become a good student!

“Thanks so much for finding me.”

—Margo Mason, Poulsbo, Washington,
USA

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**Get all the details,
get more success stories, and
get started now!**

Just click the links below:

• **The Science of Getting Rich for Practical Geniuses™ Online Course** —
The only course where YOU set your own tuition!

www.scienceofgettingrich.net/geniuses.html

• **The Science of Getting Rich Audiobook on CDs or Audiocassette**

www.scienceofgettingrich.net/tapes.html