

7 Secrets of Gratitude

For an Extraordinary Life



- Suresh Padmanabhan -

The Most Profound Prayer on Earth is "Thank You"

Foreword



If every cell of my body, if every drop of my blood, and if every breath can express one thing, and then it is "Thank You."– Suresh Padmanabhan

"Thank You" in any language feels so divine. Human beings are the most evolved species on this planet Earth. They can think, speak, and express many emotions. Should we not be grateful? that we are the special children of God? Should we not thank the universe for this super special status?

We Indians must be proud of our rich culture, because right from early childhood "thankfulness" is embedded in our being.

We start the day with thankfulness and we end the day in thankfulness.

The rishis, gurus, and masters taught us to be in a thankful state whilst doing each and every action. Gratitude is an expression that must run through our entire life.

We as a race were so evolved that we thank the sun, moon, stars, animals, trees, people, things, and the whole universe.

I am in love with the profoundness of Indian systems and feel proud to be born an Indian. I invite people who are not Indians to experience the wisdom of the Ancient India through Indian eyes.

I also know a lot of Westerners who are so Indian by soul and being. I call them Indian soul in a Western body. And also yes the tribe of snobbish Indians is increasing by the day – Sad. But each to their own karma.

We have so many mantras for thankfulness and festivals to celebrate thankfulness.

Whilst the West has just one day as a Thanksgiving Day, the Indian culture taught us to be thankful for each moment of our life. We are indeed rich and blessed.

I am keen to share with you "7 Secrets of Gratitude" that will help create an extraordinary life. Within this book you will explore many ways to take thankfulness to a greater level in order to make your life truly valuable.

These are a part of techniques that I am eager to share with you, from Sankalpa Siddhi (Eastern Law of Attraction) workshops and Manifestation Ceremony that I have been conducting since many years.

Thank you, thank you, and thank you in advance for reading this book.

Do spread the message of thankfulness to one and all. If you want to lead an extraordinary life all you need to understand is gratitude.

You have now the power to now say “Thank You” in many languages

Afrikaans	Dankie
Albanian	faleminderit
Arabic	shukran
Armenian	chnorakaloutioun
Belarusian	Дзякую / dziakuju
Bosnian	hvala (HVAH-lah)
Bulgarian	благодаря / blagodaria
Catalan	gràcies (GRAH-syuh)
Cantonese	Mh'gōi
Croatian	hvala (HVAH-lah)
Czech	děkuji (Dyekooyih)
Danish	tak (tahg)
Dutch	dank u
Estonian	tänan (TA-nahn)
Finnish	kiitos (KEE-tohss)
French	merci
German	danke
Greek	ευχαριστώ (ef-hah-rees-TOH)
Hawaiian	mahalo (ma-HA-lo)
Hebrew	todah (toh-DAH)
Hindi	dhanyavād / shukriya
Hungarian	köszönöm (KØ-sø-nøm)
Icelandic	takk (tahk)
Indonesian	terima kasih (tuh-REE-mah KAH-see)
Italian	grazie (GRAHT-tsyeh)
Japanese	arigatō (ah-ree-GAH-toh)

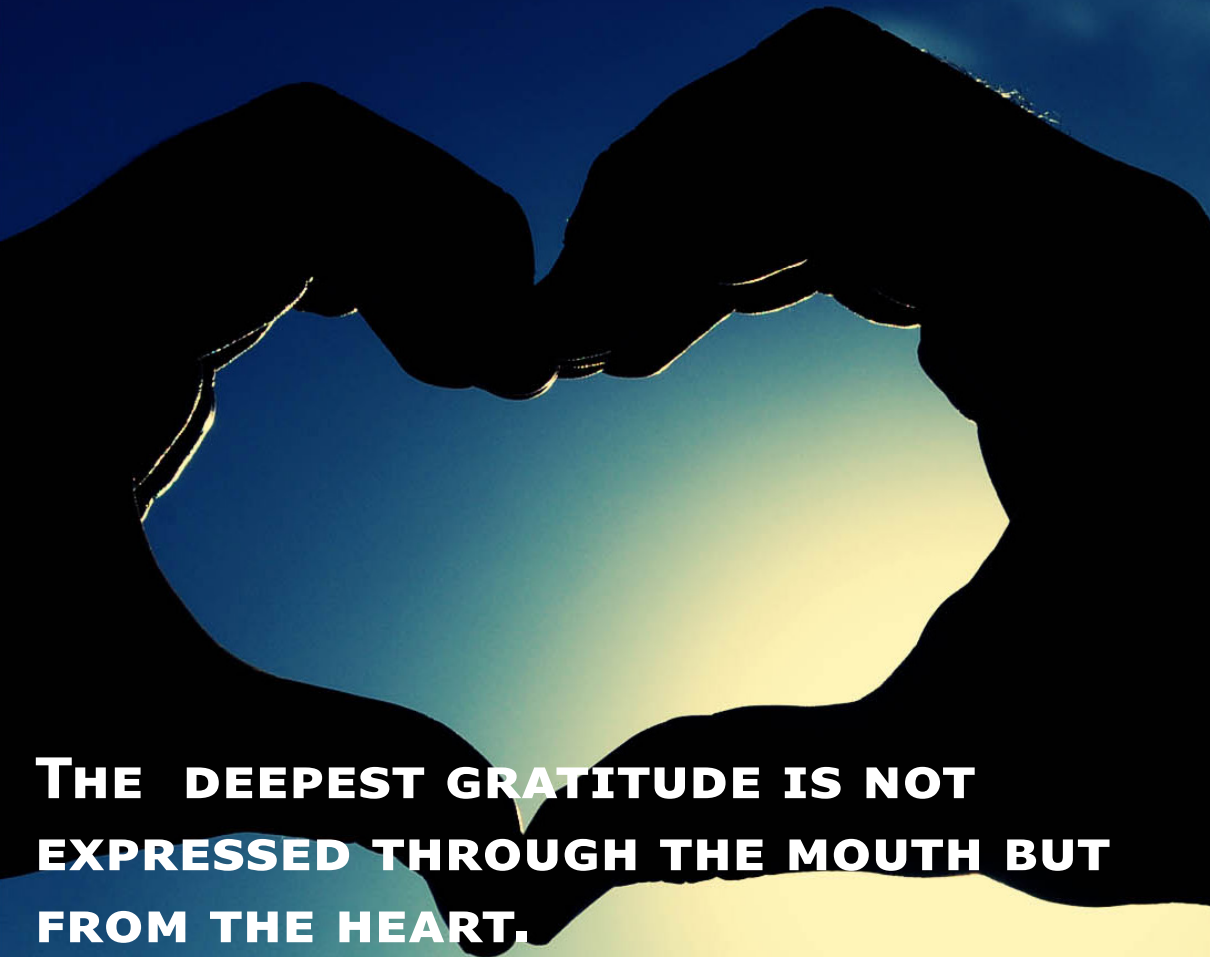
Khmer	akun (Aw khun)
Korean	gamsahamnida
Lao	khob chai
Latvian	paldies (PUHL-dyehs)
Lebanese	choukrane
Lithuanian	ačiū (AH-choo)
Macedonian	Благодарам / blagodaram (blah-GOH-dah-rahm)
Malay	terima kasih (TREE-muh KAH-seh)
Maltese	grazzi (GRUTS-ee)
Mandarin	Xièxiè
Mongolian	Баярлалаа (bayarlalaa)
Norwegian	takk
Persian	mamnun (formal) / mersi (informal)
Polish	dziękuję (Jenkoo-yen)
Portuguese	obrigado (oh-bree-GAH-doo [masculine]) / obrigada (oh-bree-GAH-dah [feminine])

Romanian	mulțumesc (mool-tzoo-MESK)
Russian	спасибо (spuh-SEE-buh)
Serbian	хвала / hvala (HVAH-lah)
Slovak	Ďakujem (JAH-koo-yehm)
Slovenian	hvala (HVAA-lah)
Spanish	gracias (GRAH-syahs)
Swahili	asante (ah-sahn-teh)
Swedish	tack
Tamil	nandri
Thai	kop khun
Turkish	teşekkür ederim (teh shek uer eh der eem)
Ukrainian	Дякую (DYAH-koo-yoo)
Urdu	shukriya
Welsh	diolch (DEE-ol'ch)
Wolof	djiere dieuf
Yiddish	a dank
Zulu	ngiyabonga

Secret 1



The Energy Secret of Thankfulness



**THE DEEPEST GRATITUDE IS NOT
EXPRESSED THROUGH THE MOUTH BUT
FROM THE HEART.**

Suresh Padmanabhan

In India, "gratitude" is expressed in the following order daily: Mata, Pita, Guru, Deivam, and then others [mother, father, master, God, and then others]. Indian has understood the energy universe very well. There are two energies that create this world. The rishis called it as "Shiva and Shakti." The West knows it as "Yang" and "Yin." In simple language, the whole universe is a manifestation of the male and female energies. The most amazing secret that they shared was that the union of these two energies within us creates a tremendous balance and harmony. This was represented symbolically by the image of Ardhanarishwar – a combination of Shiva and Shakti, male God on the right side and female Goddess on the left side. This energy balance is what we must strive for in our life.

You should ask the question "Why male God on the right and the female Goddess on the left?"

You must take interest to find vital answers to life. Unraveling the many energy secrets from India will help you lead a highly evolved life. No one in this world understood the esoteric secrets as much as Ancient India.

Coming back to the technique. Each day thank your mother, father, masters, Gods, and others in this order.

Thanking your mother harmonizes the female energy within you. As having an issue with your mother creates all issues with woman in general. Also the manifest world is considered as "Shakti" and issues with your own mother creates imbalance in many areas of your life.

Thanking your father harmonizes the male energy within you. Having an issue with your father creates issues with all males in your life.

These are not mumbo jumbo crap as some of you who are so-called educated may think. All I can say is formal education has huge discrepancies and is incomplete.

Discover more about the impact of both the energies in real life and you will feel truly blessed.

In India, children daily thank and take blessings of their parents by touching their feet. This culture is losing its relevance in India, because it is considered not so fashionable (old school) due to the influence of the West and the so-called modern society.

Indians prostrate to their parents, elders, or teachers as a sign of respect. This symbolizes the selfless love and sacrifices done by the parents for their welfare. Parents do genuinely care for their children and sacrifice their lives for the sake of their children. This tradition reflects the strong family ties and has been India's greatest strength.

People who do follow this ritual daily will feel their life smooth as some guidance will come to them when they need it the most.

Here is a beautiful story that signifies this tradition:

Once upon a time, Lord Shiva and his wife Goddess Parvati received the gift of a ripe mango. Their children Ganesha and Karthikeya both wanted the full fruit. The parents were in a dilemma and decided to give them a test and the winner would get the fruit. They announced, "Whoever goes round the world and reaches back first will be the winner."

Karthikeya immediately set off to encircle the world on his vehicle – the peacock. Ganesha, with his vehicle Mooshika (mouse), prostrated himself in front of his parents, went around them once, and claimed the prize. To the question of how, Ganesha said, "Our parents are the whole world to us." So by going around them once, he said, "I have gone around the world." The happy parents gifted the fruit to Ganesha.

Always learn from the stories. They reveal deeper lessons in a simple way. The best is live in the learning.

Coming to the Practical Implications

Daily thank all who contribute to your life.

If you are working, thank your company, your superiors in office, your colleagues, and all those who contribute to your progress.

If you are an entrepreneur or self-employed, thank your clients, your staff, and others who contribute to your progress.

“Thanks” energy is an expansion and multiplication energy. As you thank one and all, you will feel expansion in all walks of your life. The best of best will come your way. And most important you will be able to relish the finer things of life.

Take a moment now. Close your eyes. Start to thank all those who contributed to your life. You will feel at peace with yourself. Make it a daily practice. Do it religiously once in the morning before going to work and once in the night before sleeping. One such master technique is enough for an entire life.

Secret 2

How to Be an Alchemist



“GRATITUDE” IS NOT A WORD BUT A FEELING.

SURESH PADMANABHAN

Alchemist is a person who turns base metal into gold. A true alchemist is one who can turn the ordinary into the extraordinary. Would you like to be one such alchemist?

Listen to this story:

My friend Lino regularly followed this ritual before meals. Each time we met and were having food, he used to insist on this ritual. We all held hands around the table and chanted the prayer:

Lord, we thank you for the day,
For what we do and what we say,
For this meal, this food we share,
Keep us in your loving care. Amen.

I was always touched and moved by this gesture. We all could feel the immediate divine energy after this prayer. An ordinary act of eating became so divine. Lino never skipped this ritual even a single time. This was such a powerful habit. I thank Lino for teaching me to have reverence for food.

In India too, we say a prayer before eating. The food that we eat comes through the efforts of so many people and the whole universe nourishes it. Should we not feel "thankfulness" for the food?

The Indian prayer is

Brahmarpanam Brahma Havir
Brahmagnau Brahmanaahutam
Brahmaiva Tena Ghantavyam
Brahmakarma Samadhina

Word-for-word translation:

Brahma: spiritual in nature. Arpanam: contribution. Brahma: the Supreme. Havir: butter

Brahma: spiritual. Agnau: in the fire of consummation. Brahmana: by the spirit soul. Aahutam: offered.

Brahma: spiritual kingdom. Eva: certainly. Tena: by him. Gantavyam: to be reached.

Brahma: spiritual. Karma: in activities. Samadhina: by complete absorption.

Vedas say Annam Brahma – That the food is Brahma.

Food is Brahma or creation. Everything is creation. The body is created through food. So if you respect food, you will respect your body.

Ancient Indians called the body as "Annamaye Kosha" or the "food body."

When we thank the food, it changes its energies to higher levels. This was known to Indians since 10,000 years. Recently, Dr. Masaru Emoto worked on the energies of water scientifically. He photographed water and found out that water when thanked formed a beautiful crystalline structure. Here, the water formed symmetrical and aesthetically pleasing crystals. Thanking alters the state of water to a higher energy form. Its consciousness changes and also drinking this water changes your own consciousness to a higher level. Thanking changes the properties of water. Your whole life will have a new meaning towards thanking water.

You can find more about his works in

<http://www.masaru-emoto.net/>

Every moment one should thank. It should be spontaneous and natural. Thank water and thank food before consuming and you will discover how divine it tastes.

Take an action now. Hold a glass of water, thank it from the bottom of your heart for a few seconds, now drink and experience the divine taste. Extend this further and start to thank all that which crosses your hand. Whilst expressing gratitude, the ordinary becomes the extraordinary. This is true alchemy.

Make this your daily habit. Over a period of time, this power within will increase by leaps and bounds. Your life will never be the same again.

Secret 3



Thanking in Advance

**IF ALL THE TECHNIQUES OF THIS WORLD
CAN BE JUST COMPRESSED INTO ONE
TECHNIQUE, THEN IT IS "THANK YOU".**

SURESH PADMANABHAN



I still remember my early college days. I was very interested in growth and positive thinking processes. I come from a humble family, but my family invested whatever they could on education and learning. At that time, I never knew that this habit of reading will one day result in me creating world famous workshops and authoring few books.

A group of good friends of mine and I daily wrote a "Thank You" dairy.

For many years, we shared the outcomes of writing this dairy/journal. The same group of friends who wrote daily are today so well off in their own professions. We stood out amongst the crowd then and even now.

Over a period of time with personal experience, this dairy changed formats and here I am happy to share with you the most workable process that will help manifest your daily desires effortlessly and magically.

The Secret Color of Manifestation

Ancient Indians knew about color and its sacred powers long before anyone in the world knew. The chakra system is of Indian origin. The chakras have the same color as the rainbow. In school, you would have learnt it to be VIBGYOR.

Violet, Indigo, Blue, Green, Yellow, Orange, and Red are the colors of chakras and rainbow.

Red is the potential color and Yellow is the manifestation color.

Here is one more powerful secret.

Always use Yellow paper and write in Red. The perfect color code is Red on Yellow.

You will be able to manifest faster if you get the color right. So keep a lot of Yellow pads/books/dairies around you. Writing on a Yellow book with Red pen is 1,000 times more powerful than writing on any book with any color pen.

Now start creating your own daily dairy/journal.

Daily "To Do" Dairy

Each day in the morning, start with your To Do List for the day this way:

Thank You Universe for _____

(Here mention the task as though it is completed).

For example

You have a meeting with a client to sign a new business contract.

You will write this as:

Thank You Universe for the productive client meet and the successful signing of the business contract.

Another example

You are appearing for an interview that day. You will write this as:

Thank You Universe for my success in the job Interview.

The big rule is to keep writing all the tasks as though fulfilled in present continuous tense starting with "Thank You Universe." So in a day if you have 7 tasks, all the tasks will start with "Thank You Universe."

At the end of the day, review the tasks. You will be surprised to note that the tasks got completed effortlessly and in a shorter time frame. This is like the whole universe is partnering with you

free of charge to help you complete tasks magically.

Tick this task as completed, which will register in your mind as a success story. The journey will become simple as more and more tasks get fulfilled.

Some tasks may not get completed as desired. Learn why the task could not be completed. This learning will take you to the next level.

This is the easiest way to manifest your desires. Thanking in advance is the key to success. Thanking in advance also removes the stress generally associated with completion of tasks. You will be able to reduce the time and efforts. You will also be supported by people around you.

Some more personal examples: If it is a cloudy weather which is depressing and I want the sun to shine. I write in the dairy as:

Thank You Universe for the bright sunny day.

If I have to reach a destination on time and there is a heavy traffic. I write as:

Thank You Universe for the green signal and reaching on time.

I am having a training program and want 200 participants, I write as:

Thank You Universe for the 200 plus wonderful participants.

With practice, you will discover your own way and become skillful. Generally, it takes 48 days to master it to some level.

Please grab a dairy and start to write now. Experience your own success story.

Secret 4



Get What You Want
Using the Power of
“Wow!”

**THE FIRST AND THE LAST ACT OF OUR
DAY SHOULD BE TO SAY “THANK YOU.”**

SURESH PADMANABHAN

There was this cute 9-year-old kid who came to Sankalpa Siddhi Workshop in Chennai along with his parents. He had sparkling eyes and was full of excitement. He was pure, divine, and absolutely surrendered to what I had to say.

At the workshop, he shared that he wanted an iPad, which was really beyond his means.

Here is the technique that I shared with him.

I asked him to go to an Apple store. Then ask for an iPad to touch and feel. Feel the wow and thank the iPad in advance for coming into his life.

I told him to take the brochure of the iPad, which he should see daily.

The only rules told to him was to say "Wow" and keep thanking each time he looked at the iPad.

He had a beaming smile and trusted that one day soon he will manifest the iPad into his life.

Within a month, he called up excitedly saying that one of his uncles who had come from the United States had gifted him the iPad.

With wow and thankfulness in advance, he had triggered the vibrations of the iPad in the universe. It had to come to him in a magical way.

When I had noticed in the workshop his innocence and sparkling eyes, I knew that the iPad will find a way to come to his life.

Unless you have tried these techniques in your life, they may be difficult to comprehend in the first place.

The innocent, pure, and trusting get it. Innocence makes you trust life, universe, and your own self. Innocence is entering the world as a tabula rasa – virgin and pure where it is a clean slate.

Nothing is written, just waiting for the magic to unfold. Only if you have such traits will you get these techniques.

The educated, logical, scientific people can never get this technique and may miss it altogether. You have to choose which of these two you want to become.

Let us take it to one more level.

Whenever your friend or neighbor say that they have bought a new car or shifted to a big home or bought some great stuff, do not feel jealous.

Immediately appreciate them and thank them for sharing the news with you.

The whole universe is a huge mirror. Whatever you appreciate and thank for will soon come your way. All you have to do is be genuine with your appreciation and thankfulness.

When you walk around the mall looking at the most amazing things out in display, just appreciate, feel the wow, and thank those items which appeal to you.

Do not look at the price tag for it may get in between your way to manifest. Do not say I cannot afford it. This universe is magical for all those who have magical eyes. You have to be magical to experience magic. Remember.

When you See things,

See things with Love and Thankfulness.

Soon All the things that you See with Love and Thankfulness in your life you will see

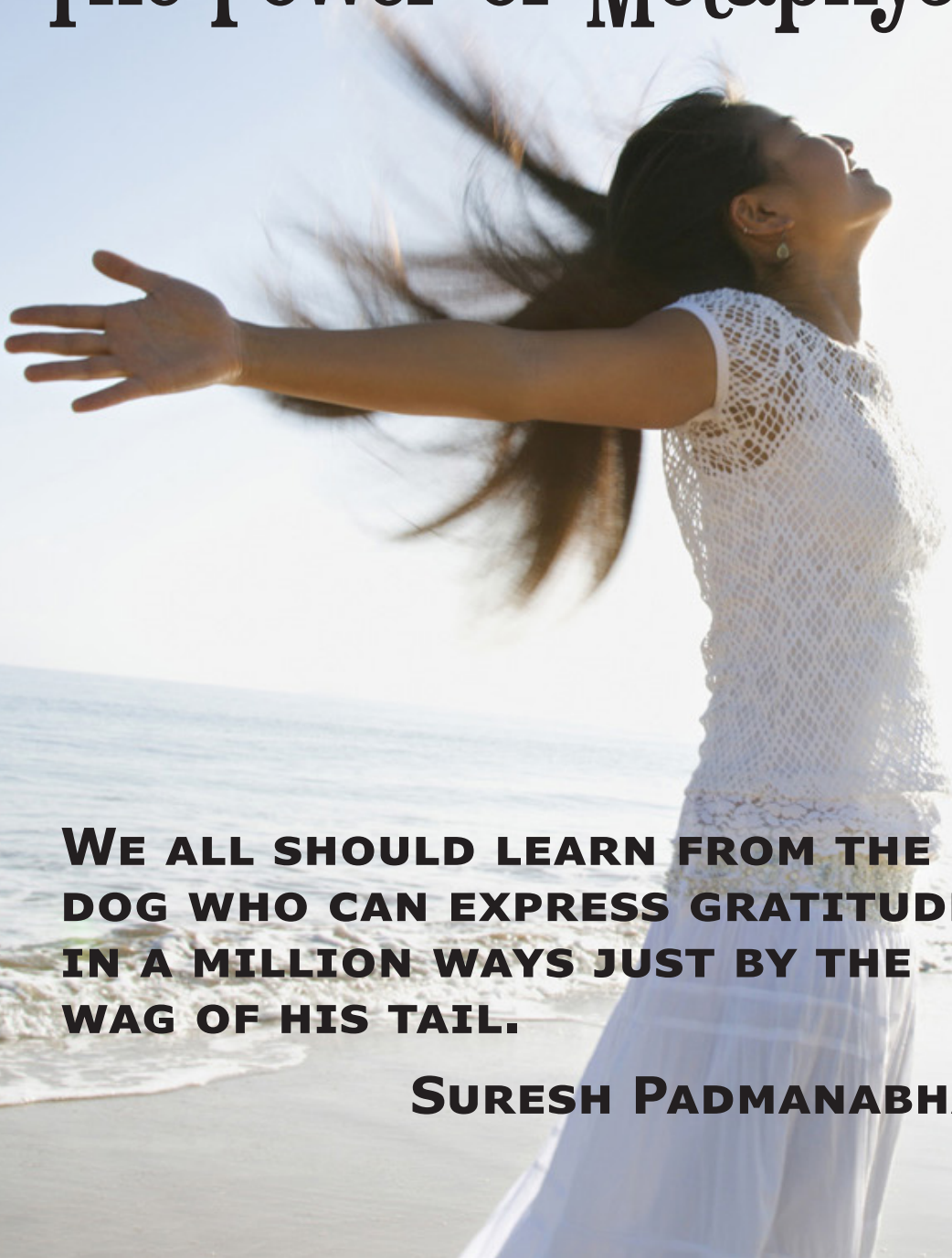
Document your success story so that the magic repeats all through your life.

Right now walk into a mall or shopping complex or just stand on the street to say wow and thanks for all that you desire.

Secret 5



The Power of Metaphysics



**WE ALL SHOULD LEARN FROM THE
DOG WHO CAN EXPRESS GRATITUDE
IN A MILLION WAYS JUST BY THE
WAG OF HIS TAIL.**

SURESH PADMANABHAN

I used to have a two wheeler in my early work days and had to travel a large distance between my home and the place of work. Indian roads are rough to ride and the tires can get flat (punctured) anytime. And on a lonely road this can be disastrous with no mechanic in site.

I had developed a wonderful technique to help me daily. I called it has the power of metaphysics.

I used to start my bike thanking it each time for the joyful ride it gave me. Looking back, I would have travelled more than a 1,000 times and never even once it gave me trouble. The few times the tire got flat was just when the mechanic was around the corner. I could get prompt help and then was zipping by. I felt that my bike was not an object but something which had life.

It was my best friend. I named it Sweetu. We were companions for several years. Then I got a car but still kept my bike for some more years. Finally, with a lot of heartbreak, I sold it to a friend.

I did a great farewell ceremony for my Sweetu. All my life I can never forget our relationship. I then forged a new relationship with my car and all things that I owned.

I use the power of metaphysics – where the materials also have life and they respond energetically to vibration.

I give constant energy to things that I possess and also thank them for coming into my life. The gadgets, products, and things last long in my life.

I am sure that some of you would be able to relate to me. You would have had similar experiences with your vehicles or things.

The Parsi community in India is one community who have great reverence and gratitude for things that they possess. A Parsi-owned vehicle will always be sold fast and at a premium pricing.

They really care for their objects and in turn the objects care for them.

This technique is not new to Indians. Indians were an advanced race and also created festivals around this concept. During Dussehra festival lasting 10 days, there is a day dedicated to offering gratitude for the tools that one uses in profession. This is called as the Ayudha Pooja. Here all objects at home, factory, or home are worshipped.

The Indian system was so profound that before you start work, you thank the objects/tools. The children during the Saraswati Pooja (Goddess of Learning) were taught to worship and respect the books, educational tools, and musical instruments. From early childhood, they were told to have reverence to even inanimate objects.

Everything in this universe has life. Even plucking a flower from the plant was a divine act and hence permission was sought from the plant and the flower. Such a highly evolved society existed. This was the Hindu way of life. Not a religion as commonly misunderstood. One learns to see God in everything. This was the way of living since tens of thousands of years back.

Festivals are just a reminder that we need to do this on a daily basis rather than just a day. Any habit has its own consciousness. The first level of conscious change happens in 7 days, the next in 21 days, the third level in 48 days called as a mandala, the fourth in 3 months, and finally the natural or permanent consciousness happens anywhere between 3 and 6 months. So any habit to be taken deeply into our being should be repeated continuously up to 6 months.

Coming to Practical Aspects of Life

The simplest yet profound rule of manifesting is whatever you want to multiply in life, just thank it.

I have been teaching Money Workshop for the last 15 years. I teach people to connect to the energies of money. And then watch the magic unfold in their life. Here participants learn to thank money and also we have a wonderful ritual called as a Money Display or the Mahalakshmi Pooja where a lot of respect, gratitude, and love are shown to money. This is one of the best techniques that go down so well with the participants. It is an experience not to be missed in life.

Take an action now. Remove some currency notes from your wallet and thank it from the bottom of your heart. Do this daily and see the magic of money working for you. Go around your home or office, touch each object with reverence. Thank it from the bottom of your heart. You could also thank the home and office space. This will create a harmonious vibration with all things around.

Time taken for Conscious Habit Shift

Time taken for Conscious Habit Shift

Levels	No of days required
I	The first level of conscious change happens in 7 days.
II	Takes 21 days for the next.
III	The third level in 48 days called as a mandala.
IV	The fourth level in 3 months
V	Finally the natural or permanent consciousness happens anywhere between 3 and 6 months.

Secret 6



Secrets of Manifesting Beyond Mind

**THE GREATEST SIN IN THIS
WORLD IS "AN UNEXPRESSED
GRATITUDE."**

SURESH PADMANABHAN

I have been blessed to understand the human mind from early childhood. This has been my biggest and best skill ever. I see an entirely a new vibrating pulsating world. I see what others can't see. Indian masters knew that this world is not as what it actually is. It appears as perceived. Hence the world appears different for different people. The same things appear different at different points of your own life. This is maya – an illusionary thin veil that does not allow seeing the real world. All we have seen is a world through a cobweb.

Look at the numbers below and tell me what you notice:

1 2 3 4 6 7 8 9 10

This single simple exercise reveals a lot about the mind and human beings.

Only the human mind has to be understood in its true sense. Then it can be transcended and the world will never be the same. I pray that each human being actually gets to experience this state at some point in their life. All the secrets of manifesting are beyond the mind.

Coming back to the question.

Relook at the numbers below and tell me what you notice:

1 2 3 4 6 7 8 9 10

By now most of you would have noticed that the number 5 is missing.

You are right technically. Operation successful but patient is dead. This is how the mind works. Always it notices and connects to the missing. And all through life it has been tricking you of the same.

You have 32 teeth and you may not notice it till one tooth falls off. Now your tongue keeps on searching for this missing one tooth.

The life is in the missing. You may actually not connect with your parents and know their value till one day they pass away. Now you truly miss them and are offering flowers to their photographs on the wall. You are longing for the missing friend, the missing opportunity, the missing money, etc. Your mind is constantly in search of the missing.

The West had this missing syndrome disease since ages. So-called developed economies have flashy cars, huge skyscrapers, the best of everything, yet many lost sad faces. I pondered over these questions since my early childhood.

Why do the rich who own most of the good things in life have sometimes such a swollen face? Even a fly would be afraid to sit on such a grim, gloomy, morose, miserable, depressed, sullen face. It might even die.

Why do the poor without owning anything still have smiles?

Why do the children enjoy blowing soap bubbles seemingly of no value?

The answer is in the ingratitude. Evil people have no gratitude. No thanks for all the wonderful things that the universe is showering on them. Ingratitude creates emptiness, an emptiness that can never be filled up. It is a bottomless pit. Whatever one fills it up with, it just disappears.

What is the use if you gain everything but lose yourself?

Fill yourself with gratitude and see your life flower. Gratitude is like someone holding a door when you are carrying a lot of stuff. It is like the hot soup when you are sick. Gratitude is seeing the sun on a dark gloomy day.

When you are full of gratitude, small things will also have a deep meaning. You will become like children who can see God in small things. You will feel blessed. There are many unexpressed

gratitude in life. Start to call people whom you actually forgot to thank at appropriate times. Do it from the bottom of the heart now. Thank them specifically.

For example,

I thank you (name of the person) for helping me find a home (specific action).

This made my life so comfortable (how it helped you).

I thank you (name of the person) for helping me get a job (specific action).

This made feel productive (how it helped you).

You may also write a mail and complete with the past expressing gratitude to one and all. In the future, express gratitude on the spot. Let your mind express gratitude to all what you have rather than focusing on what you do not have.

Look around to your good health, family support, wonderful clients, material comforts, and feel gratitude now. You will be able to relish these things more now.

Secret 7



The Power of a Gratitude Walk

A woman with long dark hair, wearing a bright pink tank top and a white wide-brimmed hat, is walking through a field of tall green grass. She is looking to her right with a slight smile. The background shows rolling hills under a bright, hazy sky, suggesting a sunrise or sunset setting.

**THE ONLY PAYMENT THAT THE UNIVERSE
WANTS FOR THE GOODIES THAT IT
SENDS YOUR WAY IS "GRATITUDE."**

SURESH PADMANABHAN

Birds sing for no reason. The peacock dances for itself. The trees bloom for you. The sun rises and shines just for you. The whole universe is creating all wonderful things just for you. No one on this earth has the power to relish and admire the grand display of the entire universe. The whole universe is working free of charge only for the human beings. Should we not feel privileged? What are we complaining for?

In the manifestation ceremony, participants discover that there are two thieves who can rob humans off everything. They are ingratitude and having a complaining nature. Break free of these shackles now.

Take a gratitude walk each day. Set aside an hour or less to take a stroll in nature. This should preferably be done alone. This can be the greatest therapy to soothe your soul. Do not listen to music through your headsets.

As you walk, admire the trees, butterflies, bees, flowers, sun, dewdrops, and the whole display of the universe. Consider events and things in your own life for which you should be actually grateful – harmony in relationships, wonderful money flow, a fulfilling career, a vibrant health, super material comforts, lovely friends, and other important aspects that you can be proud of.

Actually God has given you more than what you can think. There are millions in this world who are so deprived, malnourished, and hungry. Visit a cancer hospital and see the children ward, you will have tears in your eyes. Visit the old age homes and see the sadness in their faces, many so miserable praying for death. Like you, they were also once upon a time full of life. Watch people who are physically and mentally challenged. Watch the blind, deaf, and the dumb and you will realize how difficult life is.

Breathe, pause, and be grateful for the air that is filling your lungs and making your life possible. Thank the Mother Earth, thank the sky, thank all the good moments of life.

This is a powerful way to shift your mood and open to the flow of abundance that always surrounds you.

As you do this daily, gratitude will become a part of your life. Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

The deepest gratitude can never be expressed through words, but through tearful eyes and a profound silence.

Breathe now and thank it. Look at the sun or moon now and thank it. Look at your wonderful home and thank it.



ABOUT THE AUTHOR

I Love Money, On Cloud 9, and Ancient Secrets of Money.

His book I Love Money has been translated into 12 Indian and foreign languages and is an international best seller. His recent inspirational fiction On Cloud 9 is creating waves all over.

Suresh Padmanabhan is a professional speaker, author, life coach, and mentor. He is the founder of Money Workshop – an international original workshop running successfully since 15 years. He is also the creator of Sankalpa Siddhi or the Eastern Law of Attraction. Recently, he created the Manifestation Ceremony – a designer ceremony to manifest your desires.

His talks have been telecast worldwide through Zee Networks, a leading Indian based TV channel. He has spoken to more than a million people worldwide and also to various corporates on varied topics connected with self-growth, money, wealth creation, and spirituality.

He loves the wisdom of Ancient India – the rich lineage of rishis, gurus, and masters; feels the completeness in their teachings; and believes that India has timeless wisdom to share to the world. All his works will reflect this philosophy. He loves traveling, connecting with wonderful people, and writing. He is proud to be an Indian and wants the world to recognize the rich heritage of India. His aim is to impact millions of people worldwide and raise their level of consciousness in areas pertaining to money, life, and spirituality.

Few thoughts from Suresh Padmanabhan



"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."

Every journey is complete only when you experience it fully. If I were to describe in minute details about a sweet dish, what use it is unless you taste it? If I were to describe the scenic beauty of the Himalayas, what use is it unless you happen to visit the Himalayas? If you see a painting of the Sun, it can't give you light.

If you see a painting of a flower, it can't give you the fragrance. Therefore, in the Eastern tradition, a lot of importance was given to the real experience. Words cannot describe the deeper truths. A live physical presence is a must. Sankalpa Siddhi – Eastern Law of Attraction is an experiential journey in your life where you will realize the ultimate powers of your thoughts that help you attract the things which you want.

The greatest aspect of Sankalpa Siddhi is the content which is a unique synthesis of ancient East with modern West. Nowhere you will find such completeness and clarity.

If you wish to take your life altogether to the next dimensions, then do choose to attend our one-day experiential workshop on Sankalpa Siddhi.

Sankalpa Siddhi

Eastern Law of Attraction (One Day Workshop)



The most powerful and magical secrets of the East are now in your hands to create the wonderful life you want.

“Why Think Small, When You Can Achieve BIG”

Sankalpa Siddhi is the highest power within every human being. Sankalpa in Ancient India means thought/intention or desire, Siddhi means fulfillment or manifestation. Sankalpa Siddhi is a way to fulfill your desires effortlessly or a pathway to reach your desires. It is following the path of least resistance.

Everything gets created twice in this existence. At first, in the form of a thought, and later in reality. If you know how to empower these thoughts, you can attract what you want in life. It could be in any area like happiness, peak performance, money flow, career growth, a loving partner, harmonious relationships, inner peace, and radiating health.

The most powerful and magical secrets of the East are now in your hands to create the wonderful life you want. When you are ready and available, you connect with the most awesome secrets of the universe.

Benefits of Practicing Sankalpa Siddhi – Self, Money, Health, Relationships, Career, and Spirit

- Outstanding results in all areas of your life
- Be in a resourceful state of mind where you get divine downloads from the universe
- Overcome procrastination that is stopping you from reaching your goals
- Uproot negative thoughts that is limiting your progress
- Handle emotions better and not get influenced by people around you
- Remove your anger, fear, depression, resentment, unhappiness, laziness, or blocks in your life
- Always radiate with happiness, high energy, and a positive attitude
- Attract money flow, overcome debts and financial stress, and increase your profits in your business
- Material things like your dream house or a new car coming to you
- Make your child study at ease and enable them get good marks in exams
- Compress the time between your thoughts and its manifestation in reality
- Overcome your limiting belief and get the magic wand of your life
- Enjoy outstanding health and heal your body just by using your thoughts

- Experience the deepest tranquility within yourself no matter what happens around you
- Attract a loving partner in your life
- Harmonious relationships with everyone in the family
- Realize the purpose of your life and follow your passions

What You Will Experience in This Workshop

- How to use Sankalpa Siddhi – Eastern Law of Attraction and other higher universal laws in your life
- Triggering the right neurons in your brain that helps you be in a positive state of mind
- Revealing techniques from lost Indian manuscripts that will give you supernatural powers to propel your life to the next higher level
- Moving into altered states of consciousness to tap into your potent subconscious mind
- Learning about “time compression” to facilitate manifesting your dreams at the earliest
- Stumbling upon startling postures; ancient sacred geometry; and space-clearing rituals, sacred chants, and music of a particular frequency that accelerates your powers to manifest

Generally, one waits for long time and puts in huge efforts to see the results. But this is all going to change very soon. No more waiting. Have instant results in the here and now. These are called as “cash experiences.”

The best part is, once you learn and experience the technique, you can use it daily, in most situations and in a practical manner.

This gives you absolute control of life in all ways. Suddenly, you discover what you missed all these years. Your whole life has a new meaning.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did. So Explore. Dream. Discover" – Mark Twain

The decision is now up to you. When you are ready and available, you connect with the most awesome secrets of the universe. As the workshop progresses, you will feel wonderment and blessed for this "divine download."

Do attend with your family to get maximum benefits for life. Ideally, this workshop is suited for children as young as 10 years.

Unlike other workshops, this workshop is very experiential and the contents and essences cannot be transferred to anyone. Personal presence is a must to soak into the high vibrations of the universe.

For the lucky ones who will finally make it to the workshop, we promise you that your life will never be same again.

I LOVE MONEY Workshop

(Two day intensive program)

WHAT IS THIS WORKSHOP ABOUT

Money Workshop is an intensive workshop on the Art and Science of Money and Wealth Management. It is an original workshop and has been around for the last 15 years. In Money Workshop you will discover the Secrets of Money from the Ancient times till now. It is like the Blue print of Money being unveiled in front of you. Every gadget has a Manual which helps us with Do's and Don'ts. Sadly we do not have the Money Manual, hence we apply our own rules which life and experience has taught us.

WHAT WILL YOU LEARN IN THIS WORKSHOP

In this experiential workshop you will learn...

- How to Get Rich & Stay Wealthy.
- Creating Multiple Income Streams for a lifetime
- Attract Money without the usual stress and tension
- How to Invest Smartly.
- Proven Techniques to cut-off wasteful expenses instantly.
- Amazing Techniques to have Powerful Savings growing day by day.
- Powerful Ways to Come out of Debt and remain Debt Free in your entire life.
- How Successful people create and protect their Wealth.
- Proven Systems for Wealth Creation which you can start to implement immediately

- Practical tips that will keep you ahead of other people financially
- How to Master Emotions and your Psychology when it comes to Money.
- How to create income streams which can take care after you retire?
- How to grow and achieve real financial freedom in your life
- Negotiate powerfully in your profession or business.
- Destroy hard work forever.
- Increase your Income to what you deserve.
- Develop self confidence to handle any money situation with ease.
- Discover Mystical and Ancient Secrets of Money Meditations, Money Mudras, Money Symbols.
- Discover powerful techniques where you can attract perfect customers, job or opportunity.
- Develop a deep inner stability with Money.
- Develop happy- happy relationships with Money.
- Remove Emotional turmoil's and mind swings of Money issues.
- Recover your Stuck Money, Land and Overcome debt issues.
- Develop Inner Confidence to take Money Decisions in your favor
- Understand the Influence of Fate, Destiny, Karma with respect to Money.
- Going beyond Money to unlock the fountain of bliss, personal and spiritual powers within you.

- Lots of mystical techniques as per the group consciousness

Money Workshop always appears at the most appropriate time in your life. Pray that money comes easy and you have enough time to attend with happiness and joy. Welcome with your family, friends and loved ones. If you are meant to be a part of the wonderful gathering of beautiful people then the way will be made clear.

For more visit

www.themoneyworkshop.com

MANIFESTATION CEREMEONY – EXCLUSIVE DESIGNER PROGRAM FOR SELF & YOUR FAMILY

Let your Soul radiate Bliss, Aura and Hope – Discover CONSCIOUS CREATION

Manifestation Ceremony is performed with a touch of elegance causing the transmission of energy from the Universe to you, lighting up all your senses and bringing you in the purest state of awareness. You will be personally guided through a Powerful Session lasting about 3 hours on Recreating The Magic of Your Life.

What you will experience in the Manifestation Ceremony

- Power of Creating Sacred Spaces
- Moving to a higher state of Consciousness using Sacred Music from Rare musical instruments
- Natural fragrances which can help you in manifestation
- Magic of using Crystal Grids which can help you and your family
- Manifestation Meditation which has been used over 10,000 years by Mystical Masters and Rishi's of Ancient India
- Ultimate Flowering of your own self in a once in a life time experience of Psychedelic Tea Ceremony
- Activation of your third eye which is a mystical spot.
- Create your own morning ritual which will make you Unstoppable & a Power Personality full of life

For more on Manifestation Ceremony visit
www.manifestationceremony.com

To organize Sankalpa Siddhi - Eastern Law of Attraction workshops / talks in your city call

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For more insights on Eastern Law of Attraction do visit our website www.SankalpaSiddhi.com

You can also visit www.TheMoneyWorkshop.com for insights regarding Money, Prosperity & Abundance

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