

Living *in Gratitude Mode*

Your Passport to Abundance and Well-Being

Jeanette Salvatierra

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DEDICATION

For my loves, my companions on this *Path*
forever and ever





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PREFACE

Always begin by being thankful. Be thankful for life, which is a journey filled with opportunities, some joyful, some painful, but all serving a purpose.

Whether we are believers or not, when we are grateful we activate positive energy that emanates from us, from within ourselves, to our surroundings. This energy, which some call vibration, friendliness, or charisma, connects us with higher levels of well-being, both physically and spiritually. Divinity, the universe, or whatever you call the superior entity that drives our creation, reactivates its beneficial power for each and every one of us who shows appreciation for the miracle of life.

How Do I Know? Firstly, because I've experienced it. Secondly, because my desire to understand the processes of the human experience, has led me to do research. And the wonderful part about research into gratitude is that the research and documentation come from scientists, mystics and even ordinary people like you and me.

However, as we are all unique beings and the expression of a totality that unites us as human beings, I decided to take a chance and write about my own experiences regarding gratitude.

My life experience is a combination of my own background and that of close relatives, friends and people I've met through my work as a life coach.

At first glance, we are all equal. At the same time, our lives are expression of a special uniqueness. That uniqueness stems from our choices. Under certain circumstances in life, each of us

chooses our stance regarding circumstances, what options to explore or implement to resolve the problems we face, and what people we want to connect to for support, help or simply to accompany us.

It's based on our own choices that our lives differ. And when the choice we make is to be grateful for our circumstances, whatever they may be, we recharge our batteries with positive energy so as to be able to carry out actions that will enable us to overcome situations as best we can.

A Metaphor to Present My Story

Sight makes up 80% of our sensory experience. Meaning, we perceive life and the world around us primarily through our eyes. Sight is so paramount that in humans it's considered a driver and intensifier of sexual instinct: base for the reproduction and perpetuation of the species. That is why both men and women invest time in preening, and checking their image in the mirror, to attract potential sexual partners.

Therefore, for those interested in initiating courtship, everything from the educational system to entertainment focus their message on sight. We are primarily visual beings because we use our eyes to form our perceptions. But according to scientists, if we compare the senses and the keyboard of a piano, sight only represents the middle octave, 8 out of the 85 keys we can perceive as human beings. Of course sensory perception also includes our senses of hearing, smell, taste and touch, in addition to the sixth sense, or intuition.

Perception is composed of both the individual contributions of each sense and their summation.

In my research, I did not find actual percentages of such summations. It seems there are no concrete measures, as perception is a qualitative and subconscious process. But what's interesting is that nowadays the contributions of intuition in the perception process are acknowledged quite openly, though that

may sound mystical or new age. In this book we will use the important concept of intuition to allow us to go further into the concept of gratitude.

When in 2003 I stopped driving my car because my failing vision made me a threat to myself and others, I had not heard about the relationship between sight and the middle octave of the piano. I simply felt limited, miserable, and perhaps punished for some forgotten sin. Or maybe it was just the worst luck in the world.

Twelve years later, and despite my having already accepted my lack of sight for a while, finding information about the wealth of perceptions from our “lesser” senses only reinforces my understanding that everything happens for a greater reason.

Thanks to my visual impairment, I've enriched my human experience, opening myself to sensations and activities that, before, were delegated to others or simply ignored.

For example, I have been able to care for my mother, pursue my dream of writing, spend quality time with my family and friends, connect with my intuition, and in general grow as a human being in service to others.

So, what better topic than that of gratitude for my first book? Anyway the first to be published, as I've had many writing projects in my inkwell for a while now.

My Offer to You

Through these pages I offer my life experience and my humble understanding of what gratitude can bring to your life.

I place at your disposal my effort to make this content simple, easy to implement, and flexible in its incorporation to your daily life. And I don't know if this is already clear to you, but gratitude should be a daily practice.

Jeanette Salvatierra

I offer you my sincere desire that this book inspires you so that, by activating gratitude, you may achieve greater abundance and well-being. That activation is what I call *living in gratitude mode*.

Thanks for the opportunity to share and grow together.

Jeanette Salvatierra-Barrios
Cooper City, Florida, 2015

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To *my friends* whose personal stories served as basis for the stories that exemplify many of the ideas of this book. While the names, situations and other personal details have been changed, the essence of their experience is present in these narratives.

To my teacher *Milagros Socorro* who took me under his wing when I decided to take the art of writing seriously.

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INTRODUCTION

Over time I've learned that living in a perpetual attitude of gratitude is entirely possible. And very healing. A grateful attitude allows you to overcome challenges, make friends, be more productive and sleep better.

For many, gratitude is typically a sporadic expression to use in special occasions like birthdays or when receiving a gift or a form of recognition.

But my proposal is to make it a companion, a reinforcing factor of your personality and a tool for achieving success in life—just whatever your personal definition of success.

This companion, this attitude of gratitude, is what I call living in gratitude mode. So that you may experience the benefits of this way of living, I hope to support you in find gratitude in your everyday life.

Developing the Habit of Gratitude

To develop any habit and incorporate it in our daily lives, we must follow certain steps that have been verified as effective by hundreds of psychological studies, and reinforced by evidence from programs of eating well, meditating, and studying effectively, among dozens of other examples.

In this book we will incorporate this same method.

The formation of habits can be summed up in a three-step process. This book presents the elements necessary in each step of the process.

In Part One, I discuss the benefits of gratitude and the various elements involved, as well as cases or examples that illustrate these

points.

In Part Two we provide an accompaniment so that you can develop the habit of gratitude. This we will do through a notebook or diary denoting three cycles of twenty-one days each. Every page should provide enough space to record the date and time of the exercise, as well as the *gifts of the day*. In addition, an original phrase or quote is offered with the aim of inspiring reflection.

Before the start of Part Two, I will provide more details about the purpose and intention of the notebook.

In the third part there will be information that will allow you, after the execution of the daily routine, to evaluate and deepen the benefits that gratitude provides.

I dare say this new routine will change the way you think and the way you see life.

Let's begin this wonderful journey toward an abundance of gifts and goods, to which gratitude is the ideal passport or safe-pass.