

If this has helped you, please pass it on to your friends and loved ones.

If you would like to contact us, do so at this email address:

[ten\\_thanks@wwcol.com](mailto:ten_thanks@wwcol.com)

Or visit our chatrooms online at:

[chat.wwcol.com](http://chat.wwcol.com)

And don't forget to keep on writing those letters!

## **How can you bring about positive change in your life?**



**In just a few minutes a day, turn your life around with this simple free method ...**

### **How can I bring about a rapid and positive change in my life?**

It took me many years to learn this lesson and the techniques written about here, but you can use them now and greatly change your life forever. Hopefully you will share what you learn here with your friends and loved ones. If you have proven this has worked in your life, and you should desire to share your experience with others, e-mail me at, ( [ten\\_thanks@wwcol.com](mailto:ten_thanks@wwcol.com) ). I love to hear success stories.

The first time I ever tried this was at the not so supporting request of a man that has since become a good friend. Since then I have used it as a long-term way of life and seen the results over and over again. It works, it is not sinful, and it is, if anything, almost too simple.

I was in a local department store back in 1995 when a woman came up and gave me a big hug. I recognized this person as one of my Computer Store clients from years before. She was a fine upright woman of stature, who beamed with dignity and poise. She reminded me of my mother in many ways, I was glad she was not in others.

I introduced her to my wife and mentioned how I had sold her first computer to her, and had come to know her over the years. I felt that she might have just been happy to see me again since I had closed the store a couple of years earlier, but she clarified that rather quickly. She told my wife that when she bought that computer from me she thought I was the most arrogant and hardheaded person she had ever met. And only after she checked around and found out that all I had told her was true did she come back and buy the computer from me. She then spent the next 7 years learning how to cope with me. She was a trying case, and sometimes you learn to love those people, because of, or maybe in spite of the challenges they bring you. As the years passed, I knew my day would be bright every

time she walked into the store. Either because she came, (she was really a humorous person), or when she left.

She told me how something I shared with her years ago had changed her entire life and how everyone she shared it with who tried it received the same results. She had shared it with her church, her garden club, all her children and their children. Well, I had almost forgotten that I had ever shared that with her, because I shared it with so many people.

"I just want you to know how thankful I am for you and your willingness to share with me" she said. "Years ago, you told me about the book you kept and how you wrote those letters to God every morning. I started my own book, and now I have many of them, but I still write in it every day and it has made so much difference in the way I see the world, and people, and I am so much happier than I ever would have believed possible. Even my children share with me the letters they write sometimes, and we just sit and cry together as we see what we wrote in the past and how God answered those prayers and letters."

I remembered the book idea. I had shared this method with many people, but she let me know how often she shared it with others. What a wonderful person!

I have seen many programs that promise the moon if you can afford them. Afford them in money, in the amount of suffering you do, or in the amount of time they consume.

This program is powerful, simple, and affordable. Your cost in money is usually zero. The materials you most likely already have at home. Your suffering is usually very low if any. The amount of time you will spend on it is a few minutes a day.

You do not need to be a great spiritual person, a Christian, or free from sin or even what society

would call a “normal” person. This program fulfills a simple law that supports all living humans: **whatever you focus on, you create more of.** To write here all the details, scriptures, and references that prove this would take far too much space. It is far faster and easier to just try it. It can be called a list, a letter, or even a prayer. It is in fact all these things, but what you call it is up to you. You just need to allow God to work with you.

When you hear the details of how this works you may think it is silly. You may say it is unnecessary, or that it won't work for you. You may think what's the use, or God already knows my needs, or I've tried other methods, etc. etc. This works! It is FREE! It is not a sin! No one needs to know you are doing it! You have nothing to lose, and everything to gain! So either do it, or accept the life you have now.

First let me explain a little thing about prayer. Prayer is talking to God. Simple huh? Prayer is not demanding, or forcing, or even begging, just talking. When we talk, or communicate, we need to get the vision or purpose across to the other. We need to make our needs and concerns as clear as possible, so the other will understand exactly where we are coming from. This also helps us to hear what we say, and maybe edit our thoughts so we are moving in the right direction. We have a number of practices we have become accustomed to, each with their own strengths and weaknesses:

First we have silent prayer, or thoughts.

The next level is we speak out loud our thoughts or ideas. We may even shout or holler, which sometimes gets attention.

Finally, we may write it down, so there can be no mistake, and all the exact details can be put in order.

Why write prayers? Well if you are in distress, then you should be aware that your thoughts

might be anything but calm. These thoughts may appear as garble or background noise while you are trying to make your wishes known. When you write, you have better focus. You have the ability to edit, to make changes, and review multiple times the finished product. Your request is clearer because you have focused on it for a longer time, and you are even more aware of exactly what was said for later review. Maybe next time you will choose to word it differently.

I said this was almost too simple, but simple may not always be easy. You will chose to do this each day. You will remember to do this each day. You will deal with whatever other issues face you each day. If you are ready to begin then convince yourself you will follow through with this program for at least 30 days. If you miss a day keep going and try to remember each day. The time of day is not important, so you may miss a morning and write in the evening, or choose to do it all in the evening.

#### **How to Start:**

If you are ready, Let's proceed. What do you do?

Feel in your heart if possible, “God, if You are real, I give You permission to work with me and show me Love, Peace, and Joy, as we work together from now on.”

#### **First:**

Print these instructions out and tape them inside a notebook of some type. You can use an easily obtained 70-page spiral bound notepad. This book should be dedicated for this purpose. Praying over it will not hurt either.

#### **Second:**

Write in this book, in the first few pages, the date, a summary of your life at this time. Your fears, your problems, and how you may view

your future. Even write the truth of how you feel about this method of prayer. You may write this as a letter to God or Jesus if you like. Mention you want to know the Truth of God's love for you. You can review this later.

#### **Third:**

Start off each day with the date, and a list of ten new things you are thankful for and write a short letter to God. Not just the big things, but the simple too.

#### **SAMPLE**

Dear Father,

1 I am thankful today that I have a house to live in. (It may be rented, a shack, or being foreclosed upon)

2 I am thankful that I have a car that runs.

3 I am thankful Father that I have gasoline in my car's gas-tank.

4 I am thankful that I have electricity in my home.

5 I am thankful that I have a friend, like (\*\*\*\*\*) to share with. (wife, husband, child)

6 I am thankful that I am in good health. (health is improving, or even I am alive)

7 I am thankful that I have a telephone.

8 I am thankful for the rain we received last night.

9 I am thankful that the pain in my hip has eased up today and is going away.

10 I am thankful that I have clothes to wear

Father I give you thanks for this opportunity to share with you the things I am thankful for. I

know I have taken many things for granted, but I now see just how much I do have.

Thank you Father,

Love; (sign the letter)

Only ten items, no more. Then read it out loud. Then later in the day, perhaps before you go to bed, read it aloud again, and think on what each item says. Think and envision the feeling of thankfulness you have for them.

You must do this daily, for at least 30 days. Why a 70 page book? Well, you may well decide to keep going beyond the 30 days. You may choose new items each day but may repeat some items multiple times. With the one exception mentioned below, DO NOT allow yourself to use this book to write other things in, or to do more than one set of ten a day. There is plenty of time to write hundreds over the next 30 days. It is important that you be focused on the ten for the day. Some people say they sometimes write on the back of each page their thanks for prayers answered and changes they see this is making in their life, sort of a mini diary.

Simple huh? Takes 5 minutes to write and 5 minutes total the rest of the day to read them again. But I promise you this can be the most powerful and productive ten minutes a day you have ever spent. You may ask, how do I know? After 20 years of marriage my wife and I write into our book at 8pm every night.

Father, we are thankful that You hear our prayers. We are thankful for this opportunity to share this process with others. We pray they all will be blessed by You through this process as many others and we have been. Thank you Father,

Your Loving kids, Lewis & Constance