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## Testimonials in Interactions

Interaction during the FEBRUARY 2018 gratitude practice that participants manifested during this activity.

Aparna: I started my gratitude and blessing yesterday morning and today u have seen the change in my space. I had dealings with the maid servants. From past 15 days I was searching for the maid. Yesterday morning I showed gratitude to all the maids who had come in my space for short time and I thanked them. Yesterday afternoon one maid turned up only for a small portion of work. She did a good job, after she went I thanked, I showed gratitude and for my surprise she called by 8 and she told she is willing to work at my place. I am very grateful and thank full to her.

Shruthi: These small stories motivate us to be more grateful.. Thank u.

IADLife Reena: Thank you Aparna for sharing this is very important. When v search and show gratitude in the areas where there is difficulty we might have to go in past to do so.

True these are the aspects that go under the radar, but have been affecting us at the macro level.

Sandhya Rani T D: I agree Reena.

Rashmi Harish: Awesome. Since started writing my gratitude list, I am feeling good throughout the day. It has raised my vibrations and mornings feels so fresh and welcoming for me.

IADLife Reena: I too had experience like Aparna. I had intermittent house help since start of January. I just finished the gratitude work with the other group and a Maid just came to my house herself. I am truly grateful that all my house work and preparation in cooking is happening wonderfully.

Rashmi I agree the mornings I have noticed I got up with lack thinking, and started to write my blessings and voila my vibration became that of hope.

Shruti: Since now a days it's difficult to get a maid it's important to be grateful for them.

IADLife Reena: It is important to take help and be grateful. House help is major help. It is a form of delegation so that u can use ur time for yourself, your family or other creative things.

Sandhya : I truly appreciate the initiative u hav taken fr this magic practice. Evn though i hav d book, its good to read ur msgs as its truly motivating. Today actually i did this gratitude practice n wil continue til the end.

IADLife Reena: Thank you. It is a 28 day long practice. The reason the whole group is created so that v can support each other in this wonderful practice. You have been an active sharer, please continue to do so. One person's sharing is motivation for others.

IADLife Reena: What are you grateful for right this minute? - Write where u can see and let it be a constant reminder for u being grateful.

Vinutha: Thank you for this reminder Reena, this message totally shifted me to a positive mindset.

Lakshmi: I am grateful to get the best support always. Thanks to you Reena for this exercise.

Appreciate your time and effort! Expressing Gratitude is no doubt a great way to feel happy and at peace. It's therefore great to know the various areas of life to be grateful for and to learn to tap its potential!

Sreejaya : After i started this exercise...i am at peace totally...and can clearly see what i want to do. Thank you.

IADLife Reena: This morning I expressed gratitude for my feelings that I had toward a person

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whose behaviour was limiting me, because it helps me see the unresolved emotions and thus gives me an opportunity to solve them.

More space to receive prosperity.

Sandhya: I did the same yesterday.

Sandhya: I was searching for my 4500rs which my husband had given me on Saturday. I couldn't find it the next day. As i was busy i didn't search too much. Today i remembered and searched again. I pacified myself saying its bound to be at home and i will surely find it. I searched in usual places and couldn't find it. Even though i was slightly tensed as i had to use that money for many things i just started getting grateful for the money i spent 2 weeks back on shopping for clothes. Then i decided to get on with my daily routine. But something made me to go to my room and open my special wallet (which i use it only for special occasions). To my surprise i found my money in this wallet. This happened within a minute of being grateful.

IADLife Reena: Brilliant, Congratulations!

Rashmi: Gratitude shifts vibration instantly and I am experiencing it every morning.

Thank you Reena for the reminders.

IADLife Reena: Gratitude enforces and paves way for forgiveness. Irritation and past un-forgiveness keeps you from practising or expressing gratitude. So start thinking of all the other things u r grateful for, then find out what the learning is. This way u can be grateful for the learning too.

Rashmi: An hour back only I received some unexpected money. Thank you thank you thank you.

IADLife Reena: wohooo super.

Rashmi Harish: On top of the world feeling. Thank you Reena.

IADLife Reena: I am sure. Keep enjoying the feeling. Remember to celebrate.

IADLife Reena: I am truly grateful that I have you to write to and share the nuggets of and about GRATITUDE. Make gratitude your habit. If you ask the higher power for the manifestation of your desires, it directs u to the task that will help u achieve that. U have been directed to do this practice for ur desire manifestation. Do u see that?

Laxmi Iyer: Thanks Reena. We are grateful that we have someone like you, who is so interested in our well-being. Thanks aplenty. Started off with today's exercise. I am grateful for how blessed we are already have a wonderful day ahead, all of you.

IADLife Reena: Welcome. Thank you.

Yes true I see it as if the job of taking care of your well-being has been delegated to me and I intend to exceed expectations. Everyone is asking, needs and desire change, but receiving requires an expert support.

Pallavi : Lots of ups and downs with my son's studies. Trying to work on this by showing gratitude. I am very much focused and keep telling the magic words. It has definitely helped me to stay calm and focused. Thanks Reena.

IADLife Reena: That's brilliant. 1st step is to manage your stress. Once you are calm then continue showing gratitude. As we move forward in this practice more will be revealed to u. Thanks for sharing.

Pallavi: Thank u soo very much Reena for your constant support and empowerment!

IADLife Reena: Thank you giving me this opportunity to share. Thank for being receptive. God bless. All will be super-awesome.

Vinutha: Thank you Reena for your interest on creating an awareness for gratitude. I'm not doing it diligently as it's mentioned in the process yet I'm able to handle situations well. I'm grateful to Reena and the group.

IADLife Reena: When u suddenly see the increase in chores and/or other responsibilities as u start the magic practice, know this that it is resistance. Recognise it, acknowledge it and continue gratitude from then. That's why we have 28 days, so u have chance to catch up. U could even be grateful for the resistance because it is the indication of when it ends or fads away. U do this u will see yourself as a hero/heroine who can overcome any blockage. It becomes your achievement.

Lakshmi: I am realizing that it's impossible to be negative when practicing gratitude. Thank you.

IADLife Reena: Just notice and beware that once u do this successfully, u may be tempted to stay in negativity because u think u can come out of it anytime. It's a ruse. Don't get lured by this. Anytime u feel negatively practice gratitude about it or around it.

Sandhya: i very much agree with you. Will follow it.

Lakshmi: Yes thanks Reena!

Swapna: I was feeling so numb and stuck over the past few months. There's been a small ray of hope by just acknowledging that I need to be grateful for a huge lot of things in my life. I think that thought alone and opened up certain avenues which look promising. Thank you Reena.

Shruti: Practing it.. Feeling good and I can't say anything specific but things are moving smoothly.

Since am working in office my office environment for me is getting better and better.. Being grateful for every move makes me feel that I things will work fine for me..

IADLife Reena: I am super duper happy for u. U r doing great. It's all about taking that step. All is going to be super awesome soon.

Notice every smile, kind gesture, every discount, gift, appearances, conversation and behaviours u like and say thank you to that. Get generous with ur thank yous.

Swapna: Thank you. Reena will do.

IADLife Reena: Yes it is and it will come true. Change always starts at the energy and feelings level, As u acknowledge these feelings u will be amazed how ur visibility about all the plethora of things u could be grateful about. Thank u for sharing.

Sandhya: The very way u say is so motivating. Ur sentences r filled with happiness.

IADLife Reena: Yeah. It's for u guys, message from the Source. To whom it is addressed and all who read it. Embrace it.

Geetha: Thank you Reena. You are always my Guru. Yes am experiencing positive things & changes happening for getting good result after I started my gratitude exercise.

IADLife Reena: Dear Geetha, That's great. Very happy to hear that. I believe I am doing what I am assigned to do. Thank you for ur kind words. Am glad that u r having wonderful experience. Let's continue. Thank you thank u thank u.

Manasa: Good morning. After staring the practice of Gratitude I am feeling and experiencing positivity in my life. Thank you Reena.

IADLife Reena: Yeah that's awesome. In which areas in life, any specific experience that u would be comfortable sharing.

Manasa: Yeah sure Reena. I showed gratitude towards my job and patients.. So as I can observe now a days there is increase in the number of patients to my clinic.

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IADLife Reena: That is brilliant. Congratulations and thanks for sharing.

IADLife Reena: Do work on finding gratitude for difficult/ hurtful relationships. Best way to find out gratitude about someone or in something is by writing a recommendation letter. U end up finding all the great points there and u make a strong case of why u recommend that. When you initiate gratitude practice and ur life starts to show beautiful experiences, there is a possibility that u get satisfied with what u have and u stop the practice.

My request is please don't.

Both Lakshmi and I have worked on drug discovery for tuberculosis, we know that as soon as the symptoms subside people stop taking medication, and thus give rise to multi-drug resistance bugs. Meditation is 6 months long, but it's cures.

This Gratitude exercise is easy, but long. Please keep going. Let us all see what is on the other side of the mountain.

Usha: Showing gratitude towards hurting relatives. Now I am feeling positive reactions from them. thank you thank you thank you. thank you so much Reena for your instructions for magical practice.

IADLife Reena: Super great Aunty. Thank u for sharing.

Lakshmi: I am so happy to hear this amma.

Lakshmi: Would like to add that the gratitude practice messages have been so timely for me as I am serving my notice period in office. As I was clearing stuff I deliberately said thank you to every single thing, paper and people who supported me all through! Now I am leaving with amazing positivity and wishes from my colleagues, plus a Super positive feeling about my next level... Let's motivate each other to continue this practice. Thanks Reena

IADLife Reena: I had done the same thing the day I was leaving AstraZeneca, after I was let go. As a result I was calm, I had enough time to send mails and take back up of my data, as only computer was not locked out.

Pallavi : To be honest, I have not been able to show gratitude to my in laws, however hard I try. I am neutral with my feelings. I neither have bad feelings or am I able to get good feelings about them. I am currently in this space....

IADLife Reena: That is the best space ever. I always say this because clients are in this space after a session. Now in this space fill beautiful future for yourself. Whatever you want. You could thank the hurtful relationship that could be one of the reason for you to practice gratitude. From this many other advantages will appear.

Sandhya: Thanks fr sharing this. Even i have faced the same feelings about this. I mean with few persons.

Sreejaya : I have this question Reena...there are some relationships...that were sour...I have made peace...now I am not sure if I want to change them for better or let them be..because i have learnt to be so independent..devoid of these relationships. And i like where i am. Is it ok to feel that way.

Aayan: This is good practice i done today and feeling very peace when i show my gratitude but its still hard to show someothers who dont deserve so,what should i do for them bcz i feel very hard to face them...Reena one think more i want to add here that i m very happy without them which i feel very hard to face them ...?

IADLife Reena: Devoid/avoiding is not a good settlement. One of the things people confuse is when they need to heal a relationship they think it's about making friends with them. It's not. It's about the

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being in a space where their existence does not hurt anymore. Increase focus on making friends with ur desires. Notice the shift, come back and share.

Ok let's address deservability. As mentioned in my latest chapter on Wednesday's why, it's 100% for all. So u do not have jurisdiction in deciding for them just as they cannot decide for u.

People who have hurt u, I am grateful to them because they have brought u to this awesome 'IADLife great minds group', and here u r practising gratitude. U will see awesome results in all aspects of ur life.

Facing people becomes easy after forgiveness.

Sandhya: Making friends with desires!!!??? How Reena?? REENA when does the feelings becomes neutral??? How long it takes fr us to forgive anyone

IADLife Reena: As long as u decide. It is according to your convenience that u hang on to a relationship by way of unforgiveness, because that is ur way to belong. U set ur timelines and it will be achieved.

Aayan: I will continue this practice

Sreejaya: Understood..i see a different perspective. Thanks. My practice for last 2 days was not so effective because i had this question..as to what am i seeking..why cannot i let it be.

IADLife Reena: As long as u decide. It is according to your convenience that u hang on to a relationship by way of unforgiveness, because that is ur way to belong. U set ur timelines and it will be achieved.

IADLife Reena: To change a relationship u need not look for the best/good points in that person. What the person could be teaching you is the opposite of his/her behaviour. Basically what not to do. If writing beautiful points about the person makes u feel better about the person, do list them too. Please remember u are under no obligation to love this person and only say nice things about him/her. Start with clear honesty what hurts/hurt u the most about this person. That person showed u that u can be exact opposite. They have forced u to think beyond a certain stereotype that u understood that needed to be abided by.

Changing hurting relationship is healing will pave new beautiful relationships in future, either with the same person or new entrants. Allow it to happen. Let them change. Let u change. Allow change to happen. U can do it.

Vinutha: It takes a lot to do, however it's a great action. Thank you Reena for suggesting

IADLife Reena: There is a reason there are 10 points. By the time u reach mid-way u will start feeling better. Anything that has not been done is not easy. Anything that is completed is an achievement. Difficulty does not have position in ur space.

IADLife Reena: It is important to do the exercise at one go, however u can spread it across the day, write down as u remember and at the end of the day or as soon as u have collated min 10 points, go through them together. Notice ur feelings. R u relieved or r u still angry. If it's later then continue with the exercise for next few days. Here is one thing u can be grateful for, that relationship led u to participate in this exercise and know about gratitude more deeply.

Rashmi: It's a little over whelming to do this. How to handle this feeling?

IADLife Reena: Please just note the feelings. Acknowledge 'ok! I am not there yet.' Then continue researching for the gratitude. Please know this. When u do these healing exercises there is a possibility of getting pulled into low vibration feelings, words and actions. Keep an eye on them. Say it



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out loud or quite, possibly in front of a mirror. 'I am in low vibration. I am willing to change.' Notice the change and please let me know.

Lakshmi: Thanks for this.. was happening with me since we started gratitude towards people 2-3 days back. It felt like my feelings got worse. Now getting better..thank you Reena

IADLife Reena: Thank you for the message Lakshmi. Please note when u are feeling not so good that also means that u r still waiting for the contribution, participation, acknowledgment, approval, change of/from the other person. This is a revelation in itself. Because at some level u r living this experience with that person, and u r getting upset with their lack of effort. Truth is if u r the only one doing this exercise u r the only one participating. So again just acknowledge that, and with a chuckle mention to urself, 'that person is not participating, but I am.'

Lakshmi: I got magic money yesterday- from colleagues who gave a lovely farewell yday. Didn't realise until mom (who is in this group) pointed out!

IADLife Reena: write ur desires on a flash card or any piece of paper. U could start with 5. Please do this. Carry it everywhere. Anyone interested in sharing what is their most important desire. V all will set an intention to bring it true. Group intention have lot of power guys, write at least one of the wishes u are comfortable sharing and let's all pray for each one of them. Good wishes.

Hemavathy: Desires should be in one sentence or detailed.

IADLife Reena: Either.

Anjali: Do we need to post each of the others intentions separately to pray? Or can we do it collectively?

IADLife Reena: Collectively or separately , both is motivating.

Pallavi : My ultimate desire is to travel the world and have a house of my own.

Sandhya : Sam here and also I wan share wonderful relationship with my family. I wan be a great orator transforming people's lives.

Lakshmi Ashwin : Reena, I wrote 7 so far: sharing one: Reach out to the world with the diverse flavours from my scientific and personal life through my writing, talks and poetry with the ultimate goal of making people more knowledgeable, happy and content.

IADLife Reena: IADLife and I am bringing healing solutions and happiness to billions of people all over the planet through IADLife products and services.

Rashmi: My top desire is to be happy always and of course a good tarot card reader and counsellor giving solutions and suggestions to ppl who need healing.

Anjali: My top desire is to get a divorce and full complete custody of my son, Rohit. This or better. Thank you.

Hemavathy: Want to have healthy relationship in the family,want to learn car driving, want to travel to UK and USA with my neice.

Sreejaya: My wishes 1. To lose weight and be fit always.2.travel a lot thought out india and trek to manasa sarovar too. 3.own a farmland and get back to farming and own a dairy as I love and respect cows .basically back to nature for a carefree life.

Vinutha: Hi, my desire is to earn lot of money and get clarity in life.

P N RAJAKUMAR: My desire is marrying the girl of my choice, my parents are also happy with my choice.

Varsha : My wish is to help my mother heal quickly n happily.

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IADLife Reena: Maybe u can say u wish to see ur mother healthy and happy.

Varsha: Yes I wish to see my mother healthy and happy.

Sridevi: Want to ve healthy relationship in family n my aim is to start my own dance n music class along with IT profession.

IADLife Reena: so be it.

Brinda Singapore IADLife Client: Great job Reena.. Hats off to you... since u started this group I couldn't go thru all ur msg's.. but tdy i wanted to start from the scratch n i realized what i have missed all these days.. so am yet to write my desires down.. but once again want to thank you for all ur motivating words.

IADLife Reena: Very very nice to hear from u. Lovely. Do U have 2 or 4 wishes, start there. U can join us from today. Just a few days left. U could enjoy the rest of the journey with us.

Anjali: I did the exercise too. I was to write a short story for a contest. And I was lacking the confidence to start. It was a romantic prompt to start with, so was slightly apprehensive. However I went to the launch of a book and during the course of the event I realised I practised better writing techniques than the author who's gonna judge the contest. I feel much more confident and positive now to get started and to go for it.

IADLife Reena: Good luck. U need not be better than others or it is not necessary for others to be less than u. U be ur better self. U be ur best. U r great already. Just check how much u r already able to do.

Anjali: No. The intent wasn't that I'm better or worse. I just felt confident and positive to at least give a shot. Had been procrastinating it from almost 15 days and the due date is approaching.

IADLife Reena: Awesome. Just clarifying, as the focus has to be ur writing.

Anjali Rangadham IADLife Angel Therapy Client: Yes yes. Apologies if it sounded that way. Yes the focus is to be better than you were yesterday. U r your only competition

IADLife, ReenaYadav: Na-ha. Here u don't need to apologise. Just getting ur focus there not pointing. U r your own inspiration, I would put it that way.

Anjali: True. Yes, that's perfectly said.

IADLife Reena: On day 24, Magic wand day, for those who want to pray/ wish/desire for others, u can do that with this guidance. Showing gratitude for others is easy, the resistance is less as/when the attachment to result is less. So practice is more concrete. When u see the results it gives stronger confirmation that what u do matters and works.

I am choosing three people from this group. And will await great news from them.

Hemavathy: Reena I don't know if I'm asking the right question in this group pls help. My friend and her daughter is a victim of blackmagic and they are suffering terribly any way to help them.

IADLife Reena: U want to help them or u want to get them help?

Hemavathy : They should get benefited.

IADLife Reena: U could do today's exercise and visualise u getting great news from her as a text message or a call or in person sharing the exciting news about your friend's daughter. She is telling u that she thinks her daughter is getting better or is doing great.

This is all u can do. Next we can get her professional help. We have collaborators who can help.

Rashmi: Reena I remembered 'wabi sabi' after hearing this audio of Day 25.

IADLife Reena: I totally agree, I myself started making a list of situations that were limiting/

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uninspiring. I made two columns. On left I wrote 'What did I see/come to know or heard.' On the right I wrote, 'I am truly grateful for/ I am truly blessed that....'

I listed few observations/experiences from my evening experiences then started looking for what I am/could be grateful for. Then I could find what I could be grateful for instead of getting into fear or getting irritated. Kool exercises totally shifts the vibration. [IADLife Original]

IADLife Reena: Friends just two more days to go. How are u doing? How do u feel now that this activity is ending ?

Usha: thank you so much reena. I am doing the magic practice till today. thank you Thank you Thank you. Really grateful to you and IADLife.

IADLife Reena: Thank you Aunt. Very grateful for ur presence here and ur sincerity. I am truly grateful for people like u and ur truthful dedication is my motivation to carry out these activities that require consistent prolonged diligence and deliberation.

Anjali: I'm on track Reena doing this.

IADLife Reena: Awesome.

IADLife Reena: Anjali I am truly grateful to you for u had motivated us to carry out the magic practice for the first time at IADLife.

Since then, using gratitude practice I too have enjoyed seeing people change their lives. So much joy. Feeling gratitude with them.

IADLife Reena: Acknowledging our higher vibration feelings is a task but not a tall order. V can get there. Just the way recognising low vibration feelings like anger, frustration, irritation has been easy. That is because the focus has been there. Let's shift the focus ask ourselves what am I feeling good about or what could I be feeling good about ? Voila there's ur shift. Consider this ur start.

Sreejaya: During this entire period..I was always positive grateful and saying thank you..I am more happier and looking forward to magical present and future. It also dawned on me that it is easy to let go and be thankful for what u have right now..now and here.

Rashmi: Exactly it has shifted me.Though I missed the practice for 2 days in between, being thankful has become so natural. It's like one or the other exercises we are doing it without any effort.

Lakshmi: Yes same here.. just been busy with intensive courses. Hence not been able to reply.

Thankful for all the experiences. I was in Low vibration today month but the practice helped shift it and attached great situations today evening! Gratitude works ☺thanks Reena and all.

IADLife Reena: Gratitude is more than saying thank you. It's being grateful for reasons that resonate only with the person who feels and experiences it. Thank you thank you thank you all.

Lakshmi: Will miss this! Thank you..

Usha: Yes. But hope we can restart the practice again from the day 1 from today onwards. Can we Reena? Thank you for your support and great effort!

IADLife Reena: Wow sounds great. We can start from tomorrow if the group is up for it. IADLife, Please spread the word and ask all those who are interested.