

Lab Report Sheet

The Principle: The Fish and Loaves Principle

The Theory: The universe is limitless, abundant, and strangely accommodating.

The Question: Is my focus on the negative keeping me from seeing reality?

The Hypothesis: If I change my outlook and make a concerted effort to look for goodness, beauty, and abundance, it will show up in spades.

Time Required: 48 hours

Today's Date: _____ **Time:** _____

Number of kind, beautiful, good things _____

The Approach: I've heard the old adage: "What you appreciate appreciates." So I guess I'll give it a whirl. Who knows? Maybe expressing gratitude is more than just some mumbo-jumbo Pollyanna/Oprah thing. Willie Nelson, after all, said that when he started counting his blessings, his whole life turned around. Like Willie, I'm ready to bet on the probability of peace, bliss, and joy. Consequently, I will actively seek goodness with a vengeance.

Research Notes:

"We have more possibilities available in each moment than we realize."

-Thich Nhat Hanh
Buddhist Monk and Peace Activist