

Reasons For Praise And Thanks!

by Tochi

One Thought Press
Wayne, MI

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Published by One Thought Press
an imprint of
One Thought Multimedia & Publishing Services

For information:
One Thought Multimedia & Publishing Services
www.1Thought.com

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Library of Congress Catalog Card Number: 2004096650

ISBN: 0-9760659-2-4 (pbk)

First edition

Printed in the United States of America

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FOREWORD

Over a year ago, I called my friend Tochi to find out how she was doing. I expected that things were going great for her. However, Tochi caught me off guard. She, instead, told me that her material world was being rocked. Remarkably, Tochi had reasons to give praise and thanks to God in the face of her mountains.

What was her secret?

Praise empowers us to stand while we are waiting for what we believe through prayer. Giving thanks is the expression of a grateful heart that propels us to look beyond ourselves. Praise and thanks go hand and hand. Giving praise and thanks releases one from life pressures and burdens, while placing our focus on what is real.

I think it is always easy to find reasons to give praise and thanks to God when things are going well in our lives. However, in times of crisis, we often find it difficult to find any reason for praise and thanks; without much effort, we eager to give reasons for complaint or murmurs. Why is it that many of us have no problem giving praise and thanks to our favorite sports player, entertainer, minister, family or friend, but we have difficulty giving praise and thanks to God, the creator of the universe?

Giving praise and thanks is a powerful way to take our minds off our problems and, instead, actually keep and increase our blessings. This book, *Reasons for Praise and Thanks* by Tochi, equips you to count your blessings—especially when you are inclined to do otherwise. A saying commonly heard in African-American churches: “When the praises go up, the blessings come down” confirms this ancient principle.

You no longer have to be lost for reasons to give God praise and thanks. This book by Tochi helps you to specifically count your blessings one by one, as well as assist you to give your love, adoration and appreciation to God—no matter what your circumstances may be like right now.

This book takes the spot light off of you and places it on God. God becomes the center of your attention.

Use this book every day. If you do so, like Tochi, the mountains in your life will only give you more reasons for praise and thanks!

*Michael Bridges, CPA & Minister
Michigan, January 2005*

PREFACE

Along my own path of self-discovery and personal transformation, I have come to realize the evidence of God's favor and grace in my life. Naturally, I came to understand the power of giving thanks for the blessings that I have and expect. In fact, I was very deeply moved—to tears, on some occasions—as I wrote each chapter of this book. Each explanation brought into my conscious mind the real reasons why I was thankful for each blessing.

Furthermore, in researching the thoughts that accompany each blessing, I was impressed by how the scriptural quotes from the different spiritual paths I considered were consistent across the board. Indeed, how amazing it is to realize that the word of God is unchanging across time and place!

I trust that this book will do the same thing for you as it has for me. Many times, as I have heard it put, we are anxious to tell our problems to God... but rarely consider telling our problems about God. Isn't that something? When we focus on giving praise and thanks, instead of complaining and feeling depressed, we are reminded to be confident that what appears to be a challenge today will eventually pass away.

I highly recommend two ways of using this gift, though you may certainly use it any way you choose. First, you may wish to open it at random each day and contemplate the blessings you have uncovered, or second, you may wish to use the book to help you focus on the specific blessings you have received or expect to receive.

You and I have every reason to be thankful for our blessings. They are privileges, not rights. Now is the right time—to express our reasons for praise and thanks!

Tochi
Michigan, January 2005

ACKNOWLEDGEMENTS

My deep gratitude goes to:

—God, who always gives me all the reasons for giving praise and thanks in every circumstance

—Beverly Ponczek, who physically, lovingly and enthusiastically showed up within 24 hours of my request to Spirit for a reviewer who would understand the essence of this book

—to Kachi Enyia and Joan Osuji, for checking my pulse for signs of 'real life' and providing for my needs many, many times without comment

—to Patricia Jackson, for being a spiritual model to me of faithfulness to God in all things

—my numerous friends, who show me the many faces of love

—The online sources of all quotations I have used in this book.

Thank you!

CONSCIOUSNESS

I am thankful for consciousness!

Dear God, I am thankful for Your manifestation to me as Divine Consciousness, for

- I can sense the world around me, and that I can feel my emotions and understand my thoughts.
- I have self-consciousness, which other creatures on this planet do not have. I can sense that the real me—my soul—is separate from my environment, from my body and from my mind.
- I know that I did not do anything special to merit being conscious.
- I can direct and uplift my consciousness in a way that serves me and others. My consciousness gives me dominion over my world and my reality.
- I know that I can choose what to do, what to think and what to say because of my free will, which is a function of my consciousness.
- I have a fully functioning conscience that makes me aware of the difference between good and evil, right and wrong, being positive and being negative, being involved and being indifferent, as I see it. I know and can choose between love and hate, peace and turmoil, as well as fear and confidence.
- You are the one who sustains my consciousness just by being. I thank You for being in my space.
- I am part of your creation, at this time and in this place. I acknowledge that Your consciousness within me is unique and precious.
- Making me know and understand the magnitude of this blessing, for there are those who are not conscious of their aliveness, or just incapable of being aware that they are conscious beings.

My God, I am and will always be thankful to You for my consciousness. You are my Consciousness, my Creator, my Ocean and the Fire of my soul. Use me and my awareness as You will. In the midst of my consciousness, I praise and thank you now and always!



“This people have I formed for Myself, they shall show forth My praise.”

– Isaiah 43:21

“They remember God while standing, sitting, and on their sides, and they reflect upon the creation of the heavens and the earth: “Our Lord, You did not create all this in vain. Be You glorified.”

– Sura 3:191

“I am the Consciousness in living beings.”

– Gita, 10.22

LIFE

I am thankful for life!

Dear God, I am thankful for Your manifestation to me as Divine Life, for

- My life is a precious, wonderful, irreplaceable gift. I recognize that I am a channel for the expression of consciousness, which manifests as my life.
- I have not created life; I am just alive. My consciousness and my life go hand in hand.
- I woke up to experience this day and I know that my life continues as I sleep. I also know that my life continues beyond this earth on other realms.
- Whenever I see the blue sky, whenever I have feelings in my heart, I realize that I am alive. Whenever I detect a smell, hear a sound, taste a flavor and touch an object, I acknowledge my life. My life has no end.
- Being alive in this moment, in this place. My being alive means that I am a living witness to all that is going on in my world.
- My life interacts with other lives, and this interaction means that I can influence others for good. Likewise, others can influence me for good.
- The evidence of teeming life all around me—in the flora and fauna.
- All that give up their lives that I may live.
- Life that manifests anew every moment. I am thankful for life that changes form every moment.
- Sustaining my life and all life.
- I have life and can do something with it. My life is priceless, my life has meaning, my life has purpose, my life has weight, my life has breadth, my life has depth.

My God, how wonderful is this life you have given me to experience! I surrender the rest of my life to You and I accept Your purpose for it. In the midst of my life, I am and will always be thankful to You. Thank You, my Life, my Existence, my Beginning!



“In Him we live and move and have our being.”
– Acts 17:28

“He resurrects you every morning, until your life span is fulfilled, to Him is your ultimate return.”
– Sura 6:60

“Just as one sun illuminates this entire world, similarly the Creator gives life to the entire creation.”
– Gita, 13.33

LOVE

I am thankful for love!

Dear God, I am thankful for Your manifestation to me as Divine Love, for

- I always love. I am always loved. I am always in love. I am full of love. I am love itself.
- The opportunity to experience love firsthand through memories, glances, hugs, smiles, words and kind acts. My heart is filled to overflowing with this precious love that I feel right now.
- The happiness, peace and assurance that love gives me. I am increasingly attracted to increasing good and exquisite beauty because of the love I am experiencing at this moment.
- The contentment I feel because of love. No matter what is happening out there, I am safe and secure because of my love. I am thankful for, and open to, how love expresses itself to me.
- The love I am experiencing right now is right and perfect for me in every way. It is deep, constant and reliable. When I think upon this love, I am called to my greatest sense of service and gratitude.
- This love makes me a believer in the best and highest that life has to offer me. I know that the love I feel right now makes me forgive and release everyone—including myself—to the Highest Good.
- My love helps me endure all things. My experience of love strengthens and supports me.
- The ways that I am blossoming because of love. The glory and magnificence of my soul is being showcased through this love I am experiencing now. I understand and realize what it means to be the personification of love itself.

My God, I confess that You are the one who makes all love possible. You are the most wondrous, most magnificent source of all love. Absolutely nobody loves me like You do. In the midst of love, I am and will always be full of praise and thanks to You, my Divine Lover!



“Love is patient, and is kind; love envies not; love vaunts not itself, is not puffed up, does not behave itself unseemly, it seeks not its own way, is not easily provoked, thinks no evil, rejoices not in iniquity, but rejoices in the truth; bears all things, hopes all things, endures all things. Love never fails.”

– 1 Corinthians 13:4-8

“Those who believe love God the most.”

– Sura 2:165

“For he that laboureth right for love of Me shall finally attain!”

– Gita 12.12

HEALTH

I am thankful for health!

Dear God, I am thankful for Your manifestation to me as Divine Health, for

- I acknowledge that I take many things about my health for granted, yet am healthy. I am able to do many things for myself. My body parts are functioning without thought and obey my will. I am able to think for myself. I am sane and in my right mind today. I am able to tell when my physical, mental and emotional bodies are not in harmony.
- I can do something to make the proper adjustments to regain my health. There are medicines, herbs, foods and exercises that I can do to speed up the healing processes of my body and maintain my health.
- The intricate and minute processes that maintain the health in my body, often without my conscious knowledge and control. My body knows just what it needs to be healthy, despite my lapses into negligence.
- The existence of other organisms that help me become and remain healthy due to their natural functions.
- The knowledge of health shared with me by professionals and other people who have dedicated their lives to health services.
- The technology that keeps me fit and healthy. I know that without excellent health, nothing else material matters.
- My health is my true wealth. I am healthy on all levels of my existence.
- Giving me this experience of wellbeing and functionality. It is so good to be myself. I celebrate my health. I rejoice in my health. I live in health.

My God, in You do I grow, heal and maintain my health. My thoughts of You are like healing balm to my body and soul. You are my Great Physician, my Healer, my Rejuvenator and my Restorer. I am and will always be thankful to You for my health. Thank you, God!



“Heal me, O Lord, and I shall be healed; save me, and I shall be saved; for You are my praise.”

- Jeremiah 17:14

“O people, enlightenment has come to you herein from your Lord, and healing for anything that troubles your hearts.”

– Sura 10:57

“I am the Sacrifice! I am the Prayer! I am the Healing Herb!”

– Gita 9.16

COURAGE

I am thankful for courage!

Dear God, I am thankful for Your manifestation to me as Divine Courage, for

- Many times I have felt courage coming into my heart as I made good and wise decisions for myself.
- The times that I have routed fear in my mind by choosing to be courageous.
- All the people, words and thoughts that inspire me with courage. I take courage from the conviction I have of my spiritual and moral values.
- Being courageous in the right place and at the right time and in the right way.
- My courage which has served me and others well. Even when it did not look like I would make it, my courage saw me through. It has taken me great courage to change my thoughts and change my beliefs. It has taken me courage to be determined enough change my life and my outcomes.
- My courage which is tempered with love, mercy, understanding and forgiveness.
- I am released of the fear of suspected, known and unknown consequences right now. I take courage in knowing that I can only do the best that I can, given what I now know and what I now have.
- I can be courageous when I choose to be.
- I can recognize situations that call for holy boldness in my life and in the lives of others around me.
- Bringing me freedom in mind and body through the virtue of right and conscious courage. I am courageous to break free—mentally, physically and spiritually—of people and circumstances that do not serve me and the greatest good.

My God, without You, I should be weak and fearful; but this is not so. You have created me strong in heart and mind, to carry out the desires and plans which You have put into my consciousness. Thank You for being my Defender, my Shield and my Rock!



“Be strong and of good courage, and act. Do not be afraid or dismayed; for the Lord God, my God, is with you. He will not fail you or forsake you.”

– 1 Corinthians 28:20

“Many a prophet has godly people fight along with him, without ever wavering under pressure in the cause of God, not did they hesitate or become discouraged.”

– Sura 3:146

“With serene and fearless mind... having the mind under control and thinking of Me... sit and have Me as the supreme goal.”

– Gita 6.14

ABOUT THE AUTHOR



Tochi is a remarkably powerful and effective speaker. Indeed, only after a few minutes with her, audiences rave about her high energy and captivating manner. She educates and motivates in her key area of spiritually-based self-transformation, using experiential workshops and researched talks as tools for personal change.

Tochi was born in Montreal, Canada. She has earned degrees in mechanical engineering, and is experienced in the areas of product design and analysis, cultural diversity, project management, website design, mentoring, advocacy for people with special needs, as well as volunteerism. Having lived and worked in nine countries on three continents as an engineer, Tochi is currently the president of two US-based businesses—Tochi Inc and One Thought Multimedia & Publishing Services.

Tochi has been interviewed on nationally syndicated radio shows, featured on television programs and is a contributing writer to some publications. The first edition of her book of inspirational and practical essays was first released in December 2002 as *Words Of A Woman*, and was republished in 2004 in an updated and expanded form as *Words For Thought*. Her second, *More Words For Thought*, was also published in 2004.

Tochi is a member of a number of service-oriented organizations. She is also a student of life. She also issues a weekly, inspirational e-newsletter from her website, *Tochi-Online!* at www.tochi.us.

This book, *Reasons For Praise And Thanks!*, is her third.