

How do you feel gratitude?

The way to do this is not easy, but the concept is simple. First - Identify something in your life that you are grateful for. In my case I focus on my health and relationship with my amazing wife. This puts me into a very powerful positive, love filled hormonal state, which supports me during meditation, to transcend fourth density consciousness and helps me to experience fifth density consciousness, for a period.

As I said previously the concept of feeling gratitude is “**SIMPLE**”, but due to our entrenched bad habits and tendencies, to think negative thoughts, feeling gratitude can be challenging at times.

So, as you can imagine, allowing ourselves to feel “**GRATITUDE**”, can at times be difficult.

It will, at first, feel difficult to break the cycle of negative thinking, as these thought patterns are so entrenched.

To get started try this mantra or saying:

“I am alive, I have air to breathe, and I am truly blessed that I can think transformational thoughts of “**GRATITUDE**”.

To allow yourself to feel gratitude, do the following:



Relax, centre yourself, breathe in through your nose and out through your mouth. Keep breathing rhythmically and just keep repeating this simple mantra, until you feel the stress leave your body and “**LOVE**” enter.

Keep repeating this twice a day, for 30 – 45 days and you will completely transform your life experience.

Changing your thinking

As I have discussed above, if we need to transcend our normal thinking conscious mind and if we want to transcend or raise our consciousness, we need to move our mind from its normal thinking state, to one of introspection, connection, and transcendence. Doing this is very difficult or impossible, if you are living in a stressed or aroused high beta brain wave frequency state. It is for this reason that I recommend that you invest the next 30 days, into changing your mood from one of “**FEAR, ANGER AND STRESS**”, to one of “**LOVE AND GRATITUDE**”.

There are two benefits that will flow to you, because of this shift:

1. You will feel better physically, and you will become far more energised
2. You will be able to quiet your thoughts during meditation, so that you can move from your thinking conscious mind (beta brain waves 13 – 32 Hz) into your unconscious

(super conscious) mind. (Move from Beta (thinking mind) - Alpha – Theta – Delta – to an aroused, meditative state of Gamma brain wave frequencies).

Make the shift permanent

As you know living in a constant aroused or high Beta state, is very damaging to your health and it also saps your energy, too. So even if you don't want to raise your consciousness and you only want to optimise your health and increase your energy, then following these recommendations is advised.