

The gratitude Handle

Gratitude has the ability to immediately reverse negative emotions. When we shift into gratitude we flip an energetic switch. Consider that when you feel gratitude you cannot feel hateful at the same time.

Dr. Masaru Emoto , famous for 'Hidden messages in water' experiments show the effect of gratitude on water molecules in the form of ice crystals. When placed in the presence of loving Grateful energy, the crystals reorganized themselves into beautiful patterns. In the presence of hateful energy the molecules arranged themselves erratically and chaotically.

Consider that the human body is approximately 70 % water and you will realize the powerful effect that positive emotions can have on your health.

Do this now – pick a situation in your life that gives you trouble and write it down.

Now take two minutes to brainstorm things to be grateful for in that situation. The trick is to do it quickly. Don't judge your responses. Focus on something to be grateful for.

This ancient technique is very powerful. Expressing gratitude requires intention. When you focus your intention on gratitude all negative energy falls away and is replaced with powerful, loving positive energy.