

Gratitude, Healing & a Shift in Perception

By Nicole Rose

In May of this year, I posted an article about "Creating a Fertile Field for Healing." There are different ways that people refer to the healing process and different ways to create a "fertile field." I'm a Course in Miracles student, so when I speak of healing, I'm first and foremost referring to the healing of the mind. The "Course" indicates that all healing is ultimately about a shift in perception in which we free ourselves from a sense of separation ruled by fear to an ever-present reality of oneness ruled by love. As an energy healer I've learned that we tend to perceive life according to the energy vibrations and frequencies we are aligned with. We can have an entirely different experience of the life we're living when we raise the vibration of our own energy field, thus expanding our perception of reality.

That said, there are lots of ways to assist ourselves in "raising our vibes." I briefly outline 10 different ways to raise your vibes in a FREE pdf offer when you join my email list (scroll around and you'll find the pdf). The pdf is a good place to start, but there are far more than 10 ways to raise your vibration. There are dozens upon dozens of methods, including everything from physical activities like exercise and nutrition to utilizing aroma therapies, herbs & oils to inner-practices like meditation, prayer and yoga, to name only a few. One of my favorite and most effective methods for shifting my own energy field is through the practice of gratitude. I don't need any special tools to be grateful. I simply need to look around me or search my mind for something to be thankful for. This makes it one of the most accessible methods available from my energy healing tool bag. One of the interesting things I've noticed is how quickly being grateful for something (anything!!) can lift my spirits and my out-look on life from one that is meaningless, constricted, hopeless and alone, to one that is hopeful, open, purposeful and "on-course" with my greater good.

When my eldest son, Tristan, was in high school, he decided to build a project around the impacts a gratitude practice might have on people's lives. He designed a study in which he sent out journals to 7 different people, varying in age from 18 to 72. Participants were asked to journal 3 to 5 things they were grateful for each night before going to bed. He surveyed them three times throughout the course of the study, using number ratings 1-10 on various positive emotions and mental outlooks. The experiment was performed for three months and by the end of it, the average increase in positive emotions and outlook on life was 70%. Everyone's data expressed very clear benefits from their daily practice of gratitude. One participant, a woman in her sixties confessed that she had just lost her younger brother and was still grieving his death. She felt that the gratitude journal had uplifted her state of mind, acting as a supportive healing agent through her crisis of loss.

Gratitude is akin to love. In fact, it can only be felt when love is present, and likewise can also induce the presence of love whenever we are deeply thankful for something. Gratitude vibrates to a very high frequency in the great vast cosmos of energy signatures. Sister frequencies of gratitude are energies like appreciation, compassion, joy and inspiration. It may sound like far too simple a solution for low-vibrational grayness, depression or grief, to just write down 3 to 5 reflections a night, but great truths are often sheer simplicity cloaked in complicated story-lines. Keeping a gratitude journal is truly simple. No complex methods or rituals, just a journal or

notebook to write in and a pen. That's all, along with your willingness to discover at least 3 things that you can be thankful for, even if it's just the pillow beneath your head. Believe it or not, being grateful for your pillow will work wonders. It doesn't matter *what* you're thankful for. It just matters that you're thankful.

How to start your Gratitude Journal Practice:

Keep a journal or notebook and a pen next to your bed at night when you climb into bed, open your journal and write down 3 to 5 things you are grateful for. Keep it simple and don't complicate your statements or your list.

For example:

1. I am so grateful for this warm bed.
2. I am so thankful for the warmth I feel right now. I feel safe.
3. I am so grateful for this home.
4. Thank you for the intimate conversation I had with Elsa today.
5. I am so grateful for her friendship. Thank you.... thank you for her.

OR another list might look like:

1. I am so thankful for the great dinner we had tonight.
2. I am so grateful for the garden and that we have such wonderful and nourishing food.
3. I am so grateful for my job, for all that it provides.
4. Thank you God for listening to me all the time. I am so grateful for you being you.
5. I am so thankful for my family and friends, that they help me learn how to love.

The important thing is that your journal statements have real meaning for you. Nobody else needs to read them. Your list is your own.... a tool to support you in your own state of harmony and inner-work with yourself.

Blessings & Gratitude.....