



The Power of Gratitude ~ A New Perspective

In the self-help, personal growth arena there is always much discussion about the energy of gratitude; what is it, how to access it, and why it is important to feel it.

Let's approach those three fundamental aspects of gratitude from a slightly different perspective...energetic accountability.

First of all, understanding the true nature of our being is fundamental to perceiving what the energy of gratitude actually is. Science has proven that our physical body is not solid at all, but in truth an electro-magnetic energy field, which is interconnected within ever-larger fields of electro-magnetic energy, eventually coalescing into the Divine Center. It is from within the heart that frequencies of energy are generated and emitted into the quantum field. Remember, the heart is the most powerful transmitter of electro-magnetic energy in our physical energy field. It is the heart's field of transmission to which the quantum field responds. The quantum field is neutral, it simply replicates whatever frequency the heart emits...be it love or fear. This is why being aware of how you feel in any given moment, or in other words being energetically accountable, is the key to unlocking the door to feeling greater gratitude, which in turn manifests your best imaginable life.

The energy of gratitude is much more than feeling grateful. It is the combined vibration of love, joy, compassion, and gratitude...or what I refer to as Divine Heart Coherence.

Remembering that we are of Source/Divine Center/Collective Consciousness, and using the [Institute of HeartMath](http://www.instituteofheartmath.com) inspired Divine Heart Coherence technique to feel and maintain energetic connected coherence with our Source ensures a gratitude-filled experience of unity each and every day.

I invite you to explore your connection with Source through the Divine Heart Coherence technique, doing so will expand your mastery of energetic accountability, and this will enable you to feel happiness, joy, love, gratitude, and compassion as you choose to do so.

Divine Heart Coherence is a simple process, and yet the most powerful tool for life mastery that I have ever experienced. Here is the process, step by step.

1. Close your eyes, breathe deeply for half a minute, and bring your focus to your heart chakra. Touch your fingertips upon your heart chakra to help do so.
2. With fingertips upon your heart chakra, continue to breathe deeply and visualize someone or something that brings you feelings of great joy. Imagine whatever that may be for you as clearly and fully as possible. If it's a loved one, see them before you, radiant...if it's a special moment in nature, see the colors and feel the sensations in your body of being there. Evoke every sensation of joy you feel when with your loved one or in that special place of nature. (It is important that the image you use to activate coherence is neutral, in that it only evokes feelings of joy...a good indicator of this would be the big smile that automatically adorns your face when you feel the energy of your activating visualization.)
3. Allow the feeling and sensation of joy to expand in your heart and chest. Allow it to flow from your heart into all of your body.
4. Be with this feeling. Note how your heart feels lighter and more expanded. You are now in Divine Heart Coherence; your heart is in harmonic frequency with the Divine Center.
5. Remain in coherence for a minimum of five minutes.

Now that you know how to engage Divine Heart Coherence, practice it daily. The more that you transmit it into the quantum field, the more you will manifest joyful moments...the more gratitude you feel for those moments...more joy manifests, and so on.

We all know it's a slam-dunk to feel grateful when life is flowing with goodness, but what if it's not? What then?

I can assure you the very last thing to do and least productive action to take would be to feel angry, victimized, or fearful in response to the not-so-fun-things that we co-create. In transmitting those fear-based frequencies we are merely cementing those events in our 3rd dimension now moment experience, which in turn activates the quantum field to replicate more of the same. Is that really what we want...more of those not-so-fun feelings?

We'll use the example of anticipating the receipt of payment for our work/services, but yet it does not arrive in the mail as promised. Fearful thoughts begin to arise within...such as, we are not respected or valued for our contribution (fear of unworthiness), we are being taken advantage (anger, fear of being victimized), we question if our performance was not up to par (doubt, blame, judgment, fear of rejection), etc. We immediately drop out of coherence and begin to transmit fear-

fueled frequencies out into the quantum field...only to generate more events that will evoke the same fear frequencies.

Again I ask, is that what we truly want...more of the same chest-tightening angst? I don't believe so.

Here's another approach. The next time a fear-generating event occurs, embrace it for what it is...co-created. Own the fact that we previously transmitted fear energy attached to thoughts/images of what we feared would happen. When it does, it is no surprise...remember what we transmit, we manifest.

As quickly as possible we must bring our selves back into coherence, compassionately acknowledging our co-creation. Allow the coherence frequency to expand throughout the body. Feel gratitude for perceiving the co-created fear for what it truly is, self-sabotaging blocking energy. Then while in coherence, feel deep gratitude for, still using the anticipated payment analogy, the expected check being in your hand. Feel the weight of it...feel how happy you are that it is there in your hand, and again, feel deep gratitude for having received it.

This will only work if we are first fully within the coherence frequency. Attempting this without our hearts transmitting the love/joy/gratitude/compassion frequency will not transform the energy being transmitted into the quantum field from fear to love...and without love, there is no gratitude.

The power of gratitude greatly expands when it is transmitted from within a state of coherence. If nothing else, feel gratitude for being in coherence...for being in unity with the Divine Center. Feel the gratitude until there is nothing else present in your heart, but the coherent feeling of gratitude. This is how the power of the gratitude frequency can change your life experience, and how you can master what you co-create.

Joy to you,

Candace Stuart-Findlay