



Why Gratitude Matters

Thought is an energy form. Science has proven a positive thought allows our energy to flow freely and unrestricted. Whereas, negative thoughts decrease energy within our body. Every thought (whether mental or emotional) is connected to a chakra.

Start your day right and increase the vibration of what you want to attract in your life - oh it only takes less than 2 minutes to do! By starting the day with a easy gratitude practice is one of the best ways to get yourself into a positive mindset. By focussing on gratitude – each day, you are giving clear instructions to your unconscious mind that you want to hear more stories of gratitude and less about lack.

We like to write a 5 point gratitude list each morning with before or after you listen to your chakra clearing meditation.

Eg. Today I am grateful to see blue skies, for my bed each night, to give and receive hugs for the dog, to eat food from the earth and my good health.

Researchers estimate that writing down even just 3 things you are grateful for will make a significant difference to the general vibration of your thoughts.

By consciously taking a few minutes each day to see what is going well in your life, you are gently (but firmly!) training yourself to have a more positive outlook and it can be as simple as being thankful you have a bed to sleep in.

We've seen first hand how powerful this can be added on top of your sound meditation to manifest and clear your blocks more quickly. Most people know about having a gratitude practice and that it's a beneficial thing to do but few people actually do it. Oh and it's gets easier to do the more you do it too!

