

# Appreciation and Thankfulness

The nature of God is the appreciation of all things.

Appreciation is the Big Key to life's blessings. Appreciation is an energy infused with the thankfulness and love of one's Soul. Appreciation energy is a quantum energy and through this energy, one can elevate one's consciousness very fast.

If you observe your life, you will see that, you have much to be thankful for. The ability to speak, the ability to see, the ability to move and so on. Look at, how many inanimate objects supports you in your daily life. From the humble toothbrush, to the footwear you wear.

When you cultivate the energy of thankfulness and appreciation, the elements which make up your body, feels acknowledged and this sets them up to release the dormant energies. These energies are hidden deep in the bones and organs in your body.

When you acknowledge and appreciate your organs, the aura of the organs gets cleansed (yes organs have its own aura) and this in turn will affect the outside aura which is around your physical body.

Since your body is made up mostly of water, when you acknowledge this as a conscious thought, the force in the water within you awakens. That force is the force of God within you. God within you; is within the water which is the blood within you.

Many of the body discomforts can be shifted through the power of acknowledging and being thankful to the organs.

Now you may wonder, why this is so important.

First of all, it opens up your heart center and you are able to feel and love yourselves more. The very purpose of life itself is to heal the shadow self and embrace in its fullness the very embodiment of our Soul which is Unconditional Love.

Among the many life lessons, we have come here to master, embodying our True selves is the number one and the most important one.

Now I would like to present a simple hand posture to open the energy of appreciation within your mind and body. On both of your hands, close all fingers except the Index finger.

Bring the right index finger in front of your heart center, while the left index finger is pointing towards the ground.

Stay in that space for some time.

This position will open the energy of appreciation to your body, because it is the body which houses your Soul and also appreciation to Mother Earth on which your earth body can live.

When you consciously acknowledge your body and earth, it will open up a whole new perspective in your thinking and way of life.