



Holistic Life



The unexpected power of being content

*by Georgiana Danet, mental trainer, yoga teacher, holistic coach
and founder of Holistic Life Hub™*

We can always choose to be grateful for what we have and what we are;
instead of being discontent with what we do not have yet



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THE UNEXPECTED POWER OF BEING CONTENT

We can always choose to be grateful

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The unexpected power of being content

Gratitude should be the lens through which we always look at the world.

If we look through this lens only at the material level, we will always expect things from the outer world to tell us how we should feel within.

We would only be grateful when everything will work according to our wishes, needs and expectations.

It would weaken our thanks to God, diminishing the light of our own spiritual awakening, and limiting ourselves to what we want to have, instead of paying attention to what we are.

Nowadays, qualities such as gratitude seem to belong to another era - the simpler times, when everything went smoothly and when there was time to appreciate everything.



Within this wonderful quality - which is gratitude - that evokes a state of gentleness and bliss, there is hidden a force and a colossal power that can radically transform our way of looking at life.

HERE'S HOW GRATITUDE CAN HELP:

It helps us transform our perspective on life

Almost all human beings have the tendency to let the bad things that happen in their lives fill their minds, leaving no room for the good.

This trend of the modern man is reflected and continuously perpetuated by television, newspapers and all means of mass manipulation.

It is often enough that only one bad thing happens to us, and we wouldn't let go of it and we become desperate, no matter what other good things exist or appear in our life at that time.

By daily practice of being pleased, satisfied, content with everything we receive every single day, we will begin to reverse this unhealthy process of tension and suffering, and instead we will gain a new, more optimistic and happier perspective on life.

It raises us above the ups and downs of life

The more we develop our ability to be grateful, the more we begin to feel grateful even when we have unpleasant situations in our life.

And this because we come to understand that good things as well as the bad ones are nothing but necessary experiences for our transformation, which, if they do not break us, they always make us stronger and wiser.

By adopting this attitude, we can always have a state of inner peace, gratitude and understanding, calmness and serenity, regardless of the passing and ever changing circumstances that will appear in our lives.

It pulls us out of our limited ego

In the spiritual practices that lead us to self-knowledge, our consciousness expands and we begin to gradually feel that we are part of something much larger that exists beyond our limited ego.

We also come to realize how limited is the vision saying that we are just mortal beings (that is, we are only the body and the mind).

In the same way, the constant manifestation of the state of gratitude helps us overcome our selfishness and egocentrism and we realize which is our place in the universe, as an integral part of All.

This All is in fact God, who constantly embraces us and in the same time always exists within each of us, in the form of the immortal divine spark.

Thus we will have the revelation that everything which exists is inter-correlated, that we are not and have never been separated from anything that exists; that everything depends on everything and it works in perfect harmony, according to the will of God.



In the light of these inner understandings about what the persevering practice of gratitude can bring us, we will achieve a profound and steady inner state of thankfulness in which we will reveal our true nature, which is divine and eternal.

Awakens a more elevated part of our being

Gratitude is a state awakening in the heart, the place in the middle of the chest, where we feel the essence of our being.

That is why, when we consciously practice gratitude, we feel a mysterious part of our being waking up, facilitating our access to the higher and noble depths of our soul, making us better, more loving, more caring about the others and ourselves.

It opens our heart, helping us to get out of the selfish shell of our own interests, and when being grateful we fully embrace life, thus experiencing totally all that it gives us.

Techniques to cultivate the state of gratitude

There are many ways to put gratitude into practice.

But what is important is that they are practiced every day, so that it becomes a good habit for us.

1) In the morning, as soon as we wake up, it is the best time to practice gratitude,

because then it is the least likely to be disturbed and we have not yet managed to fill our minds with all the chores we will have to do during the day.

The advantage is that, in doing so, our whole day will be filled with the wonderful energy of gratitude we have evoked in the morning. And our gratitude will also attract the gratitude of others.

Here's an extremely simple, wonderful, and very effective way to make the world we live in better.

We can also take a moment to manifest gratitude in the evening before going to bed, enumerating in mind all the people, situations, things of that day, for which we can be grateful.

2) Write on a sheet of paper all the things we are grateful for



This exercise is a very good preamble before performing the other techniques of gratitude. Every day, it is good to write a number of things on a piece of paper for which we are truly grateful and, as we write them, we are aware of the ineffable feeling of gratitude as it awakens and grows in our hearts.

When we put down all these on paper, we begin to realize how many things we really can be grateful for, starting with big things, such as the gift of life or our friends, to the little events that have taken place yesterday, like, for example, the smile we got from someone or the opportunity we had to spend some relaxing minutes on a bench in the park.

3) Expand the grace of gratitude in our heart

Another exercise is to say the word "gratitude" more often in our mind. Every time we repeat this word, we visualize and feel how a flower of gratitude grows in our heart more and more, expanding, petal by petal, and encompassing our whole heart.

In this wonderful way, our heart will be filled daily with gratitude, which will make us feel happier and happier.

4) We cultivate our inner joy

Joy brings with it a state of expansion of consciousness that gives birth to gratitude. We will seek to breathe in and out, keeping our focus on the mysterious flow of breath that comes in and out of our body.

We feel strongly that when we breathe in, pure joy comes into our heart, and when we breathe out, our inner worries and tensions are eliminated with the air.

Thus we will free ourselves from all tensions and stresses, and our whole being will be filled with exuberant joy.

5) We thank God, gratefully, for all that He continually gives us

Engaging a daily practice that involves thanking God for all that He gives us, according to His divine will, is an extraordinarily efficient and quick way to improve our lives and to be truly happy. We will thus be able to perceive God more and more present in our lives. The perspective upon things that happen to us - be they good or bad - will radically transform, for we will understand that when we accept with an open heart everything that comes from God, without resistance, we will be relieved of any suffering.

On the other hand, we will understand gradually that all the situations God sends into our life are also for us as many chances to become better, more courageous, more loving, gradually shaping our character until we come to be what we truly are: the perfect divine children of God.

An inspired melody can help us evoke this state more easily.

6) For every important event in our lives, we can perform a small ritual of gratitude

For every important event in our life, such as the anniversary of our birthday, New Year's Eve, Christmas or Easter, we can perform a sort of ritual of gratitude.

We can for example light a candle and scented incense, or we can arrange the room in a way that deepens us more easily into a sacred atmosphere or anything we think expresses our gratitude.

We can begin by interiorizing ourselves, opening our soul toward the beneficial energies in the universe, to the inspiration of the



angels of light and to God.

Then we can, for example, make a synthesis of our life or of a period of life, in order to become aware of the most extraordinary gifts we have received from God.

We can be aware of how much the things that were apparently bad in our lives, actually helped us, and we realize they were gifts in disguise.

In the end, we will wholeheartedly manifest a state of gratitude toward God, thanking Him for all His gifts.

By doing this periodically, our lives will become more spiritual and we will begin to realize, with more and more lucidity, which is our purpose on this earth.

I wish you a heart filled with gratitude and a deep contentment!



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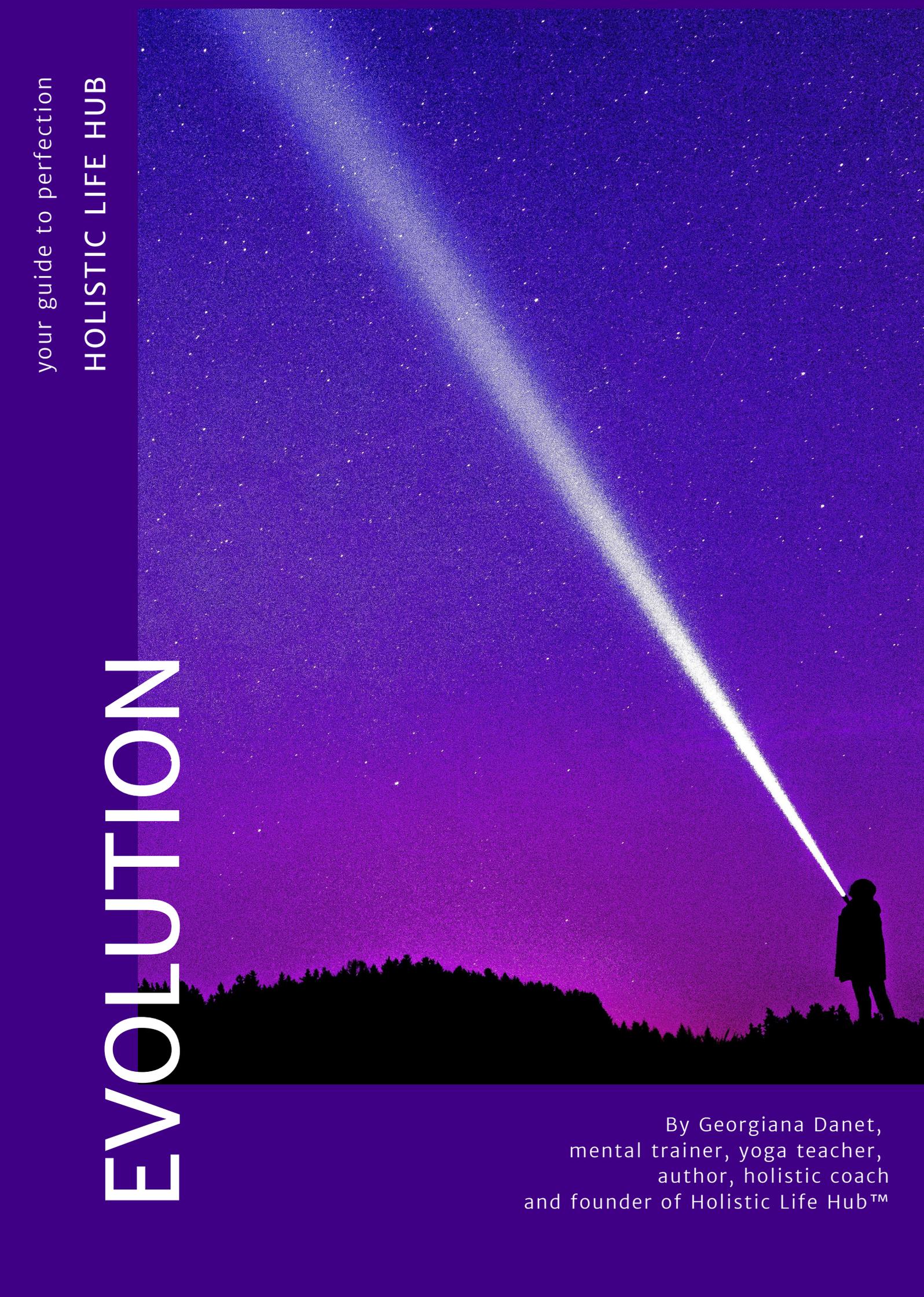
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your guide to perfection

HOLISTIC LIFE HUB

EVOLUTION



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