

## **The Vibration of Gratitude**

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We are vibrational beings. We have streams of energy that circulate within us. It is the motion and energy of these meridians that acupuncturists manipulate. With needles appropriately placed, there is a soothing, energizing or removal of any obstruction to these currents of energy. This restores the meridians to their proper flow. Our bodily functions are then improved and we feel better as a result of our energy alignment.

But it doesn't end there. We have energy fields that reach beyond our covering of skin. I am sure you have experienced the ability to read when someone is in your energy field as well as sensing how their energy feels to you. Although well documented, as a culture we haven't been encouraged to honor this awareness as real.

Every cell in our body also has a vibrational energy. Each cell is influenced by outside forces; not only the energetic molecules of food, drink and the environment, but the molecules produced by our thoughts and emotions as well.

I use kinesiology and muscle testing quite a bit in my practice. It allows me to have a conversation with the energy of my clients. It can assist in a number of areas - determining nutrient needs, organ and metabolic stress as well as how one is holding their energy in response to emotions. Muscles will go weak under negative stimuli and become strengthened with the positive.

Where I have seen this dramatically demonstrated may be useful to you in your approach to life – holiday season included. As people think or focus on negative thoughts; financial stress, guilt, deadlines, distaste for someone or something - their muscles go weak in response. The energy of the negative thought then has influence on every aspect of the body: the muscles, the organs, the cells.

When in turn people think of something positive; gratitude, forgiveness, acceptance, understanding, love – body muscles strengthen. Even in imagining an unforeseen blessing arriving as a result of a sticky situation can change the body's interpretation of the event. It is a dramatic demonstration of the effect of one's thoughts on one's well-being.

So, in this season of holiday and (often) family stress, use this awareness to your advantage. See if you can observe your thoughts and notice how your body feels in response. Take the opportunity to apply gratitude and appreciation in the situation, observing how your body then feels. As you practice you will become more aware of the tightness and uncomfortable holding in your body that accompanies negative thoughts. When you choose to focus on appreciation, you will notice a nice relaxing in your body. With practice, you will soon find that you

cannot appreciate something and blame or be mad at something at the same time.

It then becomes your choice as to what you want to focus on. Recognize what it is about your life that gives you pleasure and be grateful for it. Extend it beyond Thanksgiving Day. Center your attention more often on the beauty of the mountains, the clean air, the sun, the snow, your two legs, two arms, eyes that see, a nose that smells, ears that hear, your dog(s), your partner, your kids...their giggles. In focusing on the good and appreciating it you change the vibration in your body. The vibration then becomes one of well-being. Not only will your health will benefit, but so will your family and your holidays.

A wonderful read about the power you have in how you hold your energy is "Power vs. Force" by David Hawkins, M.D., PhD. You might want to put it on your Christmas wish list!