

Gratitude

“Gratitude is like a secret key that shifts your awareness,” - Deepak Chopra

Spend a moment each morning when you wake and as you crawl into bed at night bringing to mind something or someone for which you are grateful.

Picture the person or thing before your mind's eye and feel the gratitude swell, surge in your heart.

Connecting this practice to a part of your morning and evening routine may help to solidify it into your daily practices.



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