

The Powerful Vibration of Gratitude

Have you ever felt truly grateful for something? Have you ever been so thrilled that tears came to your eyes?

True gratitude feels wonderful.

Somewhere along the lines most of us adopted the idea that being grateful was something we were “supposed to” do—something we had to force ourselves into. Perhaps as a child we were told, “Tell Aunt Emily THANK YOU for the nice gift” –but we hated the gift. So saying thank you became something we did, whether we really felt gratitude in our hearts or not. Our vibration of gratitude may have lost several degrees of sincerity—at least!

Whenever we are forced to do something—that is, we aren’t given the choice to act through our free will—we resist. As parents, we can see that we can MAKE children do things—like their chores, or behaving well—by manipulating the consequences. But this type of force does not foster a willingness in our children. We can never force their inner world, or the attitudes with which things are done.

We can make sure our children say “Thank you”—but we can never make sure they sincerely mean it.

Gratitude has been given a bad rap—we SHOULD be grateful, we should be thankful for what comes into our lives, whether we like it or not. Is that any fun? Is that even being true to ourselves? I don’t think so.

But the feeling of “I SHOULD be grateful” is not gratitude. In fact, it’s far from it!

Gratitude happens naturally, as a result of where we choose to focus our thoughts.

When we are in gratitude, we focus on what we have and love. If what we focus on grows, then what are we creating? More of that which we love and appreciate.



I remember some times I felt profound, true gratitude.

When I fell in love with my husband. That's why people in love are so giddy—they are in sincere gratitude.

When my children were born—or rather, several hours afterward once I'd had some time to rest and recuperate. I remember with each of my children, holding them close to me, feeling their warmth—and what I now recognize as their extremely high vibrational energy. I felt so much joy, tears fell steadily.

Children express gratitude without refrain. Have you noticed how easy it is to excite a child?

“Hey, guess what! We're going to do something fun!”

Already they are like eager puppies, thrilled to hear more, already rejoicing in something wonderful—they don't even know what. Their body language changes, they get up and come running to you. “What? What is it?” Their faces are already beaming!

Gratitude is a natural state. It's up there with childlike joy and childlike wonder.



Only after years of disappointment have we learned to temper our joy and gratitude—to ***not get our hopes up***. “I’d better not be too happy about this—what if something goes wrong?”

Little by little we learn to feel joy and gratitude less and less, to suppress those emotions that once flowed so naturally. Why? To avoid the pain of disappointment, right?

So our tactic is to NOT be as happy and grateful because we are afraid we will run out. It’s as if we learn to conserve our childlike emotions. What if there aren’t enough joyful events in life? What if I run out of joyful reactions?

Unlike a child, who fills himself with joy and excitement to such a degree he is nearly bouncing off the walls—we temper, we suppress, we deny.

We fear.



But when we do this—what are we creating? What are we expecting?

To not have a lot to be truly grateful about. Right?

Yet, can you see it? We have programmed ourselves to think this way.

What if you were to fill yourself up with joy and gratitude once again. What might happen?

“Well, I might fall flat on my face,” you say. “I might be disappointed.”

Well, if you live in suppressed gratitude you certainly will. There’s no question there.

Yes, there is risk. There always is. But this is faith. This is intention. This is trusting and knowing that good things are coming your way. Why? Because you are creating a vibration that insists upon it.



If you live in a high joy vibration of gratitude, you must experience things to be grateful about. Like attracts like. This is the law of the Universe—and the universe is committed to return to us what we give out...a hundredfold, and probably more!

But that takes a lot of trust to believe, doesn't it?

Yes, it does. And it also takes awareness—it takes consciousness.

Do you believe the laws of the universe are real? Do you truly understand the Law of Attraction?

Do you know that your thoughts create?

True—your high joy vibration may also help to release aspects of you that are not in alignment with joy. You may have some old beliefs rear their ugly heads. But as you do, you can say to them, “Oh, I remember you! You’ve kept me bound all of these years. But no more. Thanks for stopping by on your way out...out of my life!”

And let them go. Trust in your high vibration. Release what isn't you. Release the lies and illusions that have made their home deep within you.

And welcome in the joy.

Let your joy live in you through gratitude.

What do you love and appreciate?

Family? Friends? Sunsets? Strawberry jam on fresh baked bread?
The smile of a child?

Even if you aren't feeling all that grateful right now—you can.

You are the chooser of your thoughts—they don't create themselves. True, you may have had them running on auto-pilot for a while, or stuck on tapes of low vibrations. But if you were listening to some awful, depressing music, would you keep listening to it?

“Oh, those songs are already playing—I can't do anything about it. I usually just try to drown them out by doing something else—go shopping, or watch a movie to escape from it.”

No—you would turn it off. Or at least change the CD, right?

The thoughts we let run through our head are like CD's we choose to play. Our thoughts we play over and over are our song to the Universe. It's as if our minds are huge transmitter towers, sending out these “radio” waves—these frequencies—about what we want more of in our lives.



What songs are you singing?

Do something different today. Stick in a Gratitude CD. Change your own station by changing the thoughts you **CHOOSE TO ALLOW** to be in your mind.

Choose thoughts of gratitude. Choose to simply think about that which brings you joy and happiness—even just a little.

Slowly your thoughts will shift. Remember, what we think about is a habit, and just like any other habit, it can take some persistence to

shift to something new. But the nice part about changing this habit, is that the more you do it, the better you feel.

Let joy have a place in your life. Welcome it in with thoughts of gratitude. Be aware of the Powerful High Joy Vibration you are sending out. Open your heart to receive.

Sending Love and Light,

Apryl Jensen



P.S. You can learn more about living in High Joy Vibrations at

www.ICreateVitality.com