The Gifts of Appreciation

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What if there was a machine you could hook up to, or an herbal formula you could take that would simultaneously lower your blood pressure, increase the functioning of your immune system and activate your powers of intuition and creative problem solving, allowing you access to greater intelligence? Would you want to spend some time on that machine or take that herbal formula?

Here's a secret that your heart already knows and your mind could use. You already have this magic formula! It is available to you any time of day, in any location and it can be instantly activated. Furthermore it does not cost anything. It is the power and intelligence of your heart, which is switched on through the quality of appreciation.

Appreciation – taking a moment to sincerely appreciate something, someone, even the color of the eyes of the upset person standing in front of you complaining – activates the heart which links up with the body/mind and literally takes you into a dimension of intuition and possibilities that is beyond what your thinking process alone can do.

The Institute of HeartMath (www.heartmath.org), in Santa Cruz, has done profound research on the power of gratitude and appreciation to bring about physiological, mental, emotional and spiritual changes, which have a lasting effect.

And it does not require years of practice. You can do it anywhere, anytime and reap the benefits immediately.

Here are some simple ways to practice

1- focus in your attention in the heart area. Pretend that you are breathing slowly through the heart for 10 or 15 seconds

2 – remember the feeling of love or care you have for someone whom it's easy for you to love.. focus on something positive in your life. Generate memory pictures of times of joy and happiness and allow that feeling to expand in your heart. Stay with this feeling for 5 to 15 minutes.
3 – gently send that feeling of love, care and appreciation to yourself or others.

[this is adapted from the "Heart Lock-in" technique from The HeartMath Solution, Doc Lew Childre and Howard Martin, 1999 HarperCollins publishers]

And another way to practice appreciation is to actively express it. Have fun with this – choose someone in your life, your family, your work, or someone who has mentored you in the past – and send them a thank you card, send an e-mail or phone them to tell them what you appreciate about them. Do this once a week, or every day for a month – see what good it does for your heart! For more ideas on gratitude practices, check out www.gratefulness.org.

Let the magic of appreciation multiply your good today and every day.

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Janet Carol Ryan, RScP is a licensed Religious Science Practitioner based in Northern California, with clients all over the world. The purpose of her work as a spiritual counselor, teacher and guide is to inspire and assist people to connect with the Divinity within. Her work combines the practical application of spiritual principles with the transforming power of affirmative prayer. Janet brings her considerable skills, intuitive insights and clear heart to the process of connecting with inner wisdom and higher consciousness. To learn more about her offerings please visit: www.janetcarolryan.com