

Vibrating at the Frequencies of *Gratitude*



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Gratitude is often associated with positive things; a gift, a sunny day, food on the table - we are sure you can think of many others. Yet gratitude is so much more. More profound, more about constant awareness and being grateful even when things are not quite so rosy.

Ruthie Moriarty and Alan Sanson, the Qiki Pair

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." - AA Milne

Be-ing Grateful is something we all know about and are often told we should be. Gratitude is often associated with positive things; a gift, a sunny day, food on the table - we are sure you can think of many others. Yet gratitude is so much more. More profound, more about constant awareness and being grateful even when things are not quite so rosy. Gratitude is a state of mind, which can take practice to find. In this article we share with you our personal experiences and Ways we use to see, feel, and be aware of the different vibrational layers of Gratitude and how to raise those Vibrational Frequencies. And that, maybe, will give you a new way to play, to find your own layers.

As a general example – you may see, touch, hear something and feel “ooh, that is nice.” Then, you take time and feel a little more and find the feeling has expanded to “that is actually more than nice, that is stunning, that is beyond words...is that real!...that is surreal...so uplifting...that is very special.” Thus, you

have found layers within layers.

LAYERS WITHIN LAYERS OF GRATITUDE

In 2020, Alan knew Ruthie would struggle with being confined to her home for a period of time and unable to meet others. He suggested that she went out for walks in Nature whenever she could, to really look at what surrounded her and to take a daily photo to send to him and he would do the same for her. Ruthie's gratitude to Alan's idea is at many levels: grateful he knows her well enough to have suggested this, grateful to the beauty of Nature she re-discovered, and grateful for this extended quiet time to continue as a daily practice – which, years later, they still do! Without the enforced solitude, she would never have discovered the beauty in such stillness, nor been able to develop skills to help others through making movies or writing articles and books.

EVER INCREASING LAYERS OF VIBRATIONS OF GRATITUDE

Another example of being grateful came when Ruthie finally managed to travel to France in 2022, to reconnect with loved ones and to expand her mind with a



wider horizon. One such day was a trip to the Alps. She was grateful for being with her dear friends: the sun, the blue sky, (the lack of mosquitos!) and then the views. To stand in the presence of such majestic mountains after so long being in the same environment was to feel humbled and tiny, thankful, emotional in the face of such quiet power, many of the summits still topped with snow in May. The raising of vibrations continued throughout the day and beyond as she consciously expanded her appreciation and gratitude.

THE POWER IS YOURS – BUILDING LAYERS

A glorious Way to raise your Vibration of Gratitude is to be patient with yourself, slow down, give yourself “settle-seconds” to see, feel, touch the layers of everything around you and within you.

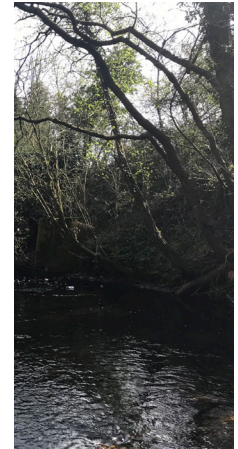
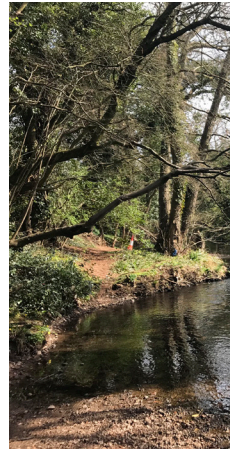


For images, maybe capture them in photos – often this will be spontaneous. It is amazing what is there all around you. As you prepare to take the photo, breathe out fully, with a wow. Settle. Feel in that settle-second, the energy, the vibration between you and the real world. A glorious, replenishing feeling. It’s as though Nature is saying “here I am – look, see, feel and I will then let you take my photo.”

It may not be images — it could be memories or feelings. For these, write some words, make up stories adding your own imagination to what you initially feel — building layers. Talk about your memories with someone who may share them — discover another point of view — another layer.

If possible, share the image or feelings with one or two people. Be in Awe, In-Joy together. Share your QiKitude.

Look at the photos below. Where do you see yourself at this moment — no rights, no wrongs. The “silver lining” need not be the bright and shiny, sometimes the more subdued place is where you are grateful and find comfort — like snuggling by a fire, your quiet place to hide away, to Be.



Be aware, and *aware* you are aware that this is where you feel comfortable right here, right now. Resting and digesting. Content. Look at a situation you find yourself in — see it as a photo/painting/drawing. Feel it, write down a word or phrase that immediately comes to your mind/soul/Be-ing. You may just start to see the situation in a different light — which may help you through a difficult/challenging time, or to feel even more In-Joy in a good one. How could you adapt the image/words to better suit a Way you feel would benefit you? Start to move to that new Way/place — see this as a powerful way to imagine and turn your brain to a new focus point. Your actions start to Be the Way of your Imagination.

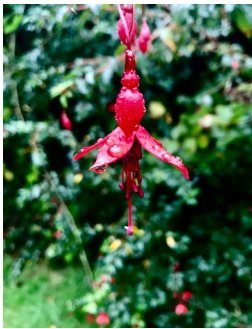




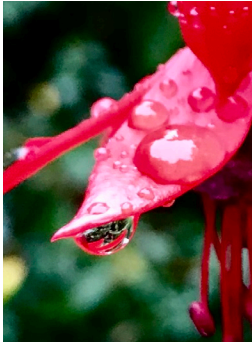
*Is your glass half empty or half full?" asked the Mole
"I think I'm grateful to have a glass," said the Boy
- Charlie Mackesy*

LAYERS WITHIN LAYERS

Here are some of our unique photos to further demonstrate this amazing Way. The movie accompanying this article takes you even further on the magical journey opening your mind and imaginations and raising your Vibrational Frequencies of Gratitude.



Initially grateful to have seen and been able to photograph this beautiful fuchsia, then a closer look, appreciation of the tiny water droplets so perfectly placed on the flower.



Then deeply grateful to be allowed to see the flower spirit peeking out from under the petal. At each moment, our vibration shifted higher.

Appreciation of this beautiful rockface, the ages showing in the different strands of colour, then feeling so humble and in awe at how small we are in comparison.



Then the absolute joy, amazement and Gratitude for being allowed to see the Rock Spirits.

Appreciation and gratitude continue to expand the more you practise and play. Be aware constantly of



when your gratitude plateaus, then open your mind again to raise up another vibrational level. Feeling the power of your emotion and imagination is what raises your vibration. Play with it until it becomes ingrained in your Inner Be.

You will feel a wonderful change in you, in those you meet, those around you, those dear to you. Sometimes in small ways — someone may smile at you as you meander down the street — because you have raised your vibration and your smile in return will come from your heart, your soul, your spirit.

Be In-Joy and feel your Vibrational Gratitude rise and rise, second by second. €

Vibrating at the Frequencies of Gratitude movie:

<https://vimeo.com/732183468>

An mp4 version of this for you to keep and play anywhere can be obtained from us via <https://www.qikigong.co.uk>

References

1. Milne A.A. Winnie-the-Pooh. First published October 14th, 1926
2. Mackesy C. The Boy, the Mole, the Fox and the Horse. ISBN 9781529105100, October 2019



Learn more about authors Ruthie Moriarty and Alan Sanson visit www.qikigong.co.uk