

free soul



Using the Full Spectrum of Gratitude

Gratitude only begins with feeling thankful, but it is so much more! If you think you are using the power of gratitude when you are feeling thankful, you are only just scratching the surface.

Full Spectrum Gratitude actually contains 7 emotions or qualities!

It is being aware of feeling thankful and joyful, and creative, and loving, and vulnerable, and understanding, and more connected... all at once.

- 1) Feeling appreciative, thankful or grateful.
- 2) Feeling happy and joyful.
- 3) Feeling creative.
- 4) Feeling loved and loving.
- 5) Feeling vulnerable.
- 6) Feeling understanding.
- 7) Surrendering your separateness.

You can understand and imagine the full experience of gratitude as a spontaneous combustion of internal celebrations. A celebration of your thankfulness, and your joy, of your creativity, your love, your vulnerability, your deeper understanding and the surrender of your sense of separateness. When it all happens naturally, you would likely not even call it gratitude, you would call it an experience of ecstasy! At its core it is really a celebration of love.

Gratitude is also a generating energy. As a generating energy it motivates you. There are four other generating energies. They are: trust, valuing the self, happiness and joy.

For more gratitude tools go to my support web page:
<https://www.thefreesoul.com/tomma-s-tools>