

A Grateful Mind Opens Up a Loving Heart

Written by John Demartini, D.C.

Saturday, 01 September 2018 00:00 - Last Updated Monday, 28 January 2019 13:45

Operating from a state of appreciation and gratitude is not only the secret of fulfillment, but it's also the secret of decreasing the editing, fractions, side-bending, and wanderings in life. You have more vitality when you are grateful for all you are, do, and have.



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Every single day: Stop. Reflect. Think about what you could be grateful for. Make it your aim to appreciate the magnificent life you experience.

When you are grateful you become less burdened by subconscious emotional baggage. You become more uplifted and more enlightened.

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True gratitude reflects the state of mental order and poise.

Gratitude enhances all seven areas of your life:

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Spiritual: You become more present, caring, and loving when you are grateful.

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Mental: You have less brain noise and a clear mind when you are grateful.

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Vocational: You become more productive and engaging when you are grateful. You are likely to care about your customers and employees.

-

Financial: You become more objective and reasonable when you are grateful. Your financial assets are more likely to appreciate in value than depreciate.

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Familial: You are more dialogue-oriented than monologue-projective, as well as more patient, when you are grateful.

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Social: You are more caring of others and centered when you are grateful. You display more equity with those you lead or influence.

-

Physical: You are more poised than poisoned when you are grateful, more homeostatic than emotionally erratic.

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Every situation contains something to be grateful for. Every situation is neutral until you subjectively bias your perceptions and label it otherwise. It inherently has both sides. It is neither positive nor negative until you filter it through your values, or polarize it to one side or another and narrow it down with a moral or ethical label.

There are at least two sides to every event in your life. What happens to you doesn't matter as much as how you perceive it. The events of your day might appear to be negative at first glance. And then, later—perhaps in a day, a week, a month, a year, or even a decade—they can reveal their positive side.

The speed in which you see both sides is a reflection of your wisdom, and the breadth and depth of your awareness.

If I told you that you are **always**:

-

Nice and never mean

-

Kind and never cruel

-

Generous and never stingy

-

Positive and never negative

-

Peaceful and never wrathful

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Your intuitive B.S. meter would go off and let you know that that is not the whole you.

If I told you that you were **always**:

-

Mean and never nice

-

Cruel and never kind

-

Stingy and never generous

-

Negative and never positive

-

Wrathful and never peaceful

Your intuitive B.S. meter would again go off; that's not the whole you, either.

But if I said that you are **sometimes**:

-

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Nice and sometimes mean

-

Kind and sometimes cruel

-

Generous and sometimes stingy

-

Positive and sometimes negative

-

Peaceful and sometimes wrathful

Your intuition would immediately say that that is true. Events or actions are neither positive nor negative. You are neither one label nor another as a whole person, but at any one moment you could be perceived to be one or the other.

When your highest values in life appear to be supported, you can display one side. But when your highest values appear to be challenged, you can in turn display the exact opposite side.

So, too, for events in your life. They are neither positive nor negative until you, with your incomplete awareness, label them as such. When you see both sides simultaneously, you become grateful for the hidden order within your apparent chaos.

Whatever you label will run your life until you return it to balance and become grateful.

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Anything you are ungrateful for becomes baggage, and anything you are grateful for becomes fuel.

Wisdom is the instantaneous recognition that every:

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Crisis is accompanied by a blessing

-

Challenge is accompanied by an opportunity

-

Door that is shut is accompanied by an open window

Wisdom is the synthesis and synchronicity of complementary opposites. Seeing only one side of an event will run your life until its complementary opposite side is revealed. The sooner you see both sides, the wiser and more grateful you become.

When you are infatuated with someone, you are conscious of that person's positives and ignore the negatives. When you are resentful of someone, you focus on the negatives and overlook the positives. You embrace your conscious and unconscious sides simultaneously when you become fully conscious and grateful.

Your intuition is attempting to awaken you to this wiser state of poise that makes you grateful.

Anything you are not grateful for will run your life. Anything you cannot say thank you to will

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occupy space in your mind and run your life until you do.

The result of gratitude is what matters, and what liberates your mind.

You can be accountable and diligent on your own and discover the hidden order. Or gratitude can be generated through self-reflection, which is wise and productive. You can even seek assistance from a knowledgeable specialist or facilitator to see the balance and become grateful.

Once you see things on the way instead of in the way, you become free of the bondage and burden of an incomplete and one-sided emotional perspective. A balanced objectivity is more empowering than emotionally biased perceptions.

Give yourself permission to see both sides, and liberate your mind and life from unnecessary burdens. A grateful mind opens up a loving heart.



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