

Gratitude: Upgrade Your Life

Written by Marcy Axness, Ph.D.

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We are always self-creating. When we focus our consciousness toward gratitude, beauty and communion, we weave peace into our very cells. This isn't just flowery sentiment; this comes from leading-edge research in the fields of positive psychology and mind-body science. For instance, consider the process of cell regeneration.

About one percent of all of our cells die and are replaced every day, meaning that at the cellular level we have new bodies about every three months. Thus, we are always participating in our own self-creation. And how we perceive daily life—with appreciation, gratitude and joy, or irritation, upset and negativity—literally shapes us into who we are tomorrow. This is how we have the power to grow a peaceful generation and cultivate a peaceful world.

As revolution¹⁵ as it is, the idea that each of us has a powerful say today in how we and our children evolve tomorrow isn't a brand new idea. It has been carefully researched and expressed by progressive thinkers in previous centuries, whose ideas have simply been waiting for us to recognize their brilliant relevance.

We are what we repeatedly do. Excellence, then, is not an act but a habit — Aristotle

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experience gratitude, appreciation and connection. This is how we can, for the first time in

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We are walking pharmacies, able to produce our own powerful drugs to treat everything from

