

Gratitude

If gratitude is one of the highest frequencies of life, I raise my vibration by knowing, owning and declaring...

I am grateful for...
Because of...

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A Little Something To Know...

Gratitude is one of the highest frequencies we can hold. We all speak of gratitude often but we are encouraging you to allow yourself to really "feel" all the sweetness in your life. Here's one simple question to ask 10 times, building your vibration with every answer. Breathe them in and notice how good that high vibration makes you feel in return.

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