

# GRATITUDE: THE HIGHEST ATTITUDE THAT DECIDES YOUR ALTITUDE



***Gratitude isn't just an emotion—it's a powerful vibration, a soul attitude, and a divine connector. When we practice gratitude sincerely, we don't just say "thank you"—we align ourselves with the universe's highest frequency and open the doors to peace, abundance, and inner joy.***



# WHY SHOULD WE ALL DO A GRATITUDE PRAYER AT LEAST ONCE A DAY?

- *In our busy lives, it's easy to focus on what's missing. But gratitude flips the script. It helps us see what's already present, already gifted, already enough.*
- *It shifts our focus from lack to abundance.*
- *It improves mental and emotional health, reducing stress and anxiety.*
- *It deepens our connection with the Divine, the Universe, or our Higher Self.*
- *It enhances relationships, builds compassion, and fills us with peace.*
- *It brings inner stability, no matter what chaos surrounds us.*



# GRATITUDE PRAYER: HOW TO DO IT SIMPLY AND POWERFULLY

**1. Sit in silence, either early in the morning or before sleeping.**



**2. Close your eyes, take 3-5 deep breaths.**

**3. Place your hand on your heart, and feel the energy within.**



**4. Speak from the soul:**

**Hey Ishwar / Universe,**

**Mujhe tumne bahut kuch diya hai...**

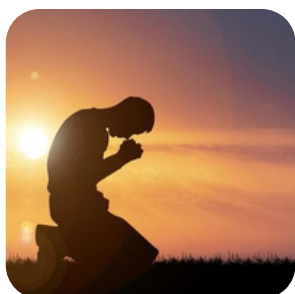
**Tera shukriya hai, dil se shukriya hai.**

**Har saans, har pal tera ehsas hai.**

**Main sun raha hoon...**

**Aur apne mann mein dohra raha hoon –**

**"Tera shukriya hai... tera shukriya hai."..... Listen the prayer and repeat in your mind**



**5. Repeat the line gently inside your mind while listening the prayer.**

**"Mujhe tumne diya... bahut kuch diya hai..."**



**6. Feel it. Mean it. Live it. End with a few moments of silent presence.**



# THE SCIENCE AND SPIRITUAL POWER OF GRATITUDE



***Gratitude is not just psychological—it's energetic. When we enter into a state of true thankfulness:***

- *Our energy frequency instantly shifts to 963 THz, which is the frequency of the Sahasrara (Crown) Chakra.*
- *This divine frequency lifts us above the noise and chaos of the world.*
- *We get connected with our Higher Self and the universal source.*
- *Our biofield (aura) gets cleared of negativity, fear, and doubt.*
- *Fresh, divine energy of abundance, peace, and clarity enters our being.*



# REMEMBER THIS ALWAYS:



***"Gratitude is the highest attitude, which decides your altitude in life."***

*What you appreciate—appreciates.*

*What you bless—blesses you back.*

*What you thank—flows into your life with more force.*

*So today, and every day—pause, breathe, and be grateful.*

*Because gratitude is not just a prayer. It's a portal.*



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