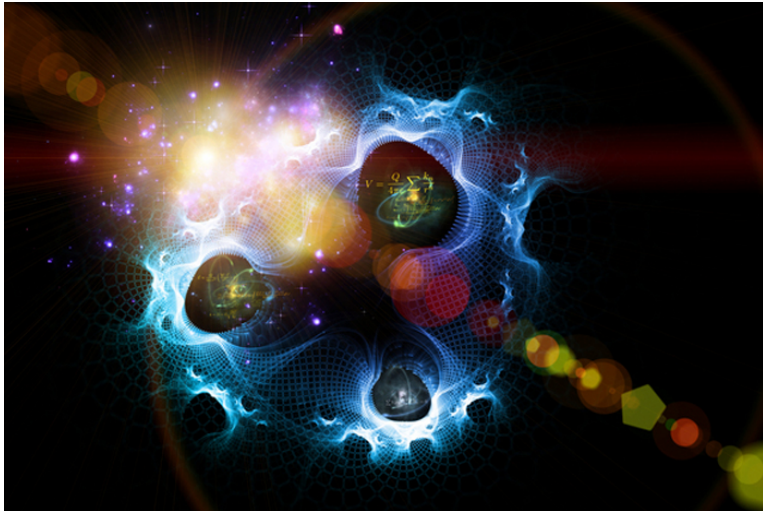


# The Quantum Keys to UnLocking Lasting Happiness are Acceptance & Gratitude



As you may or may not know, the study of Quantum Mechanics is the branch of physics that focuses on “the very small”. Not necessarily what we would consider being “matter”, but rather the cosmically tiny common subjects such

as atoms and quarks that bond & unite energetically to create matter and bring it into physical 3D existence. I use the *quantum* reference here as it applies to life because there are two very simple and very small, yet VERY significant things you can do to actually guarantee your own happiness...

No, this isn't some scheme or trick, it's physics; it's Universal Law. Everything is energy and reacts to matter it comes across *energetically*. Magnets are not the only things that repel or attract, but perhaps you could say that we all are just like magnets in that we also repel or attract energetically.

How so? Your feelings, your thoughts, and the action you take (or don't take) in your life all hold a frequency; they all communicate a certain type of energy and this is why you always hear the great Zen Masters and Gurus speaking about how to always be mindful of your thoughts.

How we feel about things could be considered the “charge” behind the energy. If we feel passionate about writing a book,

there is a high, yet strongly grounded energy there which fuels the action to write often and from the heart. It is when we fear moving towards our own desires and dreams that this energy can “turn” on us.

That’s not to say it actually has an agenda against you, but rather it is the Universe’s way of answering the energy you’ve put out by refusing to face your fear and step into your greatness. It will reply, “Oh, you want to continue to live small? Here you go.” And to the person who is unaware of the power of their own thoughts, feelings and intentions can often see this as life being against them in some way and put themselves into a victim mode which only draws in more things to make you feel like a victim.

So, how do we stay in high vibration so we can finally lead a happy life?

### ***Acceptance...***

#1 – Accept what is without judgment or a need to change things to suit your perceptions/beliefs; be at peace with that which you cannot control or change. The moment you accept something in your heart, you re-form your Source connection to it, and immediately any low energy is released. Now, there can be movement again which is required for healing and growth. It is when we let our negative thoughts keep us in the feelings of fear, doubt, stress, etc. that there can be no movement and life can become stagnant. This is why while we should always take the time to sit with our feelings and find out what they are trying to tell you, we shouldn’t let them run the show or stay in their vibration for extended periods of time (worrying, etc.). We should also be cautious of letting our feelings and emotion put us into a reactive mode rather than allowing ourselves a moment of conscious response.

***“Because one believes in oneself, one doesn’t try***

***to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her."* – Lao Tzu**

### ***Gratitude...***

#2 – Get to a place where you can wake up each morning and find at least 1 thing in your life to be grateful for. Then each day for a week, add 1 more thing. At the end of the week, take a long, hard look at the list you've created and look at it again whenever you need a little reminder. Sometimes when we get caught up in those emotions and feelings, it can be hard to be grateful. But this in itself is a test of integrity, and if you can muster up the will each and every day to connect to your heart and for one breath feel nothing but gratitude for your life, those you love, those who've tested your patience, those who've broken your heart, those whom you've taught, etc., happiness will be your ultimate reward for you are giving yourself the freedom to be at peace with all that IS. Be grateful for one thing until you can be grateful for it ALL.

When you are actively practicing both acceptance and gratitude in your life, happiness is INEVITABLE! Why? Because you've cleaned off the filters of your "world-view lens" that were previously clouded by your core beliefs and perceptions of the world and those around you; as well as your place in the world and your purpose for even being here. With clear vision comes purposeful action...

***"Acknowledging the good that you already have in your life is the foundation for all abundance."***

***– Eckhart Tolle***

**ACCEPTANCE + GRATITUDE = HAPPINESS**

Give it a try for even one week and see how much your life can change... xoxo