

WATCH: How Gratitude Creates Abundance Consciousness | Deepak Chopra [2-MIN VIDEO]

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“When you focus on the things that you are grateful for, it opens you to the source of all those things that came into your life. It also removes your ego, which is a nice way of getting in touch with your spirit. You cannot have an ego identity and feel grateful at the same time. The highest level of gratitude is gratitude for existence itself. When you say thank you God for making me just as I am, and that is enough for you, you reach the highest level of gratitude. It took approximately 14 billion years to create you and me. We are all made out of stardust. Recognizing the source of your identity, that you are a stardust luminous being that has become self-aware because the universe wanted to become self-aware through your nervous system, is the highest form of gratitude. Not only being grateful for what you have but also for who you are.” ~ Deepak Chopra