

**Gratitude – Preparing Your Life For Ascension**  
**A message from Angel Ariel**  
**Channeled by Stevan J. Thayer**  
**April 9, 2012**

Angels are sending forth an invitation for you to make the Unity Shift out of the Dimension of Fear and Ascend into the Dimension of Love.

The Unity Shift Portal (*described in the November 2011 Journal of Energy Therapy*) opened on your calendar date of 11:11:11 and a wave of the energy of Unity traveled throughout our World Angel Grid energetically inviting people worldwide to shift from the Dimension of Fear into the Dimension of Love, something we call Ascension. Our energetic invitation is most commonly experienced as a heartfelt hunger or longing for peace, for balanced connectedness with others, for fulfillment in service to others, for loving relationships with others, and for inner joy. Our energetic invitation may also be experienced as frustration with relationships that are out of balance, with leaders that are self serving, with using fighting to end fighting, with a few having more than the many, and with feeling helpless to change things. Irrespective of which reaction to our invitation you have experienced, if you have experienced either or both of these reactions, then you are well on your way to Ascension.

Ascension is not a physical process in which you rise up out of the Earth Plane and float up into the heavenly realms, but rather, it is an inner process in which you shift your inner state of being from the vibration of fear to the vibration of love. Yet while we say that ascension is not a physical process, when you shift your inner state of being, your entire physical world will change. We do not mean that simply your outlook about your world will be enhanced, like your expression of looking at the world through rose colored glasses, but you will enter what could best be described as a simultaneously existing parallel or alternate reality. A reality in which you align with and radiate the vibration of love. A reality in which you exist in balanced and harmonious relationships with others who also align with and radiate the vibration of love.

A key to aligning with this Unity wave is having an open heart center and the best way to open your heart center is through gratitude. Gratitude opens the heart center and increases its capacity to both give and receive the energy of love. It is an essential part of our Heartlink process and it is an essential part of Ascension. Cultivating and expanding your state of gratitude requires that you focus your conscious awareness on gratitude every day. It helps to bring to mind every day the people and the things in your life that you are most grateful for. Once you begin to cultivate the energy of gratitude, you will find that the energy of gratitude is like a magnet and attracts more and more gratitude. As this happens, you will find yourself becoming aware of more and more people and things in your life that you are grateful for. Writing your gratitude down in a journal is a great way to focus your consciousness on gratitude and create a powerful energetic focus of your gratitude. As you write more and more in your gratitude journal, your heart center will open further and further. And as this happens, you will align more and more with the Unity wave.

**Gratitude – Preparing Your Life For Ascension**  
**A message from Angel Ariel**  
**Channeled by Stevan J. Thayer**  
**April 9, 2012**

If you wish to further accelerate your alignment with the Unity wave, you can begin to express your gratitude to the people in your life. This can take the form of simply saying thank you for acts of kindness that you receive from others or acknowledging things that others have done. It can also take the form of writing gratitude letters to the people in your life who have made a positive and powerful impact on your life's journey. Writing a gratitude letter is very powerful. You can write a gratitude letter to people in your current life as well as people from your past. You can even write a gratitude letter to people whom you don't know how to get in touch with or even people who are no longer on your Earth Plane. The writing of the letter will significantly open your heart center and, if you dare to do it, actually giving the letter to the person will open your heart center even wider. While you are at it, be sure to write a gratitude letter to yourself.

What you may not see, but what is so clearly visible from the angelic realm, is that the energy of gratitude that you cultivate will not only serve you but will also serve all people. This is because as your heart center opens and aligns with the Unity wave, the energy of gratitude you create will be carried out on the World Angel Grid and will touch the hearts and lives of others. The gratitude you cultivate will cause other people to open to their own gratitude and this will cause others to open to their gratitude, and so on and so forth.

It has been said "when the power of love overcomes the love of power, the world will know peace". Cultivating gratitude in your life will increase not only the power of love in your life but also the power of love in your world. When enough people respond to our energetic invitation to ascend, then your world will know peace.