

The IET Gratitude Process by Stevan J. Thayer

Here is the simple gratitude process that I use on a regular basis to enter into gratitude and raise my vibration to the vibration of love.

1. **Angelic Heartlinks:** Heartlink to Angel Ariel, all of the Healing Angels of the Energy Field and your own personal angels. Ask that the angels guide, direct, surround and protect you. And ask that this gratitude process be for the highest good and highest healing.
2. **Human Heartlinks of Gratitude:** Bring to mind a person or group of people that you are grateful for. Send a Human Heartlink from your heart to the heart center of people that you are grateful for. Once you are connected heart to heart, offer them your gratitude and blessings simply by saying "thank you and bless you."
3. **Repeat step 2 four more times:** Bring another person or group of people that you are grateful for to mind repeat step 2 four more times.
4. **Be Love:** After doing step 2 a total of five times, you will find that your heart center is resonating powerfully with the energy of love. Simply focus your awareness on your heart center and sit quietly for a few minutes enjoying the feeling of happiness, peace and joy that naturally arise. Know that as you enjoy these feelings, the energy of happiness, peace and joy are radiating from your heart center outward through your Human Heartlinks of Gratitude to those you are grateful for. In addition, you are simultaneously bringing the vibration of happiness, peace and joy to the world.
5. **Final Grounding:** You can leave your Heartlinks of Gratitude in place as you offer yourself some grounding support by placing your right hand on your left knee and your left hand on your right knee.