

1. What is Gratitude?

Gratitude is the conscious acknowledgment and appreciation of the positive aspects of life—seeing the inherent good in people, experiences, opportunities, and even challenges that help us grow. It's both a deep and profound feeling (*"I feel grateful"*) and a habit or mindset which shifts focus from what's lacking to what's present and abundant.

Gratitude is a spiritual connection to the "Formless Substance" (*or Universal Intelligence/Energy or GOD or Source*). Gratitude is a magical, intelligent approach to life that keeps you connected to the Source of abundance. Gratitude is a mental attitude that draws you closer to the creative energies of the universe. Gratitude is a way of thinking that transforms your perception beyond surface-level experiences.

"The mental attitude of gratitude draws the mind into closer touch with the Source from which the blessings come." – Wallace Wattles, "The Science of Getting Rich" (*from Chapter 7 entitled "Gratitude"*)

2. Why is Ingratitude So Rampant?

Ingratitude often arises from:

- The brain's "negativity bias," (*the research of Dr. Rick Hanson*) which makes it easier to notice problems and take good things for granted.
- Cultural and social conditioning which prioritizes achievement, comparison, and acquisition rather than contentment and appreciation.
- Habitual complaining and focusing on what's missing rather than what's present.

3. How is Ingratitude Related to Materialism and Consumerism?

Materialism and consumerism reinforce ingratitude in several ways.

- They promote the idea that happiness comes from acquiring more, more possessions, more status, or more experiences, fostering a chronic sense of "not enough." Gratitude is tied to an underlying philosophy of abundance. So the idea of "not enough" is a farce, to put it mildly. Wattles notes and portrays nature as an, "*inexhaustible storehouse of abundance.*"
- Constant advertising and social comparison encourage dissatisfaction with what we have, orienting focus toward what's lacking or new.
- This constant pursuit can create a cycle where gratitude is neglected because the emphasis is on seeking, not appreciating.

"The value of gratitude does not consist solely in getting you more blessings in the future. Without gratitude, you cannot long keep from dissatisfied thought regarding things as they are."
– Wallace Wattles, "The Science of Getting Rich"

4. How Does Gratitude Affect Your Energy, Health, and Frequency?

Energetic/Spiritual Perspective

- Gratitude is described as an expansive, uplifting energy that harmonizes your “energy field” and raises your frequency, attracting more positive experiences and inner peace.
- It dissolves blockages created by negative emotions like complaining, promoting flow, vitality, and well-being.

Scientific Perspective

- Gratitude reduces stress by shifting focus away from problems and lowering the body’s fight-or-flight response.
- It improves mood, resilience, and optimism, and is linked to stronger immune function, lower blood pressure, better sleep, and improved mental health.
- Feeling and expressing gratitude has been shown to activate brain regions associated with dopamine release, (*the brain’s “reward” chemical*), increasing a sense of satisfaction and joy.

5. Helpful Gratitude Practices for Daily Life:

Here are some effective gratitude practices:

Gratitude Journaling: Every day, write down 10 things you’re grateful for (5 in the AM and 5 in the PM). This simple ritual rewires your brain to notice positives. Write why you are grateful for each thing and end the sentence with the magic words “Thank you, thank you, thank you.”

Breathing Technique: Whenever you’re tempted to complain, pause, take as many deep breaths as needed (*in through the nostrils and out through the mouth*), and feelingly express gratitude for something good in your life.

Gratitude Visualization: Close your eyes and vividly recall people, moments, or opportunities you appreciate. Allow pictures and images of gratitude to grow and fill your awareness with Good.

Gratitude Mindfulness: Literally STOP, LOOK, and NOTICE small everyday gifts: the warmth of the sun, a delicious meal, a meaningful conversation.

Gratitude Ritual: Set aside a time each day, AM and PM, to practice gratitude. Turn it into a sacred, energizing habit. Cleanse your space with incense or sage or salt water or whatever works best for you. Play meditation sounds or water sounds. Bless your space and begin your this sacred work.

Let's Wrap It Up

Gratitude is a powerful, transformative state that shifts focus from lack to abundance, improving mental, physical, and spiritual well-being. Ingratitude thrives in an environment of comparison, consumerism, and negative bias, while daily gratitude practices can rewire your mindset, foster a deeper growth with the nature of life, and elevate your energy and health.

Rich Blessings,

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