

The Grateful Brain
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Gratitude is one of the highest vibrations on our planet and is close to LOVE.

Over 25 years ago I heard Oprah talk about keeping a gratitude journal so I started one.

Here is twist on the gratitude journal idea.

Create a Pathway for your Dream Seed. If you can dream it, you can be it!

Step 1: Draw a large symbol of Gratitude on a sheet of paper, making full use of this open field of possibility. Here's an example: Large circle with smaller circle inside

Step 2: In the Dream Seed, centered at the Heart of Gratitude, write your current vision, intention or calling. Be clear, concise and specific using 'I AM' statements.

Step 3: Record current and emerging ideas, inspirations, connections and resources in the outer circle. This will accelerate and magnetize the forces of creation, as you focus on, feel, and witness the beauty of the Dream Seed.

Step 4: Imagine placing this container of Gratitude, and all its wondrous contents, directly into your heart. Receive these with Love – embracing, transforming, embodying these words and images. Now place your dominant hand on your Heart. Imagine pure Light from your body bathing and nourishing this Dream Seed.

Feel the e-motion ... energy in motion ... expanding your Heart. Now, gift this Love to every organ, cell, bone and neuron in your body. Feel it expanding beyond your body, as a gift of Love, to the Universe and all Creation.

Stay with this feeling while thinking about this Dream Seed. With a single point of focus, concentrate on this endeavor for a full 60 seconds.

While you do this, you are re-programming the mind to Love and accept this experience. See it and feel it as complete and whole. Cherish it. Embrace it. Be grateful for it!

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Beautiful Amazing You

<https://www.louiseswartswalter.com/bay/>

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Here are a few shares from Brain Boosters members and past Beautiful Amazing You members:

Thank you so very much Louise...I am very impressed with the improvement in SPENCER, my nephew's communication skills since the initial connection ... I met with him the next day and he was a real chatterbox with useful information !!! This is a first since he has been in my care. Almost a yea !!!! Thank you from the bottom of my heart! I am also seeing that my focus and possibly even my memory has improved. Looking forward to our next class. Much Love and continued blessings, Bonnie

*Dearest Louise,
I wanted to express appreciation to you and share how I have been feeling participating in the Brain Boosters Frequency Group and taking the leap to learn more at the Brain-Soul Integration Retreat. Being present in your positive energy (digitally or face-to-face) is truly inspirational, uplifting, and motivates me to take more action in my life. I began to become aware of actually being not only mentally but physically wired after every interaction. It is like my whole brain is open, listening, and alive making connections and ready to take action as my true spiritual self. I am so fortunate to have become a part of this higher level energy community. I feel there are no limits to the up-leveling power of what is to come at the Brain-Soul Integration Retreat. Thank you, Thank you, Thank you for this opportunity!
With Love, Andrea*

I just did the replay for the ancestral clearing and taking it as present time. I was in England the original day it was done (where my Mothers ancestors come from) I felt it then VERY strong. However, after the replay I don't think I did mind gems twice daily for two weeks. I believe it was one week. So hopefully, starting again today. When I was in London and forgot to do my Mind Gems in the ladies room... I thought oh heck I'll just do them now. SO I did them on the London Tube a few times. No one seemed to notice not even my husband...however secretly I hoped someone would say...Hey are you doing Mind gems??? I do them too!!!

I haven't reported back on how I am doing...so sorry so here's the update especially after the ancestral clearing: I felt like "myself"!! WOWEEE! I felt calm and content and At Peace, tuned into the wonder around me!!! I feel that again today as I did the replay yesterday. I Sleep SO SO much better and I love that!!

I feel Happy and empowered. I get along better with my husband. We are less annoyed with each other. We seem to like each other more. You Know the Harmony that one makes in a marriage! Yipppee!!!

*When I did the Theta meditation I didn't know what to ask for expect my goal for weight loss which seemed a little shallow. However, then I remembered from a previous class about "the 30 club" I smiled and thought That's it!!SO all in all life is fantastic and I love this!!!
I love you and I love this class! I am so grateful to have found both!!!
BUNCHES of LOVE, Gale (Grandpa Gale)*



Good Day Beautiful Louise!!

I listened to the last Ancestral Clearing and it aligned perfectly with what was going on with my Son. Communication was definitely blocked and after the last session it has seemed to open back up. Since August I have been experiencing a lot of synchronicity which reminds me I am in the flow, a good place to hang out. I also realized the thought, "there is something wrong with me" is no longer there. There is nothing wrong with me and I am able to give myself permission to be more of my true self in every way. I cherish the connection and energy that you share with the group. The work and recordings just keep getting better and stronger.

In Love and Light, Misty Green

Past Beautiful Amazing You Members

Hi Louise,

My mom told me you worked on us this past Sunday. Thank u! My skin is so much better and I'm feeling so much happier too! Thanks again! C.D. Canada I have noticed a great difference in my skin. My sleep is still lacking a bit. I wish I would get a solid 7 hrs, but seems more like 5-6 a night. Love the hormone balancing too! MB, Albuquerque, New Mexico

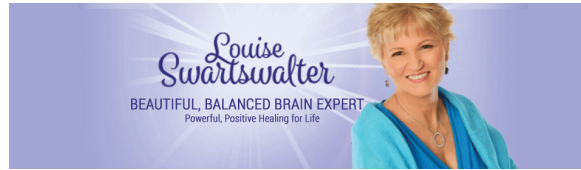
What time did you do these affirmations! I'm feeling better!! I felt something about 8:30 pm my time last night. EST BLESSINGS LOUISE I'm not painfully stiff this AM after a full day yesterday!! With deep gratitude Suzanne, Ohio

Hi Louise I feel great after working with you. Thank you so much. In fact thank you doesn't really cover it but maybe English doesn't have the word so i will say it in Irish 'Go raibh maith agat.' which literally means that a thousand good things may be on you. Michelle, Ireland

Hi Louise,

I am a participant in the 12-week Beautiful Amazing You group (from Lauren Galey's show). I just wanted to request to please keep adding the EYE LIFT frequency to each week's 'medicine'. I think it is actually working!! I was told a few months ago by my eye doctor that I should consider having eyelid surgery because after 45 years of wearing hard contact lenses, the eye muscles have been weakened resulting in my eyelids drooping (called ptosis); so droopy that my eyelids are starting to cover the pupils. Looking in the mirror this morning my pupils weren't half covered over by my eyelids! Amazingly fantastic! The eyelids have a ways to go yet, but THANK YOU!!! I see a definite improvement!! Whatever you are doing, it is working (much to my surprise I have to admit)!!!

I feel so blessed to have discovered you! Thank you so much for doing what you do! Rochelle, Amazingly Beautified Client



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