

TWO WORDS OPEN UP THE UNIVERSE

What if I told you that two words could completely transform your life? two simple words yet they hold the power to calm your mind realign. Two simple words attract energy and attract blessings you never thought possible. This isn't a motivational gimmick or empty positive thinking. There's a hidden principle behind these words that directly influences your perception and what you manifest in the world. What you say before sleeping doesn't vanish into the silence of the night. It becomes part of the Reality you experience upon waking, but why does it work how can something so simple?

Restructure your perception and change your trajectory. Uncover a secret that has been hidden for nearly a century. Practice, so simple, yet so powerful that when done correctly can completely redefine what happens around you. To understand the impact of these words before sleep, we need to look at the studies of Jakob Grinberg, a Mexican neuroscientist who dedicated his life to unraveling the mysteries of Consciousness he developed the syntergetic theory proposing a revolutionary idea

Reality isn't a fixed external entity, but a construction molded by the interaction of the mind with an invisible Cosmic Informational Field. For Grinberg there exists an underlying energetic dimension to all existence. A structure that responds to each individual's perception and mental state of his research on Shamanism and expanded States of Consciousness revealed that the mind wields far more power than we imagine he observed that altering thought patterns and beliefs can literally modify one's experience of Reality. This means that the way we end our day the words we choose before

sleep aren't just habits, but keys to directly interacting with this invisible Cosmic Field.

This idea connects with ancient practices of Gratitude and affirmation long taught in some spiritual traditions. But Grinberg provided a scientific foundation for them. In the early 20th century, writer Florence Scoville Shin also spoke about the power of words and how Gratitude before sleep could align the mind with the flow of abundance. However, unlike Florence's metaphysical approach, Grinberg sought to understand the real mechanisms governing this interaction between Consciousness and Reality. What he discovered completely changes how we view our nights, what you think and feel before sleeping may be programming the world around you much more deeply than you.

Imagine if Reality isn't fixed but rather a construction of the mind interacting with the Universe's Informational Field what happens when we program our Consciousness before sleep.

Jakob Grimberg suggested that human perception not only interprets the world it actively creates it this means that the thoughts and emotions you carry into sleep don't remain confined within your mind they directly influence the structure of the Reality surrounding you.

Grinberg extensively studied how Consciousness can shape experience noting that certain mental states can alter how we interact with the Universe's Informational Matrix. He realized that practices like intentional word usage and focusing on elevated emotions could restructure this perceptual field, modifying what a person attracts into their life and here's where something seemingly

simple yet profoundly powerful comes into play. Saying, “Thank You” before sleep when practiced with intention this simple act serves as a direct command to both your Consciousness and the Universe’s Informational Matrix resonating with a new Reality even before it physically manifests.

Anticipatory Gratitude isn't just symbolic it's an alignment with what you desire to attract if the Mind influences Reality’s structure then how we end our day determines the patterns that crystallize in our lives. This ties in with one of Grinberg’s fascinating findings expanded States of Consciousness allow perception to synchronize with deeper levels of Reality during his research with shamans and advanced meditators. He noticed that the way someone structures their thoughts before an altered state such as sleep defines the experience they will have upon Awakening. in other words what we think and feel in the final moments of the day is absorbed by the subconscious and reverberates throughout the fabric of Reality. By expressing Gratitude before sleep, you aren't just voicing a positive sentiment, you're sending a direct signal to the Universe’s Informational Field, shaping your perception and elevating your internal state to a higher level of existence.

What does that mean in practice it means that the simple act of saying “Thank You,” can reprogram your Consciousness influencing not only how you feel but what you experience in the physical world modern science is beginning to support this view studies on neuroplasticity show that recurring thought patterns alter neural connections reinforcing specific emotional states. Gratitude before sleep, acts like a mental programming tool it deactivates neural networks tied to scarcity and fear while strengthening circuits

associated with trust and abundance this practice not only adjusts your subjective perception it literally transforms your brain the question remains how can you apply this correctly to achieve lasting real effects saying “Thank You” before sleep might seem simple, but for this practice to produce the effects described by Jacob Grinberg. It must be done correctly. It's not enough to mechanically repeat words the emotion you feel, and how you direct your Consciousness during Gratitude expression, is what truly matters. The technique should be performed with complete intention and alignment with the Universe’s Informational Matrix that structures Reality.

Step One: The right mental state before uttering any word you need to prepare your mind throughout the day scattered thoughts and accumulated emotions create noise within your Consciousness hindering your interaction with the greater Cosmic Informational Field.

To eliminate this interference, it's essential to reach a state of deep relaxation before sleeping lie down comfortably and close your eyes, breathe slowly inhale through your nose and exhale through your mouth; with each exhale release any physical and mental tension. The goal is to silence the excess of thoughts allowing your mind to tune into a subtler level of perception.

Step Two: Connection with the Universe’s Informational Matrix. According to Grinberg, perception can be trained to access expanded States of Consciousness the moment just before sleep, serves as a portal to this state.

Step Three: The conscious mind begins to slow, and the subconscious becomes more receptive. This is the ideal moment to

imprint new programming into your Reality structure with your eyes closed and you're breathing steadily, visualize a golden light surrounding you enveloping your entire body imagine that this light is the very essence of the Universe's Informational Matrix; a field that responds directly to your vibration now feels connected to something greater. The very flow of existence step three the key and the intention now either mentally or softly speak the words, "Thank You Creator."

It doesn't matter what your specific beliefs are, the intention is what counts as you say these words deeply feel Gratitude for everything that has happened and more importantly, for what is yet to come. This is the key point you are not just expressing Gratitude for the gift of sentient, self-deterministic life, and the past, or present, but certainly for the future you wish to experience. Anticipatory Gratitude works because your mind's interaction with the Universal Informational Field makes no distinction between what has occurred and what will occur. What you believe to be true becomes true as you say, "Thank You," visualize scenes of the life you wish to experience. Don't just ask for it, act as if you have already received it.

Feel the relief, the certainty that everything is unfolding as it should. This is the moment to completely align yourself with the new Reality you desire to create.

Step Four: Feeling is the key what defines the impact of this technique. It isn't the words themselves, but the emotion you imbue them with. Grinberg observed that Reality responds more to emotional vibrations than to rational thought this means that when

you say, “Thank You,” must truly feel humble, ‘Absolute (NAMASTE) Gratitude,’ without hesitation or doubt. the stronger your feeling of certainty and Gratitude the deeper the impression you leave on the Universal Informational Field. Imagine that each word is like a code being directly inserted into the structure of Reality.

Step Five: The moment of sleep after repeating, “Thank You Creator” several times, allow that feeling of Gratitude to spread and gradually, fade into your Sleep State. Your Subconscious will continue to process this frequency throughout the night, consolidating the programming at the deepest level of your mind. This creates a cumulative effect; the more nights you practice this, the more your perception and your Reality will be begin to shift.

Small synchronicities, unexpected opportunities, and internal changes will start to manifest. This isn't mere coincidence; it's the Resonance of your perceptual field aligning with the Reality you've chosen to create. The effects of this practice aren't just theoretical. Those who consistently apply this technique observe real changes in how life unfolds. Small details begin to fall into place, unexpected opportunities arise, and one’s perception of the world transforms.

Jacob Grinberg noted in his studies that people who learned to consciously interact with the Universe’s informational Matrix, reported extraordinary experiences some saw their problems vanish as if they had never existed. While others began to view life with a newfound clarity, as if a veil had been lifted. Many practitioners report that after just a few nights of Gratitude before sleep they start noticing a pattern of synchronicity ideas people and circumstances that once seemed impossible begin to emerge naturally it's as if the

mind when aligned with a state of certainty and Gratitude opens invisible doors to new possibilities for example Jonathan a man who was deeply in debt and without prospects decided to try this practice without any expectations he simply began saying “Thank You Creator” before sleep.

Imagining a Reality where everything flows in your. Opportunities emerge that improve finances, or significant changes in how you feel upon waking; less anxious every morning and more confidence to face each new day. After several weeks of practicing Gratitude before sleep each morning anxiety will be permanently replaced by an inexplicable sense of confidence. The simple act of giving thanks before sleep reconfigured your mental and emotional state.

This happens because what the Mind focuses on and expands positively, if the final message sent to the Brain before deep sleep is one of Gratitude, and certainty that frequency remains active throughout the night, restructuring internal patterns and allowing perception to adjust to new realities.

If there's one certainty in this knowledge, it's that the mind and Reality are intertwined. By changing what you feel before sleep, you quietly alter the way the world responds to you. The Reality you live today isn't fix immutable or a product of chance it is a construction shaped by your mind and the Universe's Informational Field around you.

What Jakob Grimberg discovered shows us that by changing our perception and intention, we change the very structure of Reality. The simple Act of saying, “Thank You Creator” before sleep isn't just a symbolic gesture. It's a code inserted into the Universal

Informational Matrix. An alignment with a higher frequency of existence this practice not only reconfigures your mind, but creates a resonance that attracts new experiences into your life.

Now the choice is yours. You can ignore this information and continue living the same way or you can apply this knowledge and watch the changes unfold all you need to do is try it and if you do so with genuine intention sooner or later, you'll realize that what once seemed impossible has always been within your reach. The key to transforming your Reality is in your hands. What will you do with it now that you know this secret.

There's only one thing left to do, test it for yourself. It doesn't matter if you've tried other practices before this technique. It works silently, acting directly on your perception, and aligning your mind, with what you desire to attract.

So, here's the challenge for the next seven nights before going to sleep say, "Thank You Creator" with complete intention feel the Gratitude as if what you desire has already manifested. Visualize yourself living this new Reality, and notice the sense of certainty taking over you, and here's something important. Pay attention to the signs, and the small changes will begin to occur around you. Synchronicities, new opportunities, subtle shifts in how you feel upon waking, and when that happens, share your experience. Don't keep it to yourself. Share this with someone who needs to know about expanding their Consciousness, and enhancing their Reality with a simple secret that few people know...