

More Weekly Gratitudes

Engaging the Power of Conscious Appreciation and Celebration



Mark Stanton Welch



Music for Every Soul

More Weekly Gratitudes

Engaging the Power of Conscious Appreciation and Celebration

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More Weekly Gratitudes

Engaging the Power of Conscious Appreciation and Celebration

Thank you...those magic words that send a high vibration in all directions...magnetic invitations to a life that nourishes and honors through the Law of Attraction, the Law of Within/Without, the Law of Reciprocity, and the Law of Resonance. All of life responds to the frequency of Gratitude. Being grateful increases the flow to you. The more you give the more you get. Through the power of focused attention and the spoken word, expressing gratitude serves your vibration in powerful ways.

Choosing to consciously be in gratitude means you are paying attention to that which can be appreciated. We all know what it feels like to be acknowledged, honored, recognized, and celebrated. To increase that then give it out more. It is simple. Notice life and respond to its blessings and gifts.

Instead of finding fault and reacting to life's moments, you can invest in the loving frequency of gratitude. Criticism and judgment in thought or action bring the same energy back to you. Many carry unprocessed energies of woundings, discounts, blame, emotions like fear and anger, bitterness towards life. With this being radiated, is it any wonder that many experience a life of limitation and overwhelm. Honestly, though, this is a choice.

We live in a profound time when the Multi-verse responds to our intentions quickly. What we send out is quickly reciprocated, often with amplification. So, what do you desire? A life of flow or a life of resistance, lack, and conflict?

What lies before you here is a journey of higher vibration, 52 more gratitudes that were birthed once a week for a year. It is an evolving process that builds muscles of gratitude and attracts a higher frequency life of flow to you. You must be ready for that...otherwise you would have not felt the attraction to this E-book.

You can read it through and catch the vibration, choosing to apply it however you can. Or, you could really invest in daily practice to get the gratitude frequency into your cells. Become a magnet of positive, loving energy and results by practicing even more than once a day. Each of the 52 gratitudes is presented with information, a statement of action and power, a discussion, and some suggested activities. Treat each gratitude as a week's practice. Or treat each as a daily practice and complete it in 52 days. Then start over...shall I say it again?...
"the more you express gratitude, the more you have to be grateful for."

In no time at all you will see through your new eyes and heart a world to be grateful for. You will look for things to be grateful for. Then you will express your gratitude with a smile and a touch. In so doing, you will invite the cosmos to immerse you in the endless blessings. Invite life to be full by showing up to your practice. You will get what you give...

There is so much to be grateful for. Appreciate your inner and outer world. Allow yourself to see the big picture, stepping away from limited reactions to your moments. There is oh so much more...you certainly deserve to be the loving recipient of all that is meant for you.

Finally, let gratitude be a process that opens you up in profoundly spiritual ways. Soon you will become more compassionate, more empathetic, friendlier, more peaceful, more loving, and more aware. This will open the door to Grace, the flow of blessed love upon you. Be grateful...practice...then be more grateful. This is your new way of life. Enjoy it. Enjoy also the first volume of 52 gratitudes, *Weekly Gratitude*, available online.

*Thank you for loving me
Thank you for loving me
Accepting me just the way that I Am
Thank you for loving me*

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This Week's Gratitude

For the friendships and community that blesses my life

This Week's Action Statement

"I give great thanks for all existing and potential friends and communities in my life. For all those who choose to receive my love and attention I am deeply grateful. For those who honor and bless me with their time, words, and love I express unending gratitude. For the loving and tender friendship I give to myself in all my moments....I am blessed. And so it is!"

This Week's Information and Action

Of course life is a personal thing, a journey where much of it is spent alone with ourselves, clearing, reclaiming, experiencing, celebrating the steps and moments of our unique expression and dance. But, the moments of life are made sweeter by the inclusion of others. Initiating and cultivating friendships and community expands life into a collective adventure.

Some carry friendship from the early days of life, having connected in a deep way that transcends time and space. Others meet friends along the way, circumstantially based...work friends, play friends, special interest friends. And still some, due to personal choice or life woundings or past life karmic work, travel more alone, choosing to befriend their inner selves to expand that world. These ones invite the multidimensional world in, the angels, the guides, the teachers, the animals, the plants, the natural world.

Everyone has some form of friend and community. It is essential to ones' well-being in this dimension. The most tragic of all woundings is the forced isolation, the ignoring, the devaluing, the invisibility that can come when those charged with our care fall very short of being present and loving us for who we are. Having said this, it is one of the great existential tenets that we must make peace with our aloneness, for we arrive into this world alone, and we leave it...alone...at least in physical terms.

Friendships and communities must be fed and nurtured and nourished into a thriving life. Otherwise they diminish. Even though like vibration souls unite and travel for as long as they choose, feeling like they just saw one another yesterday, even though much time has passed, they still must feed their connection. Calling and checking in, sharing ones' experience, sending an email or letter, an unexpected gift, an invitation to an event or a get together, a meal shared, an ear given in a time of challenge or delight, a word spoken, a prayer shared, a thought and a blessing...all are powerful food to create a thriving friendship.

In addition, friends must both be willing to receive. Letting the other in is necessary because love flows in a circle from one to another and back again.

Communities are born out of and sustained by common interest, common cause, common experience. Smaller communities can break off from the original cause and these can grow into friendships. These all must be tended if you choose to sustain. Relationships will change when there is growth by one or more. People's vibrations raise when one choose to expand. Sometimes, previous friendship decline and disappear because the others do not grow. These are bittersweet moments of loss and also beginnings. For the Universe will always brings us beings of like vibration...new potential friends and community..

Everyone is seeking connection. Everyone wants to be witnessed and to witness. Be active and grateful for people and step out into life to communicate and celebrate. Invite people in and give to them your best. Tend your own inner garden and make your needs from others few. Give and listen and show up. It does not take a whole lot to let others know you are there. And be open to receive. For you are, indeed, worth it.



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This Week's Gratitude

For the Inner Child and for Children

This Week's Action Statement

"I give great thanks for the sweet and precious and knowing part of me that holds the Divine Blueprint of That I AM. I express endless appreciation by paying attention to and witnessing the beauty of children everywhere. I am grateful for the playful life that awaits my attention and nurturing of my child self. And so it is!"

This Week's Information and Action

This week we acknowledge the beginnings of us, the child self. This is a double recognition of the child inside that we each retain, as well as the children of the world, our own and the greater population. It is in this frequency that we are inspired to remember our beginnings and the original promise and programmings with which we entered this dimension. Nurturing attention given to the child, in any form, is a powerful healing force.

Our own inner child self carries the blueprint of our unique expression of the I Am expressing as Me. The design is intact, though strongly influenced and compromised by the particular forms of living we each experience. The woundings and the compromises are held as energetic memory in the cells and tissues and chakras, waiting for eventual release and clearing. Choosing to pay inner attention to this precious child part of ourselves is a true key to the kingdom, as it holds the healing potential to help us reclaim knowledge and power. The opportunity is always there to have the happy childhood we never had. And we are the one who can provide this for our own inner child self. When you, as the adult, choose to pay nurturing attention to this inner part of you, then the patterns and fears and actions and walls begin to diminish. As the child feels safe, he/she lets go of trying to control and keep things in place for fear of annihilation. As the child develops trust and releases the old perceptions, your life begins to flow because many of the patterns and beliefs we routinely apply are based around misinformation and decisions made in a breath by our child self...to survive. And until further notice or re-education the child views the world with trepidation and refuses to evolve.

While all along the child desires to be valued, nurtured, played with, kept safe and secure, included, listened to/witnessed, and educated. Invite your child back home and begin to take good care of that part of you. The results will be stunning.

The presence of a world of children is a constant reminder to attend to our own child self through conscious care and support of children. The love we so freely give to those children is the very salve that would heal all our woundings if internally applied. The heart opening empathy and compassion placed upon strangers is what is needed to apply to our own self. So, witness and celebrate children, because it comes right back.

So create a sacred and special place in your home, an altar, for your child self. Place mementos and reminders of you as a child: picture, awards, letters, keepsakes, etc. Visit it daily and tend that space. It will translate to the inner child feeling special...thus giving up resistance and control.

Listen to your feelings and your physical callings. These are the traditional forms of communication for the inner child. Rather than shutting down or medicating, take a moment and a breath to go within and ask questions about what is up. Seek information from the child. Listen. Help him/her. Better yet, learn to use your non dominant handwriting to access direct contact with your child self. Ask questions with your dominant hand and then let the child answer. It is a remarkable process.

Wherever you go and whatever you do include the child. In decisions, in play, in work, in performance, in reflection, in emotion. This will pay off quickly. Give gratitude for actions and celebrate your new relationship together. Play a lot. Do things that you haven't for a long, long time. Love her/him without hesitation. Sing and dance. Watch children play. Every time you see one check in to yourself and appreciate the beauty of you... thanks for choosing wisely!



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This Week's Gratitude

For My Life Thus far

This Week's Action Statement

"I give great thanks for all of the elements of my life thus far. I ask for clarity and the willingness to step away from the way it has been into the infinite expression of possibility. Thank you for the adventure. And so it is!"

This Week's Information and Action

It is December 19, 2012. It is two days away from a curious and controversial Winter Solstice. December 21, 2012 is the completion of the 25 year cycle begun in 1987 when the Harmonic Convergence was heralded. This period of time was to be the ushering in of the true Age of Aquarius with its whole new vibration and the return to the higher frequency of the feminine. And what a powerful, unrelenting time it has been. Every soul has been stirred and shaken by a wave of energetic frequencies that have intended to clear out all deep woundings and resistance to accepting, embracing, and integrating our True Light Spiritual Being Self. Look around...it has been met with mixed results.

Depends on perspective. If you are fear driven and continue to subscribe to the past programming and form, then this is a dire time with so much on the edge of collapse. If you have chosen consciousness and have worked with the energies to raise your vibration in the world and are growing in the Love vibration, then this is a time of infinite possibility when Oneness and unification and peace-filled living are surely on the horizon. If there is to be an event on Friday, then so be it. If it is to simply be a part of the flow and journey of this grand time of awakening, so be it. Not really sure it matters...

I am suggesting, because we really do not know what is coming down this immediate road, that we simply extend deep gratitude for all of life in this incarnation: all of its forms, all of its lessons, all of its glory, all of the players, all of the bliss, all of the despair, all of the fear, all of the anger, the sadness, the joy, the grief, the rage, the numbness, the health, the disease, the sunlight, the glory of the touch of another, the flight of the bird, the cloud formations, the inventions, the death and destruction, the absurdity of it all, the excitement of not knowing, the dance of delight, the song that fills our heart, the loves had and lost, the disappointments, the successes, the creations, the laughter, the friendships, the countries, the leaders, the assassins, the manipulators, the greedy ones, the philanthropists, the generous ones, the abundance, the poverty, religion, spirituality, the control, the hatred, the misunderstanding, the abuses, the caresses...

To give gratitude for all of how life has showed up for you allows you to let go of the forms and the attachment to outcomes. It has all been a flow of this and that, all in alignment with some forgotten plan and intention laid down so long ago. Perhaps it is that plan that is beginning to show itself again in each of our lives. If so, this is a glorious day.

Simply take time and reflect. Has it been so bad? Has it been so good? Don't events and experiences look different from down the road? Do you think there is something to learn from that? What do you really desire for you? Maybe it is all a matter of simply stepping to the side of the path you're on and taking a breath...then letting the cosmos know what is in your heart, what you are ready for...give some structure to the world you truly deserve. Jump start the next moment. The past will only come along if we hold on to it.

Everybody wants to be witnessed, to be looked on with loving eyes and an open heart that says "yes". A Course in Miracles says, "Everything is a call for Love". What if we really listened to one another that way. And then gave that Love...without condition. That Course also says it is either Love or Fear...we have certainly had enough of the experience of a world and life of fear. What say we jump off the cliff today and sail on the wings of Love into a world that is kind and gentle and inspiring. Why not? Thank you, life, for showing up just as I planned.



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This Week's Gratitude

For Authenticity

This Week's Action Statement

"I give great thanks for the my willingness to be my authentic self in all my moments. I acknowledge, celebrate, reclaim, and integrate the design of the I AM As Me that has patiently awaited this time of opening my eyes, heart, and mind. I am grateful for who I Am and will devote myself to being so. And so it is!"

This Week's Information and Action

Here we are...in this grand and glorious time, the result of lifetimes of experience, programming, and choice. Born in pure form, bathed in the Light, such a creation..a magical sight. Twisted and turned, confused, empowered, disempowered by the moments of living. Here we are. The Truth of our Being still lives within us. We catch glimpses of it now and then...more in these times. Incessant callings to come home, to remember, to lay claim to the authentic self, not the learned one.

Who are you? Do you remember? Do you see yourself through the eyes of others? Do you carry judgment of what you are not? Do you wish and hope you were someone different? Do you play the if only game? Well, just how authentic is that? If this is a means to finding out, then I must submit that there are faster, more productive ways to get back to that place of peace. Awareness and gratitude are certainly a vehicle.

So let's make a choice here and play the as if game. Reflect for a moment about how your life would be if you were living in your True Self. What would your day be like? What would you be doing? Who would be there with you? What would your work be? How would you interact with life? What would be your relationship with the whole of life? What would you think about? What would you believe? How would manifestation show up for you? Reflect and play with these questions...for in them lie the seeds of the now and the future.

When we do the same ol stuff we simply get the same old stuff. The lure and seduction of ignorant comfort is real. We give up on ourselves too easily. We lose sight of the what can be when we dwell in the what is, especially when the what is is so deluded that it has become routine. Remember, the True You lives inside...always. So go ahead, walk a mile in the shoes of authenticity. Claim what you believe yourself to be and take action on doing whatever it takes to live this way. It may require doing things differently. If I were authentic, what would I do in this situation? What would I say? How would I respond? Unearth your quality and make it the platter upon which you live. What possibly could happen? You just might rediscover that you are oh so much more than you have allowed.

As the year 2012 winds to its unexpected climax (we were supposed to be apocalysped) take stock of what works for you, and what doesn't. Take the new you off the shelf and immerse yourself in life. Show up with honor, compassion, respect, love, joy, and willingness to the moments laid at your feet. Just be authentic. Notice the results. Make adjustments and move ever onward into the frequency of "This is exactly who I Am!" Why not?

Express gratitude that your design has been kept inside in that dormant place, like a seed that needs fire to sprout. The fires of life are these times of change and confusion and confrontation and clearing. KNOW that change is happening within, sweeping change that clears the old and launches the new> The new is a direct result of your willingness to take the authentic self out of its wrapper and put it on. In these first steps it may be awkward, and you may stumble and fumble and fall. Get up and keep going! Drink in the results and let them inspire you to do more. Adjust to the feelings and the thoughts and the actions of authentic living and run with it. Life feeds life. The more you say yes the more there is to say yes for.

What a journey it has been...and all this time that which we have been seeking was looking out at us from the inside. Who knew?! Now you do...do not hesitate to claim the new vibration and wear the authentic self for all to see. Finally...



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This Week's Gratitude

For

Choice

This Week's Action Statement

"I give great thanks for my design that gives me the capacity to choose. I am grateful that I can take stock in this moment and make a choice that honors all. I am thankful for my ability to strengthen my capacity to choose, and, subsequently, take action. I choose to pay attention and keep my choosing in flow. Thank you for this choice. And so it is!"

This Week's Information and Action

As part of the grand scheme of things in this dimension, humans are given free will, the ability to decide. And, as the dimension is built upon duality, polar opposites, yin and yang, there is endless opportunity for choice. So, you would think that we would be very good at it. However, there are circumstances that interfere with the flow. The cultural influence is wildly invested in maintaining and amplifying fear consciousness. This causes hesitation in choosing. And with ever increasing consequences in the forms of laws, social pressure, ostracism, judgment, isolation, hierarchical community structure, etc, choice is often made with doubt and easily reneged upon. Look at the divorce rates. Look at changes in careers. Look at the changing fashions. Look at the ever changing landscape of what is popular.

We, as humans, are weak at choosing. Generation after generation of compromise has weakened the will center, the solar plexus. This is the chakra where decision is made and then acted upon. People feel powerless often. They painfully weigh the consequences of a decision, often refusing to make it. We have become wishy-washy. We have lost our capacity to use discernment. There is a decided lack of follow through. When decisions are almost made with little commitment, then the capacity to put the decision into action is compromised as well.

It is time that we, as individuals, begin to make decisions and take action. We have to reawaken our design that gives us the capacity to look clearly at life, ingest the facts, and use discernment to make clear choices. From this space, follow through is a natural outcome. We have given the decision making power to others. Witness Christmas...what would you like for Christmas?...instead of using our awareness and inner and outer guidance to decide on gifts, we ask, indirectly seeking approval from the receiver. For what? To be liked?

We have to exercise our will and make choices and act upon them so that we reclaim inner integrity. Not following through is a sickness in humans. This contributes to feelings of helplessness and powerlessness as we give our spark to others and let them oversee our moments. Start now by deciding on doing something...and then do it. Appreciate yourself and do it again. This builds muscles.

In order for us to give gratitude we have to wake up here. We must start following through. Our word must mean something. We must choose what we desire in the moment, select it, and then move forward, paying attention to the results. Sadly, we have lost the willingness to make a mistake. Our fragile inner self is afraid to be wrong, and really, what is that? This being wrong? By whose standards? Geeez!

We are given this moment by this benevolent Universe. We are given the power to choose. We are given the inner and outer resources to act upon our choices. We are given the skill of discernment to examine the results and make further adjustment...choices.

Be grateful for your design. Work with it until it reveals its capacity. Then exercise it like crazy. Choose and act and adjust in a beautiful spiraling cycle. As long as we are here in this dimension of duality we might as well be good at choosing and experiencing. This is the variety of life that reveals through responding to the stimulus of this now moment in a new way, with a sense of adventure, and a willingness to explore. Do not throw away your ability to choose. Trust your heart. Ask for guidance. Make your choice. Do something with it.



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This Week's Gratitude

For The Elemental Kingdom

This Week's Action Statement

"I give great thanks for the natural world of the elementals and fairies and nature spirits who serve the life needs of the plants and stones and trees. This vibration is essential in tending the garden of life. I am thankful that they choose to co-exist with humanity, despite the abuse. ^Thank you, life, for the grand design and its superb palette of form. And so it is!"

This Week's Information and Action

This week we send endless gratitude to a lesson known but essential part of this Earthly plane, the Elemental Kingdom. This, typically unseen to the unaware human eye, group, consists of the fairies, nature spirits, devas, sylphs, trolls, dwarves, etc. They are the topic of fairy tales and stories of many cultures, but they have been programmed out of human awareness by less than well intentioned generations of the past. The position of the human as ruler of the earth would, in their opinion, be threatened by the existence of companion kingdoms.

The natural world is overseen by a host of spirits who guide and harness the particular energy of the elements. These beings actually live in the second dimension, a vibrational frequency lower than the third and fourth where we inhabit. The elementals embody earth, air, fire, and water. Nature spirits are more complex than the elementals as they have the power to influence more than one element. They bring the patterns of nature into manifestation. They are the workers of the natural realm. Fairies act as primal guardians of the land, and as the gateway between our world and those in the second dimension. They are typically the guides and guardians of the nature spirits.

Humans can access the natural world through ritual. These typically involve the elements and allow us to open communication and call upon the powers of these beings. Consciously interacting as if we have connection will open doorways to perception, understanding, and relationship. Simple awareness changes everything.

It is essential, I believe, to really open to the greater expanse of life. There is oh so much more here. Our fear based planet is about limitations and control. And our nervous systems are quite good at holding onto unprocessed energy from life's experiences...until it can hold it no more. Releasing the fear and opening the trust and the heart will make this Earth a place of delight.

The plants in the house each have a nature spirit. Talk to it and pay attention to the plants needs and address them before it starts to suffer. Every tree and plant outside has a nature spirit that oversees its growth. Communicate with it when you connect with the uniqueness of the tree. Invite these energies to reveal themselves. It will be like the Wizard of Oz when it went from Black and White to Color. The veil is lifted to reveal the remarkable panorama of life.

The Earth and the stones are powerful bearers of energy and are devoted to keeping us and all creatures in balance. Notice how stones put themselves in the path. They desire you to pick them up and carry them as the energy they carry has been called forth by your own Higher Self. Self care transcends the dimensions by design...unless you stop being open. Then it still works but only in a trickle.

From this point forward tend the nature garden. Never again choose to ignore the plants or the stones. Look for the fairies and the elemental beings. They can be seen easily out of the corner of your eye. When you open your heart and raise your frequency you will see them as well as hear them. Are you ready for that? Why not? Re-enter the world of delight you knew as a child, when all your doors and windows were open, and life revealed itself. It is all still there.

Invite life in. Invite the plants and fairies and elementals and nature spirits into your life. You will thank me....



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This Week's Gratitude

For

Process and Sequence

This Week's Action Statement

"I give great thanks for the divine design of each of us. Great gratitude for the process of Higher Self leading us with love and grace through our unique moments of living. I am thankful that I choose to be aware of how simple the flow can be when I step out of holding to the misinformed past. Praise that we each are well looked after. And so it is!"

This Week's Information and Action

There is an order to the Multi-verse. Things happen in a sequence. Though the time it takes from A to B or A to Z is shifting as the old paradigm of time and space begins to blur with the opening of multidimensional awareness and experience, there still is a movement from one thing to the next. Results happen quickly and alternatives show their face especially to the aware and the open. Life seeks solution or resolution to the moment's form. By trusting this flow one can vastly change ones experience of life.

If there is a willingness to choose to the observer first, then there is great likelihood that the entry point to the process can be seen and embraced. Too often we react to the stimulation of the moment and too quickly follow down a familiar road to similar results. Stepping back and choosing a higher perspective beyond our limited field opens doors and allows us to drift into the ethers where the process itself is manifesting. From here we can steer the results to meet our current needs...

Each moment holds infinite possibility. Each stimulus can have innumerable responses. In the flow we can reach in and under the watchful and loving eye of our Higher Self find the process that is meant for our greater awareness and growth. Because, I believe, nothing is random. There is a steering of energies to reawaken each of us, orchestrated in a magnificent, intricate dance of decision and action. The more we allow and be present the smoother that journey will be.

The sequence unfolds by decisions made in this moment. The future is on the heels of the now. The process reveals itself by the action taken. Knowing this is a powerful gift to be grateful for. Rather than thinking we are victims of life, we can quickly see just how easily we can steer the seemingly rudderless ship. The key is awareness. We have our reactions. We have our perceptions. We have our emotional investment. Many of these are the results of the unprocessed woundings of the early life, many based on simple survival. Doing ones inner work and consciously choosing to clear energetic debris unclouds the mind and the cells to allow spontaneity and surrender. To surrender is to trust life and the process. In the unfolding sequence we see the results of where we are, in the breath before they show up. How beautiful this immediate feedback system is. The more you use it the more it reveals until there is a seamless flow of a sequence of nourishing nows.

We deserve this. It is simply not meant to be this hard, say the angels about life. We have been steered to believe otherwise, that we must work to force results, forging a path of our own making. The invitation is to buy into the notion that our Higher Self, through a sea of etheric support, always has a deeper understanding of our journey and has our best interest in mind. No thing placed at the altar of our awareness is without significant meaning and purpose.

Gratitude that this beautiful design is revealing itself to those whose heart is willing. Be clear and open to the process of rediscovery. Reawaken to the flow of your life, the unique sequence of wisdom steps birthed in the breath of now. Celebrate each moment birthed for that creates the fertile ground of trust where grace can reveal itself to open eyes. And grace will reveal a multidimensional pathway where we can simultaneous experience multiple realities, just for fun, and because that is what we are designed to do. Why, on earth, would you not trust your design? Welcome the process of you and notice the carefully orchestrated sequence of experiences that take you home...



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This Week's Gratitude

For Creativity

This Week's Action Statement

"I give great thanks for the divine design that gives me the capacity to create. I celebrate the creations I have manifested and invite an endless sea of creation and creativity to flood my now and future moments. I am grateful for my ability to use my inner tools to birth new ideas..and put them into action. Thank you for the skill to vision anew. And so it is!"

This Week's Information and Action

Take a look around you. Everything you see that is not of nature is the result of an idea, a vision, a creation. Perhaps a need created a desire to alter the form or manifest something more fluid that could make the necessary change. That desire fed the vision and began to birth ideas that could become form. Ideas were made into form and tested. Alterations and adjustments followed...until the final form revealed itself. Voila! Creation.....

The creation process is beautiful expression of Universal Law in Action. Based upon energy moving to manifest form, the clearer one is in the process, the more fluid the creation, the more profound the result, the greater the impact on the dimension. Creation is going on all around us. It is the basis for evolving the world. Sadly it is not necessarily the thing that is taught most in schools. It ought to be. Treasuring imagination as the fertile ground of possibility, schools would benefit humanity by seeding the skills that put feet in possibility. Encouraging, teaching, and rewarding creativity would transform the world. Instead of teaching hesitation to present and manifest progressive and positive change, humanity would be full speed ahead, in exhilaration and fervor to make the collective world the paradise it can be.

We are very grateful for creativity this week. Supporting the process is absolutely necessary in these times. Creativity flows from a healthy, unencumbered uncompromised, clear second chakra. Our capacity to birth solution is held captive by the unexpressed energetic baggage of life lived. Being taught to hold on to woundings and to be ignorant of the marvelous process of body clearing and chakra care keeps our creativity center broken down. The creation that comes from this is most often that which perpetuates the status quo, visionless through the mask of fear. Creativity must be unshackled and given the wings it deserves.

The challenges of life and the specific issues that weigh down the beauty of living are solvable through unbridled creativity. Humanity is fully capable of manifesting solution to make a glorious future. It starts with each of us saying enough...enough compromise, enough doubt, enough disbelief, enough giving away power, enough immobility, enough giving up.

This starts with understanding that creativity is what we are designed to utilize. It comes from recognizing its presence and then stepping into its dimensions to find how it works. Find out what it is for you. Identify a challenge and create a solution. Act on it. Adjust until just right. Celebrate and then move to the next opportunity. Build those muscles. The more you use it the more it delivers. Become a creation machine.

Creativity involves the mind and the body and the spirit. Calling for inspiration is an untouched element of the process. Call in the guides and teachers to inspire. Let the inspiration drop in to project the vision on your internal screen. Keep the second chakra clean to allow the unimpeded flow of vital energy to impact the third eye. Working in conjunction the vision grows feet in the solar plexus and moves into manifestation of form. Massage imagination to stoke the fires of creativity. Draw. Write. Write songs. Write stories. Make up answers. Live as if your vision is already happening. See alternative uses for objects. Create. Make new. Redesign. Come at something through the back door. Throw the form out and birth a new one. Live without the familiar to find new ways of doing things. Brainstorm. Be an idea person. Give solution to the challenges of the world. See everything as possibility, opportunity, be inspired by nature, by life, keep a record of your ideas, your creations, your failures, study the creative ones and understand why they were willing to always move forward...just create! Now...and forever



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This Week's Gratitude

For Peace

This Week's Action Statement

"I give great thanks for the divine design that steers us towards a life of peace. I celebrate the tendency for people to seek connection and create a community where Love is shared and felt. I am grateful for the inner awareness that leads us to choose differently. I am thankful that we are being supported by the cosmos to reclaim the peace filled life. And so it is!"

This Week's Information and Action

In a world and a dimension and a multiverse where all is founded upon and fabricated from movement, it is remarkable that so many seek a life of peace...rest and calm. To be at peace is to be still. With all in constant oscillation this is technically impossible. And yet, it is the ongoing dream of individuals, families, communities, and nations...and the world. Peace without conflict...how can that be made manifest?

The flow of life, though in constant motion, is a series of starts and stops, so to speak, breathing in and breathing out...the change of direction. It is stimulus/response, coming/going, rest /activity, etc. In embracing this yin/yang model, we essentially realize that the true peace lies in the reaction we have to the moment's event. Peace, in other words, is an inside job. A world of peace can only be the result of a world of inner peace. As long as war lives within us then war will rage outside of us.

The folly of the process of war is that it is waged to create peace. The Laws of the Universe will not allow such action to have the desired outcome. For the preparation for conflict and the focus on the activity of another expecting something to happen only brings about the very thing not desired. It is the law of action. That which is dwelled upon manifests. And since this law is not taught in any public school I have been involved with, most people have no idea of how their thoughts, beliefs, actions, and responses create the nightmare we have endured for so long in this human form.

Only when each of us begins to clear away the woundings, release the energy of resentment and anger, choose to see through a heart and eyes of love, respond differently to input, seek balance and clarity, choose peaceful action...will this world see the manifestation of peace. And though this seems like a tall, even impossible order, there is a lot of change going on in these times. There is a growing collective of people who have had enough of the manipulation, the brainwashing, the control, the conflict, the violence. More and more people are feeling the clearing and cleansing energy being washed through them by this benevolent Multiverse which has drawn an energetic line in the sand.

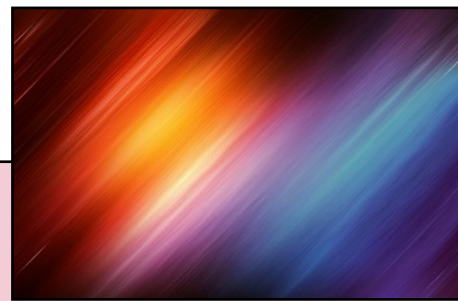
The forms of life on earth are changing at an accelerated pace. The institutions that perpetuate conflict and war are being exposed for what they are. The absurd perspective that demands guns to protect is cracking with the growing understanding that what we have is just too much. We are simply not designed to kill one another...yet we have been fed a steady dose of violence since the day we were born...so much that we have now to overcome our insensitivity to it. Mass killings, disasters, and the absurdity of violence as entertainment are changing the vibration and the focus.

It is time to focus on and choose peace inside and out. Clearing one's own energetic history is a great place to start. Changing thinking and reestablishing beliefs that support life and community founded on the vibration of love are essential to jump start peace visible in the world. Choosing to no longer support the free flow of violence in image and entertainment is another requirement. On and on the possibilities for peace unfold before us...through conscious choice

Be grateful for the calm. Notice the in-betweens of your life. Find time to let go and relax. Choose a different response to the moments of living.. Find the peace that is needed in your life. It will spill into the collective...



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This Week's Gratitude

For Ethers

This Week's Action Statement

"I give great thanks for the divine design that allows spirit to integrate with the physical. I am grateful for the Grand Design that gives the tools for manifestation. I am thankful for the love that inspires the openness and trust within to embrace the unseen in great faith. Thank you for the consistency in the Universal Laws. And so it is!"

This Week's Information and Action

Alchemical knowledge addresses the five elements: earth, air, fire, water, and ether. The first four are obvious and visible and measurable. It is this fifth element, ether, where the doors are opened wide into the workings of the Cosmos. Ether is the substance of space, the space between the atoms and molecules, the medium through which spirit moves, the glue of the workings of life. It is a primary substance that is essential to the movement and flow of Spirit.

Ether has been called liquid gas. It holds spiritual truths, can be used to infuse any system, energy body, mind or soul with such spiritual truths. This ether is the realm of thought, where thoughts move to make manifest their substance. It is the substance by which the Akashic Record holds its holographic information. The ether, through prayer and meditation, can be programmed for healing and specific purpose.

The workings of life are, at the same time, mysterious and obvious. The how behind them remains open to discussion and is unique to each observer and participant. But to know there is a cosmic soup through which the information and inspiration and memory moves freely is an actual delight. And the best part, is that knowing its existence makes available an ever expanding conscious use, the stuff of sorcerers and alchemical magicians...

Thoughts occur within our brain, in the mental field. They move outward into the etheric field to seek manifestation. They exist forever, aligning with like vibrational energies. Aligned with the vibration of intention and focus they make manifest into form, calling forth the frequencies necessary to make it so. What a beautiful dance. Monitoring our thinking allows us to send out the thoughts of higher vibration to make manifest the higher vibrational living and experience. Hallelujah!

The ether holds the Akashic Record, the infinite library source of all the information about the Cosmos. It holds the keys, the techniques, the skills, the directions, the history, the guidance, etc. As we open to it and tap into the holographic stacks we use the ether as the transport vehicle...which can happen in an instant.

The Etheric Body holds the template of manifestation for each of us. Our thoughts and our intentions and our energetic past commingle to bring form to the physical in an energetic descending flow. Tending the etheric body impacts and steers the manifestation on the physical plane. It is said that the body's meridians are the energetic links to the etheric plane and template body, bringing into the earth plane the intentions as seeded by our moments.

Fascinating stuff! We give great gratitude to the Grand Design, to the wisdom behind the creation that gifts us with such infinite possibility. As we breathe in the awareness and begin to seed the idea in our conscious self we will begin to see just how much control we have over our moments of living.

So, be aware of the spaces in things. See how life breathes in and out and flows in an ongoing variation of expression. Affirm the ether and call forth a growing awareness of its presence. Take the leap to see just how you can manipulate the ether to serve your highest good. What a glorious dimension in which we reside. The more it opens the more it reveals and the more we expand and deepen our experience. It feeds itself. Reach out and touch the nothing...and know that in your hand is the energetic essence that allows the flow. Too cool for words...



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This Week's Gratitude

For Relationships

This Week's Action Statement

"I give great thanks for the divine design that allows relationship. I am grateful for the people who move through my moments, opening awareness and opportunity. Thank you for the forms of my life that offer relationship. Connecting opens me up and gifts me with insight and experience. Thank you for the design that brings us together. And so it is!"

This Week's Information and Action

Relationship is an energetic interaction between two or more elements. It is impactful and evolving. The more attention it receives then the more it evolves. Relationship can begin and end. Energetically, the influence can continue long after the relationship itself has ended. In this earthly dimension we are in constant relationship, often simultaneously with many forms and elements. We are in relationship with people, places, things, ideas, actions...To know this is to be able to consciously interact and influence the relationship in the direction you desire.

To be grateful for this design is to embrace its dimensions and allow it to serve you and your growth. We are in relationship with so very much. Look at our inner relationship with our body systems, our thoughts, our beliefs, our feelings, our cells. In the outer we experience the results of our actions, make adjustments, and intentionally change outcomes. Doing one thing different alters the course of the relationship.

We are in relationship with every person who crosses our path in any moment. Though most are temporary, they have impact. Choosing to trust that your Higher Self brings you constant opportunity for adjustment, growth, and change, begin to see each encounter with new eyes. Look for the hidden information in appearance, action, dialogue, direction, circumstance...of course, in practice, doing this with every passerby could quickly become overwhelming. Use discretion...you will know which to pay attention to.

We are in relationship with the animals, the plants, the rocks, the insects, the birds, the trees...knowing this allows us to create deeper experience. Animal encounters have long been viewed as symbolic and informational. Each animal/insect/bird represents an element of us. Their appearance is far from random. Suppose they have come to remind us or inform us. What might be the message for you?

We are in relationship with the elements: earth, water, air, fire and ether. Each interacts with us throughout our moments, often sustaining us, leading us, inviting us, supporting us. To be conscious of this is to take advantage of the experience for even greater impact. Notice the weather, the wind, the rain, the fire, the rocks, the terrain, the cloud patterns, the water patterns...each has information for the aware one.

We are in relationship with objects: the computer, the iPod, the car, the store, the highway, the house, the bed, the book, the electricity, the electromagnetic fields, the food, the movie, the music, the conversation, the sounds, the sights, the sensations, the smells, the tastes....through the senses.

We are truly in symbiotic relationship with all of life...by design. To ignore this is to be experiencing far less than this dimension has to offer. Opening up to any of it is to suddenly experience an expansion of the senses. It is the key to fuller and more gratifying, adventurous, connected living.

We are in relationship. Accept this and look for it. Feed the relationships you have. The laws of life guarantee a return. The more you feed the more you receive. This self fulfilling process opens doors to new experience, offers alternatives to routine, invites creativity, interconnectedness and oneness.

These remarkable times are opening vistas of awareness that invite greater and more fulfilling experience. Are you weary of the same old, the limited view? Then celebrate the relationships in your life...with everything. Nothing is there by accident. Embrace and engage each one...and just see what happens. I believe you will be delighted...



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This Week's Gratitude

For Movies

This Week's Action Statement

"I give great thanks for the wisdom behind the creation of the technology that has allowed the movie medium to happen. I bless the fertile minds for those beautiful stories that expanded my life and invited me into the land of wonder. Gratitude to the ones who have remained true to the human imagination and still make movies that feed the soul and invite us to live!"

This Week's Information and Action

We are born with a particular quality that is more important than we realize, especially now...imagination. This mental capacity is the primary tool of manifestation in a cosmos blessed with unlimited abundance. It is the tool that lifts us out of our moments of life to new lands, new ideas, new visions. It is what the first movies allowed us to use.

And it is more to these movies of yesteryear that we express gratitude for the creation of the medium. And here is why...to a great extent imagination is lost in current day movies. Too much is shown. The viewer is not left much room to fill in blanks and invest themselves in the larger than life moving pictures on the big screen before them. And that is sad.

Before special effects and computer graphics there was a story being told that involved ...people in lives. And it allowed people to experience another perspective, another world, another reality than the one they lived in...for better or worse.

I remember as a boy, going to the Fox Theater in Paso Robles, CA and paying 35 cents for a double feature and a cartoon. Wow...a day's worth of imagination. There was Disney then...the real Disney. Animals come to life interacting with humans, fairy tales brought to action, characters we identified with and loved. We took them home in our hearts and befriended them and played with them and remembered them....through our imaginations. Those were fertile times. The horror movies did not have blood and blatant shock. The directors used camera angles and suspense and music and a sudden shift to an image...or an implied event not seen on camera. We filled in the blanks ourselves. A whole audience had each a different vision. Wow...imagination.

When movies took the blatant turn into ultra reality, excessive violence, and gratuitous sex as entertainment our imagination took a beating...and the movies as a whole suffered. The movies became a surrogate that allowed our fear to be activated, our anger to be avenged, our loss to be magnified. They became an assault instead of an invitation. They left us exhausted after viewing. Double features went away and the assault became longer.

And still, despite the blatant formula movies and sequels that lift dollars out of people's pockets, there is still enough in the independent movies to leave us with the beauty of the medium once again. There are beautiful movies that are a story put into visual and auditory action. There are amazing films of the natural world filmed with the breathtaking camera technology of the times. There are musicals that leave us uplifted or empathetic. There are cottage industries like Spiritual Cinema that bring monthly positive and life affirming movies to my door. They are steaming with imagination opportunities. And there are always the classics, the great Black and Whites, that put us back into a place of wonder. And when the couple kisses and they move toward a distant door I can use my imagination to picture or wonder what is happening next. Beautiful...much more so than being forced to watch body doubles in lovemaking...with nothing left to the imagination.

So, let's give thanks this week for the idea behind the movies, the talent that was in acting and, the beautiful space that was left for us to exercise our fertile minds and blend in with the story. Do yourself a favor and go rent some classics, old movies before the mid sixties when the first blood packs showed up in Peckinpah's Wild Bunch. Watch Mr Smith and remember the human spirit. Watch one of the early Disney movies and remember childhood and the fleeting innocence that was still yours in those days. Watch The Creature from the Black Lagoon and remember when scary meant a tickle on the psyche. There are still little theaters that are devoted to good movies and classic re-screenings. Support them and reacquaint yourself with the awesome power of a fertile imagination.



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This Week's Gratitude

For Trust

This Week's Action Statement

"I give great thanks for trust that fills my life in this moment. I am grateful that, in this knowing, I can move forward without hesitation to experience the beauty of this life. I celebrate this boundless adventure by expressing gratitude for my willingness to surrender into the capable hands of my guides and support beings. I know my life will work out!"

This Week's Information and Action

In a perfect state we would be fear-less, knowing that the Multiverse had our best interest in mind and would never lead us down a road to harm on any level. In this state, we would be open to fully experience the moments laid at our feet. We would take risks and step into the unknown. We would interpret each form as an adventure to be explored and experienced. We would see all as necessary to our journey of reclaiming. We would choose joy as our first response to life. We would know we are not alone, magnificently supported by a host of seen and unseen beings of the etheric and animal realms. In other words, we would be filled with trust.

Choosing trust allows to move forward without hesitation, take risks...well, pretty much of what I said in the previous paragraph. You get the picture. So, have you ever felt trusting. This world of humans is not very trusting. People expect the worst. They compromise their joy and adventure for safety and the familiar because they are afraid of imagined outcomes...non-trusting. The wounds of life in families based on prior familial and cultural and social programming are still energetically within us. They steer us towards mistrust first. And we go along with it.

When we do not trust the Universe, we try to control the moments, the outcome. We resist change. We react emotionally when things do not go our way. Miserable, that's what that is. Is that the life you desire?

Trust is a choice. It is moving forward despite the evidence that appears before your senses or that percolates up from your past. When, in *Raiders of the Lost Ark*, Indiana Jones had to cross the precipice to get to the center column, there appeared to be no bridge. It was not until he, in trust, took the step that the bridge appeared in that instant. It was always there. It required a step in faith...trust. The muscles of trust build the experience and the life of trust by practice and repetition and faith. You learn to trust by trusting. You have to start somewhere. So, why not in this moment?

If you desire a life unencumbered by the past and the shackles of hesitation and fear, then take your leap of faith, step into the abyss to see what is there. We have so much support in our human form. Be grateful for that. Show your gratitude by moving through life trusting that life is working for you. Trust your first thought. Trust the first idea when facing a challenge. Take the idea and move on it. The worst that happens is that it does not work. Then you adjust and move on the next idea. All the while building muscles of trust. Give gratitude for all results. For this spirit of knowing invites the Universe to show up for you even more. Do not hesitate to act upon your guidance.

Trust people, too. Your Higher Self is orchestrating your moments to bring you the best experience to help you remember your truth. Believe this and look beyond what appears into the vibration and soul of that being across from you. You will see so much more. Trust me. Step into life...now. Do things you have wanted to do. Go where you want to go. Make new connections with people that before you were afraid to. They are moving in the same programming field that you have been, with some personal adjustments, of course. Reach out. There will always be a hand to take yours.

Take a different road to work. Say hello to the person who catches your eye. Stop and converse with the person who said hello. Go into that store that invites you. Say yes to requests and invitations. Take the road less traveled. When you come to the curb, stop for a moment, take a breath, and then...jump! Six inches of free fall...will get your cells used to surrender. Reawaken that inherent sense of trust. You came here in a perfect state. Beyond the programming is a beautiful world filled with beautiful beings who want what you want. Choose to experience happiness. Choose adventure. Choose to walk away from the past and create a whole new now and future...just trust!



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This Week's Gratitude

For Showing Up

This Week's Action Statement

"I give great thanks for choosing to show up to the now moment. I celebrate the adventure that awaits my faith filled acceptance. I am grateful that I believe in myself enough to trust the process of the flow of life. I affirm that life moves always in my best interest and choose to lay down all resistance to the invitations that come my way. And so it is!"

This Week's Information and Action

Life is a smorgasbord. Each moment holds infinite promise and possibility. In that very moment we have opportunity to design our future as well as choose our current experience. Moments are laid out one by one. Many choose to live in variations of the past or the imagined future. Both places diminish the now experience. Living in either of them often distracts us from being present. We send our focus elsewhere and miss the very thing brought forth for us by our ever-loving, ever-guiding Higher Self.

The first step in real conscious living is to show up to this now moment. That means bringing full focus, using all the senses to pay attention to the clues. Life gifts us endlessly with the map to the journey home to remembering our true power and presence. Too often we ignore the diamond by being attached to the past pain of experience or the imagined form of the future. Both divert us from showing up.

If we do not show up to this moment we do not have the keys to the flow of life. Accessing and surrendering to the flow lessens the struggle and blesses us with the sweetness of life's panorama. Showing up is a choice that we matter. It is a full expression of trust and faith. It indicates that we are a willing participant in the grand design.

Too often we tend to attempt to control, the forms of our life and regulate the unfolding instead of allowing it. The leaf that chooses the eddy doesn't even know the rest of the water is flowing by in a constant dance. It isn't until the leaf gets lifted by the greater supply that it rediscovers that greater flow...and often in a surprising or even shocking manner. Sometimes our lives slap us in the face to bring about a shift. We get complacent in our routines and the perceived comfort and lose track of our invitation to remember. Time passes and we even lose our fire, our inspiration, our motivation.

But life does not rest, our Higher Self does not stop the orchestration of invitation brought to our field. Ours is to accept the gift of the invitation and say yes by showing up with the heightened sense of expectation, trust, even knowing, that what we most need is here right now in the forms of our life. This is a mighty signal for the cosmos to deliver the experiential affirmation that we are in sync. Showing up says yes in a powerful way. With senses expanded by anticipation we notice the nuances and hear the whisperings and turn at the right time to see the willing arms of the now holding the next magnificent gift.

This is a week to simply show up. Pay attention to what comes into your awareness and go with it. If you make a commitment show up. If you say you will, do it. If an invitation comes, take it. Go where the voice calls you to go. Do it without question. Rediscover the flow. Rediscover trust. With that trust and the subsequent action in the now, the challenges become adventures that reveal a higher meaning, a grander experience.

We are always wishing and hoping for the something...while the something keeps showing up and waiting for acknowledgement, our open hand. Only challenge is that the something showed up wearing a green scarf...we were looking for the red scarf and did not even acknowledge the quick impulse we felt when we saw it. Be large in your awareness. Trust that there are no accidents. If you ask for help you might have to leave the house to get it. Ed McMahon may not come to your door with the check. Go out into life knowing that you will be taken care of. Pay attention to the forms of the moments. Everything is there for your next move. What a beautiful process. Show up and claim the moment. Then do it again...and again...and again. Soon you will find yourself far down the road in the middle of a sweeping vista of life, happier than you ever allowed. Imagine that. Just take the hand as it reaches and go forth.



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This Week's Gratitude

For Money

This Week's Action Statement

"I give great thanks for the existence of money. I am grateful that we have agreed there is a common medium of exchange for goods, services, and time. I am thankful for the infinite supply available to all of us. I choose to use money for the expansion of love and joy and affirming life. I use money to experience and learn about me and my place in this world. And so it is!"

This Week's Information and Action

This week we give great gratitude for the historic medium of exchange: money. The collective agreement to use this tool for payment for goods and services is a remarkable exercise in human cooperation. The idea behind it is sound. The practice is not. So, this week, we acknowledge the intention and invite our awareness and action to be a vehicle that brings the runaway money world back to center.

People spend their time in choices of activities. Some are for pleasure and relaxation. Some are to generate money with which to buy goods and services and time to do that which we desire. Technically, the more money one has then the more one is able to access these desired items. The challenge has come that this end has become the primary focus of so many lives. The cost of this is to diminish the opportunity to enjoy this dimension, its people, its natural beauty, because so much of the time of day is given to work.

Many work for money, period. Still some work for the love of the activity or the creation. Theoretically this ought to result in greater reward because of the fairly stress free joy that comes from doing what we love. And, indeed, this is happening. I do what I love and immerse myself in creation and music pretty much throughout the days. It leaves me gratified and I always have what I need to meet my commitments and obligations and get what I desire. It is a growing exercise in applying the universal laws of manifestation. I show up to that which is before me and receive in a variety of kind back from my efforts. Sometimes it is money, sometimes it is appreciation, sometimes encouragement, sometimes invitations to perform or travel, sometimes it is gifts of relationship. All have value. They are not money but they are an affirmation of prosperity and abundance. It all leaves me in a state of gratitude.

There is endless supply of wealth available to all. We, unfortunately, have been programmed to believe in scarcity. So we scramble to get more of this limited supply of money, often resenting those who have more through, work, manipulation, family, or criminal activity. The drive to have more often is at the expense of enjoying what one does have. It is sad.

In many ways, the woundings, unmet needs, losses, holes in the soul, have been replaced by money and stuff. In attempting to fill a hole that cannot be filled by money (only love and self acceptance can do that), many simply get more, as if that will make everything OK. Too often the greed leaves one empty in the midst of the riches.

It is necessary to return to a proper relationship with money. Seeing abundance everywhere, practicing gratitude, being generous, balancing work and play, being an open hearted loving person...all serve to attract money. Life is meant to be lived. With proper self care one can create a beautiful life where money flows and does not corrupt. Trusting life and the promise of supply is a critical step to being in alignment and having what is necessary for you to do all that you are here to do.

When we stop judging, wishing and hoping while we sit idle, wasting our money in attempts to fill our inner holes instead of working to clear them...then our relationship with money will change. The external signs of the economy are signs of the inner conflict. So start getting clear on what you love to do. Make money your friend. Enjoy what you have and affirm the infinite flow with thought, belief, and action. Be generous and supportive of others. Be open to receive as well as give. Affirm your self worth in all you think, say and do. Make clear intentions and work your imagination and visioning. Tell the Universe what you desire. See it happening. Feel it. Claim it. Use actual money instead of credit. Pay cash. Rather than stuff affirm the use of money to fund experience and learning, things you just don't put on the shelf. Recreate a loving, supportive relationship with money now....the money is always there.



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This Week's Gratitude

For Leadership

This Week's Action Statement

"I give great thanks for the qualities of leadership that flood through me. I am grateful for my willingness to claim them and call them to the moment. I celebrate the design that invites me to claim the truth of I Am when the need arises. I celebrate my capacity to take charge and get results in a flowing manner. And so it is!"

This Week's Information and Action

Our moments of living give us a choice: to lead or to follow. Do we respond to the impulse and take action to bring new experience or insight or delight into our moment? Or do we ignore the impulse to respond differently and hold to a proven way of doing things? Sure there is an infinite palette of possibility between the two, but a choice is always required. So, why not choose that which leads to new horizons. If life is about change and learning, then why not consistently choose to lead yourself to new heights? The adventure beckons and every sojourn could use some direction somewhere along the way.

We are both leader and follow at times. But, this week let's focus on the capacities that inspire us to take the reins and move forward in our lives. I suspect that, sometimes, we just get lazy and want to be taken care of...so we let follow and do the same ol'. Nothing wrong with that. The invitation to be more, for the sake of the movement, is always there. I propose that we accept it more often than not. I believe it will leave us more inspired and hungry for the richness and variety of life.

A leader makes decisions and encourages and takes action, making adjustments along the way. He uses insight and intuition in making the decisions and is willing to take risk and be spontaneous, as necessary. She will take into account the current situation and apply proven techniques in new and creative ways that bring expansive results. The leader is not afraid of failure, but accepts defeat with honor and then rethinks and moves onward in a different direction applying the learnings from the previous faulty path. Everything is information that can be absorbed and applied to the current situation. The leader does the research but also relies on guidance and hunches to make quick decisions.

A respected leader inspires through action. He pushes his charges to move beyond perceived limitations and enter their personal frontier of achievement. She is not afraid to get dirty and try out new techniques, all the while adjusting the strategy to meet the just learned results. To the leader there is always another path, results be damned! It is in the journey where true leadership shows itself.

A true leader is honest with herself, taking stock of shortcomings to then remedy them or find another path utilizing the possessed strengths. He recognizes that life is about learning and is willing to make mistakes in order to perfect a skill or budding talent. The leader is full of ideas and strategies and uses a strong will to move through the resistance thrown up by life. A leader knows when to celebrate and when to rest and when to divert and when to take forward action.

You get the idea. We could go on here, but it is more important to start applying leadership to your moments. Look at your life and decide where action is necessary. Choose a strategy and move forward. Make adjustments and keep going. Appreciate the journey and always reach into the next moment with full awareness of the now. Use your skills. Recognize your shortcomings and weaknesses and use the awareness to work through them, always learning. Take rest and divert yourself with play to get a clear mind and energy now and then. Acknowledge the tendencies to procrastinate or hesitate and see them for what they are as you move through and beyond them. Set your intention and move towards it, paying attention to the spontaneous guidance that invites an unproven strategy or insight into play at just this moment. Flow, but flow with heightened awareness through the now.

I believe your own leadership is always present. Seize it and use it to deal with the forms of your life. It is easy to give up and wallow. But, it is just as easy to take that first step and move forward. Just choose to do so...



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This Week's Gratitude

For Self Care

This Week's Action Statement

"I give great thanks for the my capacity to take good care of myself. I am very grateful for the inner and outer support I receive to take care of my needs first. I celebrate how easy it is to replenish my own supply and be a fountain to others. I easily practice self care in all I think, say and do. And so it is!"

This Week's Information and Action

This week we acknowledge and celebrate our capacity for self care. Having this awareness and attending to it regularly allows you to reach a balanced state more consistently. It is necessary that we appreciate our ability to care for our needs by doing so. Seems obvious...Yet, we are often not supported in our efforts by those around us, our family, our relationships, our social groups, our cultural influences. This pressure steers us from critical action.

So, we must develop a willingness to put taking care of our survival, emotional, mental, and spiritual needs first. Then, despite resistance, do so. A little step builds into longer steps which develop into long sustaining journeys. Begin to plant the seeds of the importance of taking care of yourself. Decide what that means to you. What is self care for you? Are there things you want or expect from others that consistently do not get met? Are there things important to you that consistently get put on the back burner? Do you expend your energy taking care of others, only to be overwhelmed or fatigued? Take stock...

Make lists of what it is that is necessary for your well being: your physical, your emotional, your mental, your spiritual. Get clear on the forms in each of these by listing them. Check those that you already do and are willing to maintain. Circle those that you do not do. How many of them do you expect others to do? Do they do them? Are they something you could do for yourself? Be honest. How might you do that for yourself. Develop a strategy for them one at a time. Then get started doing them.

When you celebrate your capacity for self care, you send out the invitation for opportunity. The Multiverse follows with situations, people, and choice. For the physical, make sure that you provide your food and water and sustenance needs. Enjoy sharing with others but limit expectations of wanting others to do so for you. Take responsibility to fill your own internal energy reservoir. You will thrive in the vibration of tending your own inner garden. When you are full and the energy is maintained then you are in the perfect place to share that with others, without expectation. Give love, give time, give support from your place of fullness, knowing that what you give is limitless, that what you share is simply passing on the light to another, a part of the great flow. Nurture yourself into happiness. Wanting others to do so is an invitation to the blues. We have choice. We have action. Each of these affects the forms of life in the next breath. Adjust to create the forms you desire. Then celebrate their manifestation.

Care for your emotions by allowing them. Learn to recognize their symptoms and characteristics of being present. Trust that they are a temporary flow. Allow that flow and be the witness of the release. Celebrate the release. Be emotional and be alive. Your doing so sends a call to others to do so. In the flow you reclaim balance.

Weed through your thoughts and beliefs. Notice which no longer serve you. Go about changing them: by repetition of a new thought, visualizing the new way of being, by affirmation, by witnessing the action in others, by teaching about the new thoughts, by writing about what you desire and deserve. Notice the unhealthy thoughts when they arise and replace them with the opposite.

Loneliness is a huge challenge in human life because there is such dysfunction in relationship. Maintain spiritual health by being aware and open to internal and external guidance. See the spirit in all of life. Develop relationship with all dimensions and creatures. Listen and communicate with the animals, the plants, the minerals, the earth, the cosmos. You are not alone. Create loving relationship with your Higher Self and Inner Child. Prove to yourself you are not alone. See Love everywhere. Affirm and claim the richness of the I AM in all. These are just a few suggestions about taking care of yourself. Just do it. Your world will never be the same...



More Weekly Gratitudes 19



This Week's Gratitude

For Cooperation

This Week's Action Statement

"I give great thanks for the my capacity to choose cooperation. I am very grateful for the inner and outer flow of life when I participate in working and achieving together. I celebrate how fluidly life helps life and choose to be a willing participant in helping others and asking for help to meet my needs and goals and intentions. And so it is!"

This Week's Information and Action

To cooperate is to work together. Cooperation requires that each party be in balance. Each must be willing to contribute time and effort to the common goal. One must set aside some personal needs in order to achieve the agreed upon intention. The achievement of the goal is creates the mutual gratification. Cooperation allows multiple parties to utilize specific skills in order to collectively succeed. Each does his/her part.

Look around at your world, both inner and outer. The human body with its remarkable systems is a beautiful example of cooperation. Each organ and system has a specific task. The heart pumps the blood, the veins and arteries carry it. The cells deposit toxins into the blood stream. The kidneys and liver filter the blood of the toxins. The mouth masticates the food. The stomach initiates the digestive process supported by the bile and enzymes of the gall bladder. The small intestines extricate the nutrients from the food mass. The large intestine extricates water and the final nutrients. The mass is sent out through the contractions of the rectum. On and on the cooperation goes. System helping system. Each organ doing its part in the sequence to create the common goal...life.

Most do not appreciate this miraculous process with words of gratitude for the 24/7 work that gets done. In fact, unless something goes wrong, there is little awareness of what is really going on. A little gratitude goes a long way. Higher vibration appreciative thoughts, words, and witnessing uplift the participants and help to maintain a balance. Start appreciating the obvious and begin to see the greater and more consistent balance that begins to show. This balance results in energy, in action, and in health.

Look for cooperation in the outside world. Notice how nature puts poisonous plants right near a remedy. Notice how the bees become the essential vehicle in pollinating flowers and plants. Notice how the trees and plants give us oxygen, while our toxic CO₂ feeds the plants in a beautiful dance of cooperation. Bacteria keep toxicity down. Insects prepare the soil for plants. Trees drop organic mass onto the ground which fertilizes the soil. Water evaporates from rivers, lakes, streams and oceans. It forms clouds which carry the fresh water to the land in the form of rain, which nurtures the living beings everywhere. The water sustains the life of the fish and other aquatic life. The water flows to the sea in rivers that carve and sculpt the earth, which provides homes for animals.

Humans drive automobiles, cycles, and trucks and collectively follow the rules of the road in a truly remarkable process of cooperation. Products go from field to manufacturer to store to consumer in a cooperative ballet. One person helps another who then helps another, who then helps another...on and on. People set up a meeting and agree upon a time. They follow through. The student learns from the teacher in an exchange of ideas and facts. Skills are learned that perform tasks for another who them pays for the time and effort.

When you begin to pay attention to the remarkable flow of life, you begin to see the seemingly infinite cooperation that is a constant in life. Start paying attention and start consciously participating in the flow. Become a proponent of cooperation in all you do. It can lighten your load, help someone, reach a common goal, create, celebrate, just do it...and give gratitude for it every time. Feed cooperation so it happens more. Working together creates community and friendships and confidence and a smooth exchange of talent, skill, and love. Do your part. Volunteer to help someone, or join a cause that is united in a common goal. Look at life as opportunities for awareness, change, and making it easier, smoother, more beautiful and gratifying.

Though you may be prone to doing it all yourself, choose to step off the wagon and open to the flow of life being lived together. I know you will marvel at why you waited so long to ask for help...and accept it.



More Weekly Gratitudes 20



This Week's Gratitude

For Transitions

This Week's Action Statement

"I give great thanks for the transitions in my life. I am very grateful for the inner and outer adjustments I make in response to the flow of my moments. I celebrate them by acknowledging them and expressing gratitude and learning from them. . And so it is!"

This Week's Information and Action

This moment moves to the next moment. It transitions into what was held in consciousness in the previous one. The next moment is fertile ground, malleable by thought and intention. Taking action brings the thought into form.

Our moments, yes, our days, and our lives are filled with transitions....thresholds to cross, doors to open, turning the page...like the old tablets with the clear plastic cover that you wrote upon and then lifted to erase. Starting over. Always starting over with the new information, from the new vibration, to create a brand new world...or the same old one.

The blessings of the process of transition is that, for those who choose to be aware, is that we can let go and become so much more. Recognizing the transition phase of a process is necessary to consciously leave behind the old and unnecessary and no longer useful. The tendency of humans is to hold on to things, ideas, patterns...the familiar. Though change is everywhere constant there is a wish that it would stop and things would just stay the same. Life says no...like the wave that washes the shore and provides an artistic one-of-a-kind snapshot of physics in action in the sand, the next wave/moment comes and washes it away.

Transition provides an invitation to be conscious and to flow with life. If it is true that we create our moments then let us celebrate the power we have by acknowledging the shifting sands and the changes of forms through new ideas, new information, new beliefs, new evidence, adjustments, recognition and ownage of mistakes...to give rise to the new and fresh and fertile.

We start a project, a conversation, an experience, a journey. It has a life of its own. We move through and adjust and learn. It has an ending. We separate and take the learnings and the memory and seed the next moment, opportunity. We transition. The day transitions to night. The car is full of gas and transitions into empty...to begin the cycle again. We transition through the years, marked by birthdays, anniversaries, celebrations, memories. The meal is served and eaten...a transition. On and on we move through the moments of living from this to that. Too often we simply do not pay attention and we miss the opportunity for acknowledgement, for gratitude, for learning, for celebration, for release, for observing, embracing, for feeling, for changing, for resting, for leaving. Transition is a point that must be grasped. The now is the abyss to jump into over and over...

Do so with open eyes and wonder and trust. Know that your Higher Self would never steer you wrongly. Anticipate the next breath by being fully engaged in this one. Then ride the good road of an infinite succession of nows.

This week pay attention to the small stuff. Recognize when something is done, over...and acknowledge it...even celebrate it and release it. Start to see how your conscious connection with the unique flow of your life will reveal so much more...and direct the path in desirable and beautifully unfolding ways. Mark the day with some ritual around your your transitions. Getting up in the morning. Exercising. Eating your meals. Connecting with others. Say goodbye to what was just there. Reflect on the experience and see what you might glean from it.

Then see just how living with this awareness and choosing to pay attention serves you. Does it make the moments smoother, quicker, fuller? Does it bring new meaning to your life? Does it create different results? Does it effect your moods? Does it leave you feeling happy and connected? Reflect and adjust. Take the gift of the now and bless it on its way with a handshake or a thank you. Just do it and see what happens. Then notice all the transitions around you. I bet it makes the flow more comfortable...knowing that all life is engaged in transforming through transition.



Weekly Gratitude 21



This Week's Gratitude

For Growth

This Week's Action Statement

"I give great thanks for the reawakening of the I Am as me. I am grateful that I can remember and reclaim who I truly am to live the higher vibrational life. I express full gratitude for the energy of these times that has forced me to stand in my truth and to access my grand design. I choose to grow fully into that which I have always been. And so it is!"

This Week's Information and Action

In this dimension, nothing stays the same...there is movement, transition, decay, and growth. Often what appears as decay is a transition, a growth into a new form. Expansion happens, and it is a choice as well. In other words, though things change, we certainly have a hand in the form of the change..and the outcome. So, this week, we acknowledge and give gratitude for the process of growth that moves us ever onward and inward to reclaim a higher vibrational expression.

Traditional perspectives have us being flawed and in need of change, self improvement. The leading edge thought of the times is in response to the new energies sweeping the planet. They strongly suggest that we have our true essence and perfect design contained within us. Reprogramming, culturalization, learning and familialization have driven us far from our remembering that we are so much more than we seem and are taught. Even concepts like Karma steer us into believing in an imperfect design. I submit that these are different times and that the idea of growth has changed.

Growing into a remembering and a reclaiming of our grand design that is blueprinted within us is the new evolution and revolution. No longer trying to fix ourselves, we are now invited to go within to reawaken the design. In this ever evolving process of reclamation we access our true skills and talents to expand our experience of this dimension into fullness at a higher frequency than ever thought possible. In this new actuality we can then explore the depths of this dimension to discover how we can interface more profoundly. Growth then becomes a spherical process. Grow in to grow out.

Growth happens everywhere. Seeds become plants. Ideas become reality. The seasons bring about the changes. We learn new information, apply it, and have a different experience of living. It is not about fixing something that is broken, for we are not broken. Life and previous lives have misinformed us to a point of our believing we are less than we are. In this state it was easy to buy into the idea that we have to improve. Actually, once we begin to remember who we are, the inner capacities begin to reawaken. As we claim our magnificence we open to a whole new experience of being, far beyond the drudgery of self-improvement. The more we remember the more we grow inward...and the outward reflection and manifestation align in this expansion. Thus...growth.

This gratitude is significant and is meant to re-activate the seed of remembering within each of us. Consider what I am saying here. Choose to entertain the idea. Let it germinate and sprout and then grow into a remarkable blossoming. Focus on how growth shows up in life. Look at the changes that time brings. Go to your own history. Look at pictures. Remember changes and significant events that inspired you and sent you in new directions. Look at them through the eyes of remembering who you truly are, instead of improving yourself. Accept this idea and let it work for you.

Go to nature and see how growth happens. There is no real improvement on the design, for it is in perfect alignment and expression already. Sure there are variations and the experience has shifts. But the perfect design is claimed and relied upon. The form matures. As it does so, its capabilities expand. The sprout is not as hearty as the plant. The sprout cannot bear fruit. Maturation is growing into one's true capabilities.

We are here to grow...inward. Remember who you are this week and see how that impacts your moments, the forms of your life, your experiences. Celebrate each new awareness. Give gratitude for the design and the capacity to remember it and the subsequent journey that will ensue. These are glorious times to grow into.



More Weekly Gratitudes 22



This Week's Gratitude

For Teachers

This Week's Action Statement

"I give great thanks for the teachers who have passed through my journey of life thus far. I am grateful for all the opportunities to show up for others and myself. I express endless gratitude for the orchestration of my life's moments under the unfailing guidance of my Higher Self. And so it is!"

This Week's Information and Action

Each being currently on this planet is at a stage of remembering their Wholeness. Each takes the moments of living and moves forward in awareness and understanding or doesn't...There are those who are more versed in living in this dimension and have information and technique to share that would help to raise our vibration and reacquaint us with our true nature that lies within. These souls, who come in and out of our lives, are our teachers.

Consider a process that involves our Higher Self, which remembers our purpose and power and also knows our challenges. Suppose this essential part of us helps to attract situations, opportunities, and people to help us grow inwardly. It would follow that the more we are aware and paying attention the more likely we are to recognize and seize the opportunity brought forth. Teachers are called when we are ready. Nothing is random.

From the moment of incarnation there have been teachers. Some have taught us to forget. Some have taught us to give up. Some diverted us from our path. Some even caused us great harm which has severely interfered with our remembering. And, still, others have showed us a new way, opening us up to ideas and perspectives that changed the forms of our lives, shifted patterns, and inspired us to make healthy choices.

We celebrate them all with unwavering gratitude. All the teachers who have provided lessons of all kinds have been essential to who we have become, no matter what they appeared to be at the time they arrived. Form is irrelevant in the big picture. As we learn to take the higher perspectives the nuances of the lesson reveal themselves...and what first appeared as darkness dissolves into a glorious Light.

We have had obvious teachers as we moved through the formal schooling of the culture. And in the handful of these educators we learned basic skills to live within the culture and society in which we incarnated. Some we remember more than others. The classmates who walked with us for a short time had lessons to lay at our feet. Each year, as we evolved through the system we learned and we taught. We, too, became teachers in the moments of living for those who paralleled our path. The gifts we gave through action, word, vibration, and experience became the vehicle for remembering for others. We serve one another in this evolving process home to our core being.

In honor of this flow and journey please take time this week to reflect on your teachers. Who were the ones who impacted you the most, in any way? For, remember that the form is not as important as our response and our awakening that was birthed in that relationship, no matter how long or short it was. Who were the ones who inspired you? Challenged you? Taught you to become stronger? Clearer? Who were the ones who steered you off the path? Who led you to the unexpected? Who helped you to reclaim a greatness within you? Who helped you to remember who you are? Reflect, remember, relive and express the gratitude they all deserve.

And please remember to acknowledge and celebrate all the times that you were the teacher for those in your lives. As a friend, in a relationship, as family, as parents, as a formal teacher, as a passerby...so many opportunities to help others reclaim their inner and outer glory. Give the gratitude that is due to you...

Through this week for opportunities to serve the greater good. Recognize and seize the moment to teach or to be taught. Notice how your Higher Self orchestrates your moments by diversifying the forms. Be grateful for this greatest of personal teachers who has served you incessantly. Learn to listen to that teacher and you will become familiar with the wholeness of you as it is reclaimed. The more you notice the more you can claim. Be present for others as well. Every moment brings the gift of possibility. Let the moment teach you all you need to know...and then pass it on with the Love you are made of.



More Weekly Gratitudes 23



This Week's Gratitude

For Plants

This Week's Action Statement

"I give great thanks for the plant kingdom. The beauty and variety and use and vibration resonates on a very deep level in me. I am grateful that the plants are in relationship with humanity. I celebrate their presence in the natural world. I am thankful that I am open to receive all the gifts they have to freely and lovingly give. And so it is!"

This Week's Information and Action

I simply love being around plants...plants of all kinds. The energy is infectious. Each is unique and a beautiful energetic expression of green and of life. This week we extend gratitude to the plant kingdom.

No matter where you live, no matter the climate type...there are plants, adapting to the environment in which they have taken seed. When you look at their cycle of life, their predictability, their appearance, their symbiotic gifts they give, their vibration, you experience a masterpiece of design. In all ways they are here for humanity, serving to inspire and elevate the senses themselves..

Plants are visual. They reflect green which is the heart chakra frequency of peace and love. Many of them are edible, feeding the masses with their seeds, leaves, stocks, or roots. Many others are medicinal, providing the fundamentals for many life saving and extending drugs that have helped to give humankind an extended life. Some poisonous plants grow right next to a plant that is the antidote. Wow! Plants provide shade and moisture and shelter. Some can lead you into the multidimensional world on mysterious journeys. Plants provide fragrance, through their blossoming or their essential oils. These fragrances have multi level healing properties.

Plants need us as we need them. The very air we breathe comes from the interaction of plants with sunlight. The carbon dioxide we exhale after each breath is the very sustenance of life for the plants themselves. That is why it is so great to have house plants. They brighten up and liven up and oxygen up your personal space. Get close and talk to them. They respond....

I truly enjoy how they turn themselves to the sunlight. Always showing us a gentle way to live and be in our moments. They are adaptable, and resistant to disease, and flowing, and resilient. Notice how they grow within the space they find themselves. They rise up toward the light. They are hearty. They continue to grow and evolve, requiring only the water and soil...much like we do, water for life and the soil for foundation. They are a barometer to the energetic conditions of the home you live in. They lean towards classical music and turn away from heavy metal music. They are sensitive to the moment. They are inviting.

They blossom and reveal such a panorama of color and beauty and fragrance. Their cycles parallel our own. The blossoming in the Spring pulls us out of our Winter reverie and invites us to breathe in the vital sunlight to live more richly. They blossom to attract the bees and thus continue their own life. A show of beauty to celebrate life...

Notice how you feel when you are in the forest, in a garden, at the plant store, at the flower shop. There is something so calming. Plants invite you in. You choose the ones that have the right vibe for you and your home. You tend and keep them healthy and growing. They symbolize evolving. They sing of life. Caring for them is an invitation to the same for your self, your inner child self, your family, your friends, your community, your world.

This week pay attention to the infinite supply and expression of the plant world. Make it a point to extend gratitude for the display and the beauty and the energy and the sustenance. When you sit down to eat be grateful for the supply and the Source. Eat lots of vegetables. Rearrange the plants in your home. Repot the ones you have in a beautiful act of gratitude. Tend to the needs of the ones you have. Name them, Talk to them. Develop a deeper relationship with them. Appreciate their presence. Play music for them. Dance around the,. Go into the natural world and notice the variation. Touch the leaves and feel their textures. Notice how each species is different and has unique features. Buy a bouquet of flowers to brighten up and colorfy your rooms. Be in conscious relationship with them. Put your hands in the soil. Lay on the grass .It will change how you experience life. Aaaaah!



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This Week's Gratitude

For Ritual

This Week's Action Statement

"I give great thanks for my capacity to slow down and enjoy all my moments. I am grateful that a process like ritual exists to deepen my involvement with life. I express gratitude for the awareness and insight and clearing that comes by taking the time and energy to create ritual in my moments of living. And so it is!"

This Week's Information and Action

Over time life has become exceedingly complex. It has become faster as well. With so much sensory input and with so many distractions, we have lost touch with what is simple. The attention span has steadily eroded to be no more than 4 seconds (just learned that in video production a shift of scene/perspective is necessary every 3-5 seconds to keep the viewer watching with interest.) For many life is defined by 30 minute sitcoms. Few people take the time to experience something. Much is glossed over. Our experience of life is about quantity, rather than quality...moving to the next thing.

The cost of this is obvious. People are having trouble keeping up with the pace. Their body systems are compromised. The adrenals are taxed as they are on overload. The ability to relax has been misplaced. Sleep is reduced and food intake is subject to low nutrient convenience meals. Human relationships are disintegrating because of too much to do or in losing oneself in the technological monster that professes to make our lives easier...but really addicts us to social media and devices that require our time and attention. Sounds depressing...it is. Pharmaceuticals are out of control. Too many are riding the edge of depression or dis-ease. What to do?

Slow down! Stepping off the superhighway onto the back roads of life are what is called for here. Just how much stuff is necessary? How fast must things be accessible to you? Really stop and take stock. Notice what is missing for you. When was the last time you noticed something and then took the time to really experience and enjoy it. Multitasking has stolen the moment from us. The depth of experience is quite shallow. The old ways are slow...but they are filled with delicious opportunity to be alive. We do not have to go back to the place where we are unproductive but we can find the middle ground and begin to include some meaningful experience in our daily flow. And this is where ritual comes in.

Ritual is a conscious process inviting us to slow down and notice and interact with and engage the moment. Historically, ritual has been an essential ingredient in the life of the spiritual seeker and finder. It requires awareness, and focus. It needs a sequence of actions and thoughts that accompany. It needs reflection and adjustment. It results in fulfillment and accomplishment and actually raises one's inner vibration. It softens the world while at the same time amplifying the sensory relationship with life. It births insight and new perspectives and relationship. It deepens one.

Every ritual has an intention, a beginning, a middle, an end, and reflection. Consciously engaging the moment to squeeze out all that is there and drink it up with full bodied delight is what is called for. Create ritual by setting an intention to celebrate, release, invite, or acknowledge. Ritualize the accomplishments of the day by acknowledging, celebrating and reflecting upon them. Then let them go to invite in something grander. When crossing a threshold pause to invite in new experience or reflect on what you are leaving. Slow down your meals and deepen the pleasure by chewing and tasting and smelling the food. Take a walk and notice the many forms and expressions of life. Acknowledge them. Interact with them. Express gratitude for their existence. Ritualize the beginning of the day with some intention time, with some meditation, with some energetic exercise, with some inviting in guides and teachers, with requests, with openness. Close the day by creating ritual to let go and cleanse the energies, speak the unspoken, set intention for tomorrow, program a dream sequence. Take a nap at 3 PM. Write down what insights you have upon waking. Listen to music. Write. Do things more slowly, acknowledging the steps involved. Always have a conscious ending of recognizing an experience, a learning, a new path, a goodbye. Spend time with people in reflection, discussion, appreciation. Ritualize by waking up and slowing down and recognizing the depth of all that is involved in this glorious gift of your life. Celebrate this beautiful process by doing it a lot. Watch your life become beautiful.



More Weekly Gratitudes 25



This Week's Gratitude

For Parenting

This Week's Action Statement

"I give great thanks for my capacity to parent myself and others. I am grateful that a process like parenting exists as it sensitizes me to being present in love for others as well as myself.. I express gratitude for the willingness to take the lessons learned from life to reawaken the true memory of that I Am so I may nurture me back into Wholeness. And so it is!"

This Week's Information and Action

This week we give gratitude for the process of parenting. We have all been parented. Perhaps you have become a parent and have personal experience in showing up in a variety of ways for your offspring.. To parent is to oversee and take care of. Perhaps you have had opportunity to parent ideas, actions, pets, yourself, others. How have you shown up? Did you provide for them? Giving them exactly what you desire for yourself? Or has it been a challenge? Have you struggled to be present, consistent, adjusting?

All of this is simply information There are few official courses on parenting. Rather we learn by doing, taking note and borrowing technique from those who parented us. We make mistakes...and we learn. We adjust...and we learn. We succeed...and we learn. We then apply the learnings to all those involved, including ourselves. Honestly, if we are living in this moment, our parents did a good enough job. We have done a good enough job. What remains is to refine what has been done. With new information comes new awareness and a willingness to try something new. New results leads to new experience. We parent ourselves by being more willing to love ourselves despite what we perceive or believe about shortcomings.

We are incarnated to remember who we are. We receive the guidance in accordance to our intending incarnational purpose. Our parents and familial situation reflect what we chose as a necessary beginning. The parental players provide us with all we need to mature in awareness. Now that may mean that we are made aware of our issues to get clear on, or reminded of our skills and talents to utilize in living fully in our moments, or shown a clear path of what not to do in our own parenting opportunities. For then we take that information/experience and go forth to parent.

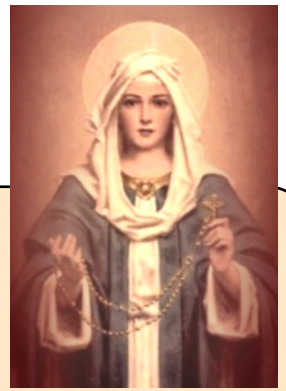
The higher Self brings forth the myriad of moments that will invite us to show up and nurture and support and be present. And we learn to parent and feed the higher vibration of those we are called to have relationship with. In some ways, it all comes down to self care and the parenting we provide for our own inner child.

For, it is in this domain, where the real remembering takes place. The more this part of us is fed and valued, the more quickly the shadows of the energetic wounds will be bathed in the Light. The more this occurs then the more willing this part of us is to trust and let go of controlling the outcomes. When this surrender reveals itself then the essence of who we have always been is reborn. The child remembers to be the child, not taking responsibility and action that has never been theirs to absorb. This opens the door to the adult taking over the parenting role in a manner that is love based. The child has the happy childhood and the adult oversees, directs, and makes manifest the desires of both. This is the parenting we are born to experience.

Take time this week to reflect on your learnings of childhood, your lessons learned through the parental decisions and actions upon you. Reflect on how you took those lessons and made them part of your showing up in the world. Notice the results. And what has unfolded that has steered you towards true nourishing self care? Make note of your own capacity to be there for others. Claim your successes. List how you take good care of yourself. Go further and list what is yet to be taken care of. Set up a conversation between adult and child to decide what is important here. Devise a plan of action and share it. Embark on that journey together. Be fully present to making your life the way you both desire. Practice parenting your moments. Give attention to whatever shows up. Be a resource in the world to others and self. Trust the flow that brings you the best opportunity. Do not hesitate to show up.



More Weekly Gratitudes 26



This Week's Gratitude

For Celestial Support

This Week's Action Statement

"I give great thanks for all the celestial beings available to me at my beck and call. I am grateful that a web of support exists that is aligned with my personal frequency. I am thankful that I have the will to make the call and pay attention for the result. I willingly accept the many and varied forms of assistance And so it is!"

This Week's Information and Action

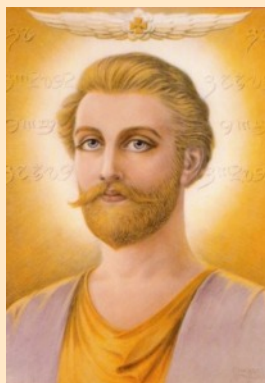
One of the great challenges of life is that we often feel alone and unsupported. Traditional religion puts a God out there, but it is a God who is conditional, judgmental, available only through intermediary...so we perceive and accept the isolation that comes with life as the way it is. Well, that is not the way it is. And I invite you to consider an alternative perspective that runs counter to the traditional manipulation and control that so many historical institutions and religions have perpetrated upon us.

We are not alone. New Thought brings the God Source home to us, placing the unique expression of the the True frequency in each of us. In the Oneness soup, we each are a specific, unique vibration of the All That Is. Accepting this, knowing this, and practicing this opens us up to a greater reality that is so much more loving, honoring, and supportive. We are not alone.

We have Angels, Archangels, guides, etheric teachers, animal totems, spirit guides, natural world, entities, Ascended Masters, master teachers, mentors, friends, community, and family...not to mention the most important one, The Higher Self. This Higher Self is the overseer of our incarnation, guiding us and facilitating our re-awakening. Everything that comes our way is an orchestration of the Higher Self to expand our our awareness and reacquaint us to our power by helping to cleanse and release the misinformation, patterns, beliefs, and actions that have kept us ignorant. We always have someone on our side, pointing us in the best direction to help us remember who we are.

Now add the Celestial kingdom and you soon realize that you have a high frequency support group aligned to your specific frequency of wholeness. All except the Guardian Angel must be called into service. Call directly or speak your birth name, first, middle , and last. These will call forth these resource beings who are in alignment with your vibrational frequency. The more you engage the host of beings the more you develop trust, and the more you call.

When confused, when you want insight or answers, when you need help in solving problems, when you need help, when you need to feel secure...call. The etheric teachers, spirit guides, helpers, and protectors will respond to you. Use the Archangels to support key components of your life. Learn which supports each chakra and which Universal Ray. Call upon the Ascended Masters to dispense certain frequencies into your auric field and Higher Self. Pay attention to the animals that show up around you. They carry special messages. Open up, listen, and let them download. Call for protection in your daily moments. Speak your name to put out a protective shield and to call forth angelic protection.



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This Week's Gratitude

For Freedom

This Week's Action Statement

"I give great thanks for the existence of freedom as a choice. I am grateful for that point where I can choose to let go and allow freedom to wash over and through me. I am thankful that my Higher Self continues to bring me moments and situations and people to assist in building my freedom choosing muscles. And so it is!"

This Week's Information and Action

On this week when the concept and application come to the forefront of consciousness, at least in the US, let us take a moment to reflect with gratitude on its impact in our lives. In some ways, in a dimension of polarity and opposites, freedom is recognizable more by its absence. Just as with happiness, few seek to explore how they got there, but, rather just enjoy the experience of it, so, too, with freedom. Once it is experienced most simply experience it, until it is not there.

Paying attention is what is required to keep the state in consistent presence. Recognizing the actions, thoughts, and beliefs that serve being in freedom is valuable and highly recommended. And though the experience of freedom is personal to each being, there are some common elements that leave us at the doorstep of living unencumbered. It comes down to choice. What will you do when given the opportunity to have freedom rather than inner or outer bondage to a pattern, a relationship, a job, a philosophy, fear, anger, a disease, a way of life?

Freedom is the absence of restriction, to be allowed to flow with the moments of living, and to decide and choose what is "best" for your being right now. Freedom comes from being aware of your personal restrictions and choosing to do something else. The restrictions come from the agreed upon boundaries of family, relationship, community, and culture. Its not that they are bad per se, but that they do not evolve with the ever changing vibration of this dimension. Because they cling to be static, they feel the pressure of the moving world. And, in some ways by design, resistance occurs. You keep doing the same thing, thinking the same thing, and believing the same thing...and, voila, you get the same results. Now, many have been desensitized to the lack of freedom and settle for the same old because it feels "safe". But, at what cost? The cost is true freedom.

So, I invite you to consider releasing as much of the old ways as possible. Step out of restrictive thoughts, patterns that you know no longer serve you, protective and fear based positions, being tethered to past experience and the projection that the same will happen...you know what really does not work for you anymore. Call upon your courage and will to take the step into freedom. Begin to do things differently...start small first. Become aware of when you do something that does not serve you...a word unsaid, a hesitation to take action, a choice to stay uninvolved, a fear of an imagined outcome. Do something different. This frees the pattern and offers opportunity for new energy and perspectives to surround the moment and feed you to take more chances. It simply builds upon itself.

Strengthen your freedom muscles by giving yourself moments to do just what you feel like doing. And do it! Get into water and float. Begin to feel what non-resistance feels like. Take a whatever happens walk where you simply allow yourself to go where you decide to go. Pay attention to who you meet, the environment, the sounds, the sights. Everything has meaning. Look at all the ways you restrict yourself. What thoughts are confining? What pattern actions keep you in bondage? What fears immobilize you? Do something you have not done before and notice how it feels. Observe your word from a higher perspective and begin to see the beautiful dance of support that is truly there for you.

Freedom requires choice and subsequent action. Practice, practice, practice! See freedom in the world. Talk about it. Become an advocate. Explore the social organizations that champion it. Affirm it for yourself and others. Advocate the life of freedom. Become an agent of change...a political force. You are always free to do so....if you choose.



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This Week's Gratitude

For Challenge

This Week's Action Statement

"I give great thanks for the existence of challenge. I am grateful for the unfolding opportunity to reawaken my inner resources to meet that which has come before me. I am thankful that my Higher Self continues to bring me the best experiences with which to remember who I Truly Am. I accept the challenge with confidence and willingness. And so it is!"

This Week's Information and Action

The word on the Celestial Street is that challenge is brought to us by our own Higher Self to assist us in remembering who we are. Within the form of the challenge lies a reflection of our previous thoughts and actions. In other words, that which is before us is a direct result of choices made previously. We get to see very clearly the results of our moments. Talk about immediate feedback!

What a remarkable design...

If we open to this then there lies a blueprint for changing how we show up to our moments as well as a clear path to manifesting the future we desire. Thus, within each perceived challenge lies the golden opportunity to do something different. No wonder new thought practitioners have advocated the replacement of challenge with opportunity. Though it may be a bit cliché, notice how it feels to turn what lies before you impacting your quality of life into the best thing to open you up to being more present and powerful. Just the thought of it is freeing to me...

Rather than choosing overwhelm, you can adopt an attitude of anticipation and adventure. That which has come is the very thing needed to expand into a whole new vibration. It is already obvious and has been discussed that the first appearances of an event are not necessarily what they seem. A well placed breath or a moment of letting the emotional wave move through will open up vistas to a myriad of other possibilities. The form that appears is indeed, the least accurate..in the big picture.

Trust that you will not be lead astray. The fear based Piscean Age model was one where life does its thing to us. In this frequency we always have to be on guard, awaiting the inevitable problem that will overrun us. This whole model fed upon itself and perpetuated lower vibrational thinking, belief, and response. No wonder life seemed to be too much too often.

Choosing to see challenge as opportunity will free you from the cultural and familial and personal influence to see it as pain filled first. Sure, stuff happens that surprises us. And of course, we react in alignment with our thinking, belief, and patterns. But it can all be changed. And this is the moment to move in that direction!

Welcome the challenges because they open us up to forgotten inner and outer resources. They call upon the best of us to reveal itself. They are never more than we can truly handle. We just have to overcome the doubt and the fearful response that short circuits our knowing that we have the capacity to deal with it. Every problem is a solution waiting to happen.

Observe first. Then discern what is really going on. Then ask for assistance. Listen and then take action. Make adjustments based upon the results. Call upon the inner skills that are waiting to be utilized. You can do it. There is no doubt in my mind. Be open to creative solution and know that what is best here may not be in your current historical experience or frame of reference. Open up to more. That is what challenge does...opens us up to the greater expression of us. It is a big part of the great adventure. Off you go into the wild blue yonder...



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This Week's Gratitude

For Source

This Week's Action Statement

"I give great thanks for the existence of Source. I am grateful for the unfolding opportunity to reawaken my inner and outer connection with the Source. I am thankful that my Higher Self continues to bring me the best expression of Source. I celebrate beginnings everywhere and have faith to trust that all is in my true favor. And so it is!"

This Week's Information and Action

All things have Source, a beginning, a starting point from which the form takes shape. The Multiverse is aligned from Source, and it is to this frequency we express great gratitude this week.

Starting with the big picture we go to the One Source from whence all this derive and are given life. No matter what your particular religious or philosophical persuasion there is a Source. Whether it is the amorphous mass, the sound frequency, the man in the heavens, or the pure vibration of Love, it all starts somewhere. There is a wisdom in acknowledging Source and recognizing that this frequency births the forms of our moments. The more we align and pay attention then the more we experience the flow of Source.

Nature has Source. Time has evolved the rocks and shape of the earth. Some rocks are sourced in volcanic activity. Some come from the pressures of compression and extreme heat deep within the Earth herself. The water we drink to nourish life is sourced in the water cycle, a complex process by which water recycles itself. The seed of the plant carries all the information to make manifest the plant itself. Each animal species carries the frequency of regeneration to populate the forest and desert and mountain and sea. On an on, each flows from the beginning.

An idea is born in the flash of neurons in the brain. Out of the sea of adopted beliefs comes the reaction to events in our lives. Our ideas precede action. We build from a vision. Our own world takes shape from the thoughts that come first.

Our emotions are triggered by an event, a thought, a restimulation. The reservoir of the held emotion lies dormant until it gets the call. All energies that are aligned in frequency (anger, fear, joy, sadness, hurt, abuse) explode in a grand release in a moment of clearing. Knowing how emotion is held is a powerful awareness that can lead to tending the emotional garden so it flows rather than overwhelms.

Each moment is a true source to the next. The fertile ground of now can create beautiful gardens or deserts in the next. It is in our power to make choice and create from that source.

I believe you get the picture. Life is not random. It is a beautiful orchestrations of moments designed to bring us to the true awareness of our own magnificence. When we choose to work from Source we call forth all that is available to us. We access inspiration and idea. We tap into the means to bring forth that which we desire. We see the connection between our inner being and the outer. When we unite with the Source we can become one with all life.

Choose to remember from whence you have come. Turn to Source to decide how you are in this moment. Look for beginnings and see how you can immerse yourself into creation. Source is everywhere. The true vibration of Love is the supreme vehicle upon which we can effortlessly flow into the greater experience of life. Seed love in thought, response and action. Discover the remarkable simplicity of how to make the wonderful life. Bless Source...bless beginnings. See how each births the next...an endless river of nows, beginnings, immersions in Source. Call it what you want but call it. Activate your awareness and choose to not be alone of the sea of infinite possibility. It is a lot to be grateful for...



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This Week's Gratitude

For Television

This Week's Action Statement

"I give great thanks for the existence of the technology that created television. I am grateful for the conscious use of the medium to create programs that nurture, nourish, and expand life and being human. I express gratitude for the opportunity to make choice to take care of myself and turn away from any programming that diminishes life. And so it is!"

This Week's Information and Action

TV? Are you sure...yes, quite sure. The land of alternate reality. The place where imagination is both expanded and contracted. The place where addictions are made, time is lost, minds are numbed, goods are sold, ideas are birthed, minds are manipulated, the world is seen...television.

When the cathode ray tube projected the first picture onto the screen a device was created that would shape the hearts, minds, beliefs, and actions of generations of human beings. It is a remarkable creation that has brought me lots of joy. It has expanded my understanding of life and the world. It has taken me to places I had never even thought of. Television has fed me innumerable images that have moved me, shocked me, inspired me, and instructed me. It has placed in the middle of historical events that impact all of humanity

How could I not be grateful for it? That it distracts and shortens the attention span of the viewer is an issue. That it is a device that can be used to program the minds of others through repetition, subliminal techniques, propaganda, and misinformation is an issue. That it steals large amount of time from viewers, essentially filling space and leaving them numb and uninspired is an issue.

But, honestly, all of these side effects are the direct result of choices made by the viewer. And in many ways, gratitude must be given for the opportunity of the viewer to choose to step out of its negative influence when one is ready to...

In this gratitude we focus on the capacity of TV to inspire and educate and elevate. Choosing to do so is a powerful act of will. At any time the viewer is free to use the medium for expansion. To this end we celebrate the many programs that are available to feed us in multi dimensional ways. We celebrate the technology and the improvements that have brought us the digital clarity that rivals the eye itself. The full sensory experience of sight and sound on the big screens is unparalleled. We are grateful for the ability to be entertained by temporarily transporting us to an alternate reality. For the Discovery Channel, the Smithsonian Channel, for Public Television, for musical performances, for inspiring drama, for speakers and teachers, for classes, for shows that portray a slice of life, for the shows that make us think and feel, for documentaries, and for those that connect us to the far reaches of time and space...we give great thanks.

You are invited to reconnect to the value of television by becoming familiar with what is available in these times. Take some time to enjoy and experience the Discovery Channel and engage the natural world in ways that are not even available in person: slow motion, close ups of wild animals in their habitat, pictures of space and the galaxies, on and on and on.

Experience public television and enjoy unbiased perspectives and quality human drama and performances. Support it with your time, money, and enjoyment. Access the best of the medium, using the technology to enhance your moments of living. And choose to ignore the elements that do not serve your spirit and the greater enjoyment of life.

Watch a show tonight, just for the fun of it...laugh and feel the joy of witnessing life being life.



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This Week's Gratitude

For Trees

This Week's Action Statement

"I give great thanks for the existence of trees. I am grateful for the incredible variety of expression they present. For the beautiful relationship of give and take with all of life I am filled with gratitude. And so it is!"

This Week's Information and Action

It is late August, and I am currently touring in the Northwest. Everywhere I look I see trees in one form or another. The wash of the variety of green is exhilarating and, at the same time, peace full. Here and there, the first hints of Fall are spotting some of the deciduous sycamores and aspens inviting them to express in reds and oranges and yellows. It is a great time to be here and to feel the power of the trees.

I drove from Portland to the coast of Oregon yesterday and went through a grove of trees that canopied the two lane road. I noticed the trees approaching as I approached from the flat field of corn. It had a visual appeal that reminded me of a Grant Wood painting, filled with the shapely variations on the theme. The moment I entered the grove I felt the sweeping wash of calm. I relaxed into the seat, letting my shoulders drop down. I was truly in a peaceful vibration. It was palpable. The trees were loving me, blessing me with what was truly a welcome gift.

I have had the same experience in Kauai when driving to Poipu. One must drive through a mile long grove of eucalyptus trees. It is visually and energetically stunning. I could spend the day simply walking among those trees. They give off such a sweet energy.

I have always loved how the oak trees on the central coast of California, where I grew up, spread their branches up and out and down to the ground. Their stately presence grounds me in moments. The branches invite a climb. Their design variation gives each a personality, living beings of beauty and power.

When I drive though the southwest I am gifted at the sight of the Joshua trees, those mangled expressions of life...like statues in the red dirt and the blue sky...offering shade and protection to the creatures of the desert.

And, yes, I have stood in the presence of the giant Sequoia trees in California. Each a towering testament to the slow movement of time, the Sequoias bless all within visual distance with a loving vibration. They are breathtaking. Right beside them is the pine and douglas fir forest , like constant companions in a cooperative community.

I could go on and on about these blessed natural beings, the trees. To stand next to one, to hug one, to seek shelter, to sit up against the trunk, to enjoy the marvelous display of color as it travels through the seasons, to watch them sway in the breeze and bend in the wind...magical.

That these expressions of life show up in such perfect variation to oxygenate life is nothing short of a miracle. And we haven't even talked about their giving of themselves to provide shelter, furniture, instruments, tools, fire and warmth...to ease the moments of living of humanity and all of life's beings.

Take time this week to witness the trees in nature. Behold their essence and give thanks for their existence. Touch them. Climb them. Hold them. Harvest their fruit. Drink in their color. Be in community with them. Then do what you can to be conscious of their situation at the hands of humanity. Perhaps your connection and love will be enough to help protect them and support conscious management to insure their glorious survival...



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This Week's Gratitude

For Grace

This Week's Action Statement

"I give great thanks for the existence of Grace. That this loving cosmos will bless us with an ongoing wash of Light and high vibration because we are so worthy is a true delight. I am deeply grateful for the new energies that open us to a greater awareness and understanding of our design. And so it is!"

This Week's Information and Action

Grace is typically defined as the unmerited favor of God, a bestowal of blessings... a Divine Intervention of sorts. So beautiful...but the implication is that it is random and only befalls the chosen few. I find this curious. It is, in many ways, a holdover from the Puritanical beginnings of America as well as the Piscean dogma of hierarchy and selectivity.

Let's expand our awareness and embrace the new vibration of Aquarius by establishing that all life is worthy. Thus, we are all bequeathed Grace by the Divine that is made of Love. In order to receive this Grace we simply have to change our thinking and begin to pay attention to how life is showing up for us. Believe that you are deserving of Grace and start looking for it and claiming it by acknowledging it and appreciating it. Gratitude amplifies Grace.

The Aquarian Age is asking that we redefine many of the perspectives and beliefs that we have bought into during the Piscean times. Most of these are religious teachings, political dogma, societal practices, and family structure. I am not saying that all is of lower vibration, but I am saying that much of what we have been subjected to in the name of control has been to hide us from our knowing of our magnificence. Those days are fast drawing to a close.

So, the invitation here is to begin to look for Grace in your life. Act as if for a while until you open to the visible elements of how much you are loved and valued. By design, you are cherished. That we forget our true essence upon incarnation is part of the previous deal to incarnate in the Earthly dimension...the time has come that we are remembering and applying that we are so much more. In this state we begin to see the nuances of support and love that are everywhere.

It is Grace that we have air and sunlight and water. It is Grace that there is such a vast variety of life with which to interact and create community. It is Grace that we evolve into remembering and deepen our awareness of the way things truly are. Grace flows through the Natural world. Take a walk in the forest and open your senses to see how much you are supported and loved. The color, the fragrance, the shapes, the sounds, the textures...all bless your journey. That plants grow in the constant cycle to provide food, beauty, and health is a supreme act of Grace. The love that moves so unconditionally through animal pets is remarkable and noteworthy.

Grace teaches us about the true nature of life. The more we open the more we begin to oscillate with the ever changing vibrations of the moment. When we surrender to this we begin to flow and life begins to work smoothly with us and through us. Relationship develops to expand communities into interconnectivity between kingdoms. Cooperation replaces competition.

Look for Grace in your life. It comes in a breath. A challenge working out, a sunset when you feel uninspired, a call from a friend at just the right time, a sign when you feel lost, a touch when you are lonely, a smile when you feel separation...look for Grace and bless it. Your Gratitude will open the flood gates. Prepare ye for a happy, flowing life...if you so desire.



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This Week's Gratitude

For Evolution

This Week's Action Statement

"I give great thanks for the existence of Evolution. That this loving cosmos will bless us with an ongoing opportunity to reclaim the Truth of Our Being is a true delight. I am deeply grateful for the Wisdom that has intervened and now forces us to remember our Essence. Thank you for believing in me in all ways. And so it is!"

This Week's Information and Action

Life, in all of its forms, is evolving. It moves into a higher frequency in an apparently random way. But is it really random? To evolve is to grow. To grow is to become more aware. To become more aware is to allow change. To change is to move into new form and experience. Life seems to have a plan for itself. The beautiful thing is that the plan unfolds in each moment, based upon the events of the previous moment. Thus the randomness is anything but...it appears to be a spontaneous movement but it is planned and acted upon in the now.

Cool! Thus our lives are in constant evolution, birthing out of moment's thoughts, feelings, and actions. A self regulating process of growing into a higher vibration with the goal of remembering and being exactly who we are...cool!

To resist the movement is pointless and frustrating...and creates chaos and pain. So why do it? Cultural and familial programming perpetuates the notion of permanence, keeping things the same. We push against the river and struggle against the inevitable flow of our own river of life. Perhaps it is time to surrender fully, especially in these glorious times of reawakening.

As we travel our unique journeys, reacting and responding to the moments of life, we evolve. By design, we enter in a state of ignorant awareness. Our design and the truth of our being is programmed in the very cells of our being. The dimension we incarnate into requires that we forget who we are and, in appearance and feel, start over each time. This process leads to a natural state of potential evolution. The slow dance of evolution leads to a greater understanding, knowing, and experience of who we truly are. In the old Piscean model it is a series of starts and stops, remembering and forgetting. Lifetime after lifetime we work through our stuff... those results of previous incarnational choices. Slowly we move into increasing awareness. Eventually we get it. Then life shows up differently and we move forward, evolving into the next ah ha.

With the advent of the 2012 window and this new Age of Aquarius, our evolutionary journey has kicked into high gear, free of restraints and misinformation. Even if you want to go slowly or put your head in the sand, it is no longer an option. The wisdom of the Whole has set in motion the Great Remembering. All that we have been in the previous paradigms of limitation is being cast aside at breakneck speed. As each of us deals with and moves through the specific personal challenges and opportunities we raise our frequency. The raising frequency invites new clearings and new information to deal with new forms of challenge. We are fast approaching the sacred place of Who We Are.

Allow it...please. The less the resistance the more easily and quickly we will flow into a glorious place of balance. Invite the change and celebrate the inner evolution. Listen and trust and claim the now. Notice the subtleties of how life is showing up just for you. This magnificent gift will keep giving you the higher vibration of your precious design to free you to fully live in this multi-dimensional paradise. Be willing...let go...jump off the past...pay attention and express incessant gratitude for the cosmos that loves you without question. Or push the river...your choice!



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This Week's Gratitude

For Hands

This Week's Action Statement

"I give great thanks for my hands For the awesome and overtly functional design I am most pleased.. I am deeply grateful for all that my hands can do to open up my experience of the world and life. Thank you hands for continuing to serve my moments with such loyalty and devotion. May I nourish you with every breath. And so it is!"

This Week's Information and Action

I oftentimes watch birds as they move around the ground foraging for food. I think that it would so much nicer for them to have some arms and hands with which to pick up the food. The squirrels have them. The T-rex of the dinosaur epoch had them but they were severely compromised in use by the sheer bulk of the reptile and the diminutive size of the appendage. But, for humans, they are just right.

The hand is the marvel here. With opposing thumbs one is able to pick up and grasp and grab and hold. The five phalanges open up an infinite array of possibilities. One can point, sign, clap, signal, curse, count, support, play a musical instrument, make complex rhythms, work with tools, caress, nurture, build, lift, mold and shape, design, fight, slap, play...on and on.

The hand, as is the foot, is a remarkable design by a creator with foresight. It is the hand that opens doors, literally and figuratively. The three knuckles allows it to bend in very precise ways. The nails that cover the end of each finger are well placed for protection. The unique fingerprint at the end of each finger identifies our frequency, for better or worse. The sensitivity of the hand to touch is unparalleled. It provides pleasure, pain, and information. This sensitivity allows us to identify objects and textures strictly by feel, without the necessary aid of the eye. The tenderness of holding another's hand is a thing of beauty and a beautiful affirmation of our worth and connection.

The hand is said to be the energetic tool of the heart. One senses another's presence and vibration and spirit. The heart chakra expresses through the palms of the hand. Love through compassionate acts and empathy are possible because of the design. Healing hands focus intentional energy into a lower vibration place and lift it into health.

The hand holds life...in its palm. It protects and defends. It is the first place where one can sense and feel the auric energy body. Wow!

Take lots of time this week to reacquaint yourself with your hands. Reawaken the sensitivity by paying close attention to how you use them as well as to the results of that use. Touch and feel textures with full awareness. Rub your hands together and separate them to feel the heat and energetic vibration between them as you hold them 4-6 inches apart. Develop the sensitivity to the world by getting the vibe of objects. Hold your open palm over something to feel it. Take an object in your hand and invite awareness to reveal the history of the object. If the object belongs to someone it can reveal information about the person and events in their life. This intuitive us is a natural extension of the hands and their ability to sense life.

Rub your own body with your hands and feel your skin. Notice how nurturing that feels to your being. Create rhythms with your fingers. Let your fingers dance to music. Take up some new craft that involves your hands...something artistic or musical. Learn sign language...one sign at a time and open up a dimension of communication that is valuable and serving. Lay your hands on a wound and intend loving energy to flood from the heart into the fragile area. Most of all...just explore... and reclaim the magnificence of your beautiful hands...



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This Week's Gratitude

For Fall

This Week's Action Statement

"I give great thanks for the magnificent season of Fall. I am deeply grateful for opportunities it brings to reflect, release, and let go. Thank you Earth for your precious and perfect cycles that lead me lovingly through the moments of life.. For the incredible splash of lower chakra color I am grateful beyond words. And so it is!"

This Week's Information and Action

Fall is a magnificent season. It is powerful and reflective, filled with contrast, color full, comfortable and cozy, inviting, cool to cold. Fall is when you put away the light clothing and reach for the flannel shirts, the windbreaker, the LL Bean Field Coat, the boots, the sweaters. It is, for me, the best season!

Around the sun goes the earth, in a yearly cycle of changing light, energy, and mood. Fall follows the summer intensity of heat and golden color. The momentum begins to slow down as the energy is drawn inward. The days grow shorter and cooler. The weather changes and the rains start to increase. Things generally get sluggish.

The colors of Fall are the magnificent reds, oranges, and yellows. They pull one into the lower chakras where opportunity abounds to regain foundation. The energetic residue of life's moments is called to the carpet for reflection and release. We are invited to remember and use discernment to let go. We start to think a lot more about life and our place in it. Self-examination begins to move through our moments. How is life treating us? What can we do differently? Answers do not necessarily come. It is more a process of inquiry and rhetorical reflection. Little action is taken. There is more of a quietness that falls over our being as we get ready for the deep inner hibernation of Winter.

The seasons flow in a beautiful cycle of intention in the Winter giving way to birth in the Spring, which then gives way to the growth and manifestation of the Summer. Fall picks up that zest of life and weeds through it to lay down the things that do not serve the greater good. We harvest the best and leave the rest behind for fertilizer. The death of ideas and action blow through the Winter to lead us once again into a spiraling fertility of thought and action.

We watch the leaves change color from the heart chakra green moving ever downward into the vibrant earth tones and then the browns of decay. Drawn downward and inward we reach into the very essence of the earth for support and nurturance and release. We surrender.

This is the natural flow. Unfortunately, too many are caught in the insensitive pace of living in a society to allow the natural cycles and flow. Be that as it may. Attention to the knowing of this cycle and the power of the Fall Season is enough to call forth the inner design to do the work, no matter how much we have to do on the outside.

So, please, surrender to Fall. Walk in the woods and experience the changes in your viscera. Let the energy of letting go wash through your cells. Lay down the thoughts, patterns, and beliefs that cannot grow anymore. Take more time for rest and reading and reflection. Drink more tea. Have more soups. Sit by the fire. Share clear conversation about what you are done with. Weed your inner and outer garden and prepare the soil to accept the new ideas that will germinate in the months to come. Let the wind blow in your face. Get cozy and listen to the rain. Watch the clouds and pay close attention to the animals that come your way. Connect with one another. Get lots of hugs. Spend time cuddled up on the couch. Fall is the prime time for clearing the old and listening for guidance. Pay attention to the world of nature. Respond in kind and enjoy your moments. Love your whole self and be grateful...



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This Week's Gratitude

For Coming Home

This Week's Action Statement

"I give great thanks for the existence of home, the place where nurturing and care abound. I celebrate the choice I easily make to practice self care to rebuild the inner home that feeds me power, clarity, and purpose. I am grateful for my capacity to create that which truly nurtures me on all levels. I am grateful for this information and inspiration. And so it is!"

This Week's Information and Action

In the late 80's I sat in the theater looking at this cute alien being speak the words that have impacted me most of my life, "Go home"...As E.T. Spoke those words something deep within me was triggered and my arms reached out towards the screen as tears fell from a heart opened. I glanced around the theater to see lots of other hands reaching out as well...wow...cool! As if an inner key was unlocked by that movie, the call for home was born in that moment for a host of humanity.

Going home has always been a call for people. The idea of going back to where we are cared for without question and nurtured and taken care of by a family who loves us without condition is a powerful beacon. When life gets to be too much we yearn for comfort...and home has always been the place to go. Unfortunately, home, for many, is not that place of unconditional love and acceptance and support. Rather, it has energetic memories of confusion and wounds and sporadic care. Perhaps this deep call is for something else, another place to call home.

Suppose the call to our collective human consciousness by ET was about remembering who we are truly. Perhaps the energetic debris of life's moments is but a temporary wash that causes us to forget who we are by design...until now. The yearning for home is a growing knowing that our answers and our comfort lies in the inside of us. It is a reconnection, a remembering, a reawakening to knowledge that has never left us. And, if this is a gift of these remarkable and evolutionary times, then it could not come at a better time.

Humanity has been suffering from a dis-ease of misperception, of buying into the idea of limitations, of giving away power to authority and the illusion of freedom and safety. It is time to go home to reclaim our magnificence and begin living the life we deserve.

Coming home is letting go of beliefs, patterns, and actions that have contributed to us forgetting who we are. It is a reawakening of self love and turning away from the critic's eye that finds fault with our physical, emotional, mental, and spiritual self. It is the embracing of the idea that there is so much more to this life and world than we have been taught and forced to believe. Coming home invites us to expand our relationship with life and all of its forms and dimensions. It is choosing self care above all else, tending the inner garden to produce balance and clarity.

Consider this idea this week. See what percolates from turning towards home. Reflect on your personal experience of home. Explore the home you have created now. Change what would make it better and more nurturing. Decide how to take good care of you in all of your moments. Create and nourish an inner relationship with you...and your inner child self. Reaffirm your love for self and remind the child that you will never leave, that you are there in all ways for him/her, that you are going to take responsibility for making your life enjoyable, playful, and abundant. And do it!

It is time to make the turn towards your inner home. You have lived a life that was perhaps, someone else's design. That is no longer OK. Rent the movie, ET, and start remembering and reclaiming. Reach out, let the tears flow, it is time to come home, my dear one. ▀



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This Week's Gratitude

For Sunsets

This Week's Action Statement

"I give great thanks for the existence of sunsets. The majestic interactive dance of cloud, air, sky, light, and water vapor is an ever changing panorama that brings me great joy. I am grateful for the daily occurrence that reminds me of my own beauty and power. And so it is!"

This Week's Information and Action

Living on the Central Coast of California affords me daily opportunities to experience the ocean and the sunset. Yes, the sunset happens everywhere, but there is something about the mixture of the ocean, the clouds, the sun, and the sky that I am expressing deep gratitude for. My frequent ritual is to go to the water within the hour before sunset window with my camera. I stand in the water and download the energetic remnants of the day, enjoying the texture of the sand, drinking in the negative ions that feed and cleanse my energy bodies, feasting on the moment by moment visual smorgasbord that delights as light impacts the sun, water, sky, and shore.

Even on a gray day I have witnessed how light can break through and create a splash of color that is stark and powerful. The shades of gray are even a show. And to think, that before I started paying attention, it was just a cloudy, foggy day...nothing to see here...move along. But that is absolutely not true anymore. I know there is a show here. I choose to look for it. I have never been disappointed. Seems like intention creates results.

Let's look at sunsets in general. The sun moves from its solar plexus chakra yellow in the throat chakra blue sky and descends in the color spectrum towards the earth. The sun literally pulls our awareness down the chakras to the root, inviting us to ground with the earth as the day draws to a close. From the yellow to the orange to the red, in descending order, we surrender and let go of the day. Once grounded the colors erupt into higher chakra colors of indigo and violet to bring balance to our earthly connection. This is the natural flow caring for our energetic selves in such a loving process...daily.

The clouds are the dancers in the sunset. Their ever changing shape oscillates with the unseen rhythms orchestrated by the vibration of earth and sky. They swirl and wisp and play with the sun. They dance with one another and embrace and become one. The color shift makes it a breathtaking movement that dazzles the senses into submission. We must stop and drink in the beauty...recharged once more. Even if you are not looking or are in the confines of a building, the energy is influencing. Each day a perfect painting puts a marked signature on the unique experience of life.

I have witnessed many along the coastal highway 1 stop for a breath and a picture. They delight momentarily in this angelic display and then hop in the car and head out, checking cell phones to pull them from the ongoing flow just outside their current awareness. This gulp of beauty is but a taste of what is to come when one chooses to give time for the unfolding panorama. The gulls come en masse to the shore and face the sun, drinking in the information coming in on the rays of the sun. They collectively face the majesty...how can they not.

So, wherever you are, take the time to let the day go in a personal ritual that will balance your vibration, ground you, cleanse your energies, and inspire you. Choose to go outside and witness the sunset. Give yourself time to experience its dance. See how it impacts your being, your senses, your spirit, your heart, your life... allow your own eyes to receive the healing rays of the sun, to open to the particular coded information that is just for you. The earth has gifted us, over and over each day...twice to be exact. The sunrise wakes us up by pulling us from the earth to the sky...my oh my. Who designed this? Quite frankly, you did...so go witness your daily creation. Make it a priority. You will not regret a single one.



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This Week's Gratitude

For Yesterdays

This Week's Action Statement

"I give great thanks for the existence of yesterdays. I am grateful for the awareness and opportunity they bring. I appreciate how I can revisit them to mine new learnings and directions for living. I give gratitude for the flow that moves us so fluidly from moment to moment, from yesterday to now to tomorrow. And so it is!"

This Week's Information and Action

Yesterday is a major element in the unfolding of today. It birthed the memories and experiences that have brought us to this moment. It is an essential part of the flow of life. There is a delicate balance between investing in yesterday or using it as a tool of current awareness. This week's gratitude honors and celebrates the role it plays for each of us, individually and collectively.

For many, yesterday is a trap, especially when there were challenges or missed opportunities. These can haunt you in your moments the next day and beyond. When you hold to the mistake or the negative experience you tend to view your current world through those eyes. Your vision is limited and you filter what comes through that frequency. In many ways, you look for more of the same. The Multi-verse is bound by law to deliver to you what you look for. Many are bound by cycles of repeated mistakes that have a familiar tone. The same kinds of people are attracted. The same experiences keep recycling. And this goes on until it doesn't. In other words all experience are for awareness and, sooner, or later, you evolve and move beyond the difficulty. Learning happens and elicits new ways of being and acting.

Some people live in yesterday and carry it like a talisman influencing all that floods through in the now and beyond. Songs like *"Yesterday when I was young"*, *"Glory Days"*, etc, paint pictures of living in the past, prisoners of what was, helpless to do anything different. This perspective is a remnant of the Piscean epoch when hierarchies ruled the day. We were victims of life and were doomed to repeat our "lot in life". Many people still live this way, as if blind to any alternative. It breeds hopelessness...

But that is not the gift of yesterday that I want to reawaken in you. Yesterday is the threshold of tomorrow, giving fresh birth to the now. Our now moments of living are a result of experiences, choices made, and new actions taken. Yesterday, in this view, is the catalyst for awareness and change. It gives you a fresh start, helps to balance the chaos, points you in a new direction, invites a new life. Yes, it is that powerful. Every moment of life becomes a yesterday in no time at all, sometimes in just one breath. Do you carry it along like a ball and chain...well, as written above, you can. But here you are invited to celebrate it because it is so full of possibility. It all depends on your awareness and what you choose to see in it. The higher, more expansive perspective, the bigger picture, is the key to unlocking yesterday's gifts. You can choose it at any time. This choice guarantees results...results that change the status quo, open up new vistas in life, offer the road less traveled to you for exploring. You can even re-examine your yesterdays and, through your wiser eyes of living, gain a new perspective that can be applied to your current now moment.

What is your relationship to your yesterdays? Nothing is placed in life that does not hold possibility. View your moments as the vehicles of new awareness. As they become your yesterdays celebrate them in their passing. Appreciate them and refer to the learnings. The experiences of them carries the testimony upon which your new life stands. Living consciously is really what this is about. The illusion of time puts us on a linear path. Truth is we are in a multi-dimensional sphere of experience, with everything impacting everything. How exciting! You are invited to accept the gifts of your life's choices and actions that comprise all of your yesterdays and behold the gift that reveals your now, where life is meant to be lived. Pay attention, adjust, carry the glory with you. Learn from what was and move with the flow, the continuity of life. It is bigger than you have allowed...call upon your yesterdays to live fully in your glorious and eternal now.



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This Week's Gratitude

For Sunlight

This Week's Action Statement

"I give great thanks for the existence of sunlight. The wisdom that design the daily influx of codings and information to feed our multi-leveled selves is inspired. I am grateful for the warmth and the life sustaining energy of the sun that feeds all of creation. Thank you, sun, for your incessant wash of loving light that blesses us without hesitation. And so it is!"

This Week's Information and Action

Curious that the Earth is situated in just the right place in our local solar system for our kind of life to thrive. It's not too hot and it's not too cold...well, maybe those in Death Valley, CA and Antarctica would beg to differ. For most of life, however, it is just the best arrangement. And, truthfully, the sun is clearly responsible for the correct functioning and mechanics of life on Earth. For it is the sunlight that feeds and cares for all of life. It is this magnificent design and the resultant energy that we express deep and endless gratitude this week...sunlight.

Sunlight arrives in just the right amounts in a day to support and sustain life as we know it. The warmth of the sunlight keeps the average temperature range in place to allow humans and animals to stay warm and receive specific vitamin support. It stimulates the earth herself to hold heat and keep nights bearable. It jump starts the growth process for plants and vegetation, providing the energy and nutrients to generate a vital and seemingly infinite food source. The sunlight interacts with the water vapor to initiate the water cycle to allow for the sustenance of all life upon this planet. Clouds, precipitation, winds, weather patterns and cycles, evaporation...on and on the benefits of specific, remarkable processes owe their existence to this precious light emanating from the sun, 24/7 (technically)

In certain esoteric circles there is fascinating discussion about the codings and information that is carried on the sun's rays. This relevant and necessary information is meant for the cells themselves, to deliver specific energetic information about the current state of the cosmos and the vibrational requirements of this day's cycle. The information integrates into the cells and directs, empowers, and activates the cells into specific behaviors and capacities. This celestial wash of information is meant for all the cells of the living including the Earth herself. What a beautiful, caring process built into the cosmic design, a cooperative dance of nurturance. The only thing that can interfere is one's unwillingness to be in the sun. Those who subscribe to the belief about the harmful radiation on the sunlight itself are, perhaps, unwitting participants in keeping us away from this critical daily bath of light to keep us in ignorance, fear, or, at the very least, uninformed. I invite you to consider an alternative and see what the results reveal to you on many levels.

If, indeed, you consider the sun harmful enough to severely limit your time in it, I suggest that you create a space to sun bathe in the early morning or late afternoon sunlight. The supposedly harmful UV rays are quite diminished during these hours. Ten to twenty minutes of receiving the sun's warmth and information can shift the flow of life for you. New studies are showing that the ultra-protective sunscreens with the high spf are contributing to skyrocketing incidences of skin cancer...the very thing they are marketed to protect against. A little education and discernment can make a huge difference in your relationship to this natural world into which you incarnated.

It comes down to getting daily sun. You are not an isolated life form. The Earth, the natural world, the very multiverse, itself, is part of a magnificent cooperative network of high vibration. The natural world feeds and protects and allows growth and sustenance and thriving...if you let it. The design is set to maintain a community of all life. Quit resisting and hesitating to embrace the natural world. The sooner you open to it the sooner the damage to your energetic self can be undone. Step into the Light and drink in the cosmic codes. Let the information guide you into a beautiful flow that starts within and shows up in the forms of your moments of living.

Here comes the sun..and I say...it's alright...



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This Week's Gratitude

For the Moon

This Week's Action Statement

"I give great thanks for all of my senses. Through them I experience this dimension. I celebrate them by inviting them to expand and reveal more of the true nature of the world of vibration to me. I give thanks for my capacity to choose to turn off the distractions and rediscover the magnitude of the power within me to experience the whole of life!"

This Week's Information and Action

That beautiful, mysterious white orb in the sky that is in constant metamorphosis...the moon...has captured the imaginations of humans since its first spotting. Think of the songs: "Bad Moon Rising", "When the Moon is in the Seventh House...", "Old Devil Moon", "Moonlight in Vermont", "It Must have been Moonglow", "Moonlight Sonata", "Blue Moon", "Fly Me to the Moon", "Moon River"...and more. Wikipedia has over a hundred references to books of fiction written with the moon as a major character of sorts. Movies, stories, imaginings, fantasy's, controversy...on and on the moon has been more than an object in the sky.

And so it is that we celebrate the moon this week and send endless gratitude to it for how much it supports and impacts us humans on our stellar journey. And herein, lies the real story. The moon is a mighty celestial influence, intricately linked to the health and well being of the Earth herself, and her many inhabitants. In appreciation we acknowledge some of the ways the moon shows up.

Obviously, the moon's regular cycle is a historically reliable tool with which to measure time passing, especially the month. We plant crops by its cycles. We celebrate its movement through the sky. We marvel when the sun sets and the moon rises, as if this celestial dance is a cooperative effort...it keeps happening over and over. The two are in cahoots, conspiring to make life run just fine.

The sun sheds Light on everything. The Moon makes suggestions. For it is not about her light, it is her energy. The moon impacts, via gravitation and the law of attraction, the water of life. The tides are massaged by the passing of the moon. The natural world times its many cycles to the waxing and the waning of the bright circle in the night sky. The moon doesn't rotate, always showing us that mysterious face. We never see the other side. The mystery is unsolvable to most. Yet we are influenced daily by that orb. The very fluids within our body are regulated by lunar pull. Imagine that.

The Moon is cozy and cuddly, like a nightlight to the planet, giving just enough light to stumble our way through the night. The moon is feminine, receptive, and inspiring. It impacts the left side of the body, influencing meridians with the flow of energy from foot to head. It invites surrender and release. It calls for the inner memories of life gone by to reveal themselves just enough to be moved on down the road. Sometimes it smiles at us and sometimes it frowns. It invites a relationship. The new moon is a perfect time to set intention, knowing that the growing Light will nourish the inner seeds planted. The full moon is the great time to lay life on the table, directly in the light...leaving it behind to surrender to the cleansing that will be complete by the New Moon. If you choose it....

I live on the coast of California and I experience the dramatic influence of the moon daily on the Pacific waters. My daughter's cycle closely accompanies the lunar monthly cycle. I believe that many women are in relationship like that. The full moon wrecks havoc on their emotion and mental and physical beings. As a man, I experience a greater energy as the full moon approaches. I feel buzzing, have some generic anxiety, have lots of energy, and have emotional swings. I sometimes cry and have nervous system tremors, feeling overly sensitive. Thus, I keep track of the moon's pace, and notice that on certain days I am more clear and expanding while during others I am on a path of introspection and moving towards being reflective and wanting to let go of stuff that comes up. As I choose to follow the cycles of the Moon I find myself in a delicious flow that keeps delivering me to new awareness and greater clarity and connection to the physical and spiritual world. I like that...you will too.



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This Week's Gratitude

For Holidays

This Week's Action Statement

"I give great thanks for the existence of holidays. With awareness I can use them for deeper remembering and reawakening of powerful spiritual qualities I carry by design. For this I am grateful. I give great gratitude for the insight to set aside the collective remembrance of these yearly signposts to keep me aligned to the greater connected experience of Life. And so it is!"

This Week's Information and Action

It would seem that these human made holidays are arbitrary, opportunities for some respite from the work routine based on events or commemorations. On closer look, however, one can see a decidedly spiritual component and perhaps, a strong celestial guidance behind their inception and adoption. They are more than just getting a day off from work. I believe they are specific opportunities to focus on and trigger awareness and new action on powerful human principles and traits that benefit the individual and the collective. Let's look at some specific holidays to show you what I mean.

Christmas is fast approaching. What passes as an opportunity to give homage to a Christian Deity is oh so much more. Esoterically, there exists within each being a Christ Essence. This is a perfect expression of the I Am That I Am expressing uniquely as each one of us. In the collective vibration, the greater good is served by having all beings in awareness of their Christed Self so that they can live from it as often as possible. On a deeper level the holiday brings conscious focus to the idea of a special being. Inwardly it is accessing deeper reaches to reawaken cellular memory of who we are by design. The Christmas holiday is a subliminal trigger to lay claim to this knowing. Of course, not everyone listens and takes action. But it, nevertheless, is being stirred. In time...

Thanksgiving has just passed. This one is obvious...gratitude. We are invited to bring our focus on the bounty in our life, the abundance, the beauty, the magnificence. Ideally we are reminded of just how much there exists on all levels and how blessed we each are. The invitation is to look at the larger picture of so much on all levels and in all earthly communities that we get that we are, essentially, well taken care of. Gratitude is served by being constant with it. Doing so changes the focus of one's being and invites universal Law in action to manifest more "good" in our lives.

The Fourth of July, though cloaked in the American War for Independence, is more about the higher quality of Freedom. We are reminded to look inwardly at what binds and limits us, ideas, beliefs, actions, patterns, situations, etc. In doing so we are able to let go and allow the natural flow of life. The celebration and fireworks displays bring us on a deep level of claiming the Light and the higher Vibration as well stimulating our worthiness and value.

Memorial Day is a remembering of those who have given their lives to maintain our country based way of life. A turn of the eye reveals oh so much more. From the Divine perspective we are invited to remember our own losses and offer them recognition and blessing and gratitude. In doing so we pave the road for personal forgiveness, which, in turn, opens the heart Chakra thus freeing the Love vibration to reduce the collective and personal need for conflict.

Mother's and Father's Day are not only for our parents but also for the reawakening of our own capacity to practice self care. We can Mother ourselves by tending to our needs rather than expecting and waiting for others to show up to do so. We can Father ourselves by deepening self care to keep us nourished, protected, and informed.

New year's Day is for starting over after the cleansing of the Winter. The incubation of those times of laying bare our inner self gives rise to new perspectives and intentions to launch our personal evolution and reawakening to our Higher Divine selves.

So, this year, expand and take this beautiful opportunities to grow in inner awareness to raise your life experience.



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This Week's Gratitude

For Beginnings

This Week's Action Statement

"I give great thanks for the existence of beginnings. For the moment by moment start over I am grateful. That I can find an alternative to that which does not serve me by choosing a new path in this breath is worthy of being thankful for. I am grateful that nothing is permanent; all is in the flow, giving birth to a beautiful new way in the Now. And so it is!"

This Week's Information and Action

*"In the beginning I must look, at who I Am right now.
In the Beginning I must see, who I will allow.
I Am taking a journey. I Am willing to be.
I Am trusting the Light in me."*

In the Beginning, c. 1997. All Rights Reserved

Out of the Now the next moment is born. Each following moment a new beginning. We are, thus, in a perpetual state of beginning, born anew with new information, new idea, new intent, and new action. Or not...though the design says this is so, the dimensional play out shows that many do not choose to rebuild in this moment. In fact, they resist change, often out of fear, believing the same old stuff will occur...and the Multi-Verse says, "As you wish!". We miss the opportunity to bring change to the way life shows up for us.

Beginnings are start overs. Being conscious of them allows you to use discernment to weed through your thoughts, feelings, patterns, and actions to step with clarity into the place you are ready to go to. A reoccurring gift of the cosmos, beginnings make everything fresh, new, filled with possibility. Ours for the taking. Nothing holds on, nothing is permanent. We are not victims of life. We are not doomed to suffer. We can start over any time we choose...with all that we have learned and experienced as a guide. Nice...

The morning sun is a beginning. The coming of night is a beginning. The intake of breath is a beginning. The exhalation is a beginning. The thought begins the action. The choice begins the new path. Waking up offers a clean slate for a moment. Seize it and begin again. Sundown reveals the starry heavens. The Mornings begins the time of activity. Beginning after beginning after beginning.

Accept the gift with awareness. Recognize that witnessing every moment presents you with a beginning. Feed your life that which you deserve and desire. The awareness opens up your senses to experience the bigger picture. This leads to alternatives, beginnings from which to choose. So, choose and then experience, adjust, choose again, beginning after beginning.. We have the capacity to flow with a series of successive journeys, each of full experience on its own.

Pay attention. See how beginnings come and go, flashing up with invitation. Start to experience each moment as a new one, fresh, and vibrant. Everywhere you look something new can happen. Go to the familiar and see it again as if for the first time. What path does it reveal? What information is birthed out of its revisit?

Make different choices to routines. See what they stir up. Look from new eyes and follow the hints and the proddings and the callings. Why not? So much of our life has become routine, while the true flow of life is anything but. Jump into the current and regain vitality and wonder and stir your imagination to create brand new experiences. All this comes from paying attention to the idea of beginnings everywhere...

Look also at the elements of your life that you have grown weary of. It is time to create endings with them. This will give rise to the new beginning that has probably been waiting patiently all these years. Set sail from the past. There is an infinite moment riding the current of life. Seize it. It will make all the difference...



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This Week's Gratitude

For Showing Up Again

This Week's Action Statement

"I give great thanks for how the cosmos keeps showing up for me. I am grateful that my Higher Self knows just what to draw to me in the moment. I choose to celebrate this faith with showing up fully to my moments, no matter the form. I willingly ride the adventure and radically open up my unification with Life!. And so it is!"

This Week's Information and Action

*"I wanna be like Cal, I wanna be consistent
Wanna quit complainin', wanna carry on
I wanna show up smilin', wanna push the limits
Wanna play forever, keep keepin' on
Cal, c. 1998. All Rights Reserved*

Cal Ripken, Jr. showed up...for 2131 baseball games in a row without a break. He loved baseball. He showed up to do what he loved.

Life lays itself at the altar of our awareness every moment, giving us what some say is the very best thing for us, brought directly by our ever-loving Higher Self. Can you ride that wave of knowing? Or does it feel more familiar, safer, more logical, to believe that life just does it's random thing and, most often, you are the victim? I know which wave I want to ride...

Life shows up...will you? This is a revolutionary way to live in this Earthly dimension. It is in contrast to what we have been taught, what we have witnessed, what we believe, what we have chosen...up until now. If you will choose to walk the current road less traveled and simply show up to the moment at hand, 100%, I believe your life will change in a heartbeat. No longer will you question or doubt what is before you. No longer will you wonder why its there. No more turning and running because you just do not feel you can handle it, don't have the strength or the knowledge or the skill.

The invitation here is to show up for life, because you love it so much. You know how the Law of Reciprocity works, what you give you get. Feed the moment Love and get Love in return. How cool is that? Love life and witness life loving you. Say "yes" to the moment. As soon as you do, the moment reveals itself: an opportunity, an adventure, a reward, a learning, a celebration, a mystery, a puzzle, a gift...

Showing up is a testament to your own value, your own willingness to walk in full awareness. It tells the Cosmos that you understand and trust the form and the flow. And this, my friend, opens up the floodgates to beauty and blessing and Grace. It says you are willing to do what it takes to remember who you truly are. It shouts to the ethers and your guides that you are willing to move in relationship with life and all of its forms.

Trusting the moment and the form reveals the multi-dimensional expanse of the Now. You get to see from many perspectives, your senses expand, you become aware of the bigger picture, and you get to drink it in...knowing it is truly there for you. You become safe and anticipatory about what comes next. You stop hesitating, you look into the deepest part of the moment to squeeze out the juice and quit resisting.

It starts right now. Show up: to this breath, to this thought, to this person, to this song, this word, this sign, this weather, this show, this animal, this resistance, this emotion, this tear, this pain, this love, this beauty, this form, this Light...it is easier than you fear. One step...one step, accept the now and show up to this moment with gratitude. Bless the form. Bless the movement. Bless the opening. I am sure you are ready for the big adventure. Open your eyes because it is right here. Thank you, thank you, life, Higher Self, I Am ! *"I wanna be like Cal..."*



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This Week's Gratitude

For Thresholds

This Week's Action Statement

"I give great thanks for the concept of thresholds. I am grateful for the consciousness that arises from choosing awareness. I celebrate the etheric support that empowers my choice to claim meaning when crossing a threshold. I have great gratitude for the results of claiming the power of a threshold. And so it is!"

This Week's Information and Action

A threshold is the line you cross when moving from one environment to another. You step over it to enter another frequency of energy. The threshold is symbolic, leaving one way for another. It is a metaphor for the new life. It is an invitation to move through the resistance and the way it has been.

The threshold is usually at the foot of a doorway. The doorway is the passageway between two worlds, each carrying a specific vibration. Consciously remembering this allows you to work the power of intention to create inner and, consequently, outer change in your world.

Use the threshold as a trigger to remind you of the change that you are ready and willing to embrace. Pausing at the one side of the threshold, you set your intention, make your invitation, call forth, the new. When you cross over you choose to anticipate the new by looking for its presence. This anticipation sets the magnetic frequency in motion for the attraction to take place. Your role is to be aware enough to see and then claim the often time, subtle forms that begin to accompany your call for change. The more you witness and claim the new forms, the more manifested your intention becomes...and, thus, your life changes.

Life is in constant motion. Change, as we have seen in gratitudes so far, is a constant flowing element of life in this dimension Earth. The more conscious you choose to be the more profound and natural your interaction with and trust of that flow. To pay attention and use thresholds is a conscious act of engaging your life. This consciousness expands your experience of life into its multidimensional forms. Crossing thresholds impacts the cells and the energy bodies. Often the energetic residue of unexpressed fear impacts the flow of the cells, tissues, and energy bodies. Engaging them all in moving from one form to another opens up the gateways to releasing the old. As the energy moves, so goes the fear and the hesitation.

In a very real sense each moment is a threshold from the past into the now and, again, from the now into the future. Rather than move with haphazardness and wander through life, consciously relate and interact with the thresholds you encounter in the now. You are invited to pay greater attention. This, in turn, activates the senses to work more efficiently and expand from their reservoir of capacity.

Paying attention to thresholds also sensitizes you to the subtleties of energy. Begin to notice how the movement from one room to another, one space to another, one situation to another is an energetic revelation, sometimes barely perceptible, and sometimes, obvious. Tune in and see how life dances with you.

From this point forward, create relationship with thresholds. Notice energy and how it dances with you. Walk through doorways and look for the new world. Cross over the threshold and leave behind that which no longer serves you. It is becoming that easy. The interplay of conscious clarity on life is calling forth a host of Universal Law to be experienced, understood, and chosen. This changes your relationship with life. No longer pushed, pulled, and bumped along the path, you become a willing participant on the glory of the moment, brought to you by your loving Higher Self and the guides and frequencies that are aligned with your returning to full knowing.

Never look at a doorway with ignorance again. Step into each now moment with confidence, anticipation, and a knowing of the glorious adventure that lies ahead...just for your pleasure and remembering.



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This Week's Gratitude

For Rain

This Week's Action Statement

"I give great thanks for the rain that comes...nature's great cleanse of the here and now. I am grateful for the vibration, the smell, the sound, the taste, the energetic shift that accompanies the rain. I am thankful that life loves life so much. I open to receive the clearing and the washing away of that which no longer serves me. And so it is!"

This Week's Information and Action

We have been in a drought here in California and in much of the Western half of the United States. Cycles of weather have played out since the Earth has been in form. Yet, in the time space domain of human we interpret it in short attention spans, sounding alarms when something changes from recent years past. Whatever...

Last week the first rain came in almost two months. The rainy season was non existent and concern was beginning to show its face, mainly because the snow pack in the Sierra Nevada mountains was sparse as well. A high pressure ridge of significant proportions has been living over the west, sending "normal" storm tracks eastward. The weather along the coast has been beautiful, lots of sunshine and warmth...the reason California is so popular in the Winter. But we count on the rains here to give us the two or three false Springs that temporarily green up the hills and grass lands. It gives us the name of the Emerald Kingdom. Things have been askew. The Earth is raising in vibration and clearing out energetically both inner and outer wise...With that comes changes in "patterns", just like when we let go of debris.

But the rains have come and, as I write, it is raining outside my window. The door is open and the sound and smell and coolness are flooding into the house. It's raining! The kid in me wants to run around in it, splashing, kicking, celebrating, shouting, singing...while the adult in me celebrates the water that falls and washes clean more debris from the hearts and minds.

I just love the whole process of watching and experiencing the rain coming. Here on the coast the clouds for in squalls lines on the horizon. Sometimes the high cirrus clouds parade their wispy personalities as the heralds of the coming storm. For a day or more the sunsets are impacted brilliantly. What a show! The air feels different and the water begins to agitate...bigger waves, more sound. Sometimes the winds come to brush away the past and stir us all. In Cambria, this is always an adventure as we live in an old growth forest of shallow root ball conifers. Trees fall. The power lines are hit. The cable goes down. No lights, no studio, no TV, no Internet...just me and the elements. The sounds of the rain are many and varied. I like the heavy rain that sounds so nourishing. Adding the wind is exciting, but I have to make deals all the time to keep the trees from falling. It doesn't always work. Then I am forced to surrender to the old way of living...senses aroused, mind alert...no distractions, just new relationship with it all. Truly I like it...

Rain changes things. It cleanses and washes the old dust off and out of us all. The water changes the energy of the air and the earth. It makes things cozy. It invites cuddling up and reading and hot tea and soups. It invites us to go out as well, feeling and listening with all of our being. I love to watch the rivulets act like streams and rivers, moving the earth towards the sea in a predictable way. The carvings of the Earth are unique and abstract. They remind me of the path of least resistance. For the water typically clears the way. The rain invites emotion to flow. The water within me is stirred. The sounds shake loose the dirt of my life. The more I let it the better.

I celebrate the way Nature supports all life. The elements shift us to open up to the greater flow. I have never complained about too much rain. Even when the water threatened the forms of my life. Even when I could not see out of the car window because of the torrent. Even when the puddles grew to lakes that lapped at the edges of the house. The beautiful Earth is cleansing...rain is a potent vehicle that works for all life. May it continue...



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This Week's Gratitude

For Intention

This Week's Action Statement

"I give great thanks for the power of intention. I am grateful that it works so fluidly with the manifesting of the life I deserve and desire. In my gratitude I use it willingly and celebrate the magnificent outcomes that flow into my life for claiming. And so it is!"

This Week's Information and Action

The Multi-verse has a host of Divine Laws that impact the process of manifestation. The Law of So Within, So Without, the Law of Cause and Effect, the Law of As Above, So Below, are all examples of such laws. The energy bodies are all involved in the process. The Mind pictures it, the Spirit feeds it, the Emotions water it, and the Body claims it in physical form. All are critical, but it is the Mind that we turn to this week...specifically the power of Intention.

Intention sets the tone for the desired outcome. Intention calls forth the vibration and magnetizes the energy necessary to make manifest that which we call for. The forces of manifestation are contained, as is all, in the vibrating ethers, moving and swirling in a mass of varying frequencies and forms. There is a Law of Rhythm that assures that things oscillate between polarities and forms, moving through consistent cycles, varying in intensity. Intention is the spark that sets the vision in motion.

Intention makes known the desire. It sets additional forces into motion. The intention magnetizes specific frequencies to gather to create the form. Intention activates, which then magnetizes, which then creates, which then forms. This is a process that can be counted upon to produce the highest results. Intention is fed by emotion as this is the fertilizer of dreams, inviting one to act in faith that the desired is already so. Living as if is a powerful magnet. It makes manifest the vision according to the Higher Self's call for the highest good.

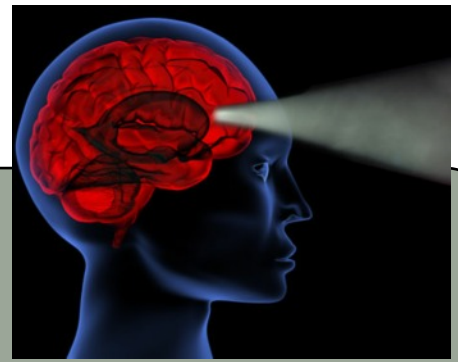
Intention is not wimpy. It is powerful and filled with the emotional energy that celebrates the manifestation during its inception stage. During this process one speaks of the desire outcome, but leaves the how-to to the etheric forces called into action. The invitation is to then begin to use awareness to pay attention to the forms of the moments. Our manifestations often do not come as we intend, or in the exact form we desire. If we have blinders on, seeking only the form we have envisioned, then we may miss the arrival of the more magnificent form as produced by the cooperation between Higher Self and the ethers themselves.

The invitation this week is to explore and trust the process of creation. Begin to imagine what your desires are for the life you deserve to live. With each set the intention by seeing it, feeling it, tasting it, hearing it, and smelling it...in other words, make it the reality in your mind. Feed this energy into the worded intention and send it off into the cosmos by speaking it out loud. Speak it and then let it go. Trust that the forces necessary to make manifest are already moving in conjunction with the Higher Self to bring oh so much more to your presence. Let it go, trust the flow, and begin to pay attention everywhere. This creates an anticipation that expands the senses and moves you out of patterns of thinking and behavior. It allows you to step into multi-dimensions where additional expressions of your desire are taking form. You are not limited by your vision. The Divine brings the greater good, often more than you could imagine.

Intend the world you desire. It is the Law that will serve you. Learn to trust the flow that follows. Make a life out of expanded awareness. The whole dimension is in your court. All the kingdoms serve you. Notice the animals and birds and weather and elements as they carry messages to your aware self. Begin to notice, experience, and celebrate the Divine flow and cooperative symphony of life that accompanies your intention into form. This will feed your willingness to engage the process, which only brings greater magnificence...wow!



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This Week's Gratitude

For Sight and Vision

This Week's Action Statement

"I give great thanks for the power of sight and vision. I am grateful for my organs of sight, the eyes, and the capacity to see the beautiful forms of life. So, too, am I grateful for the inner sight that propels me to have vision for the what can and shall be. I celebrate the capacity for it all to work together cooperatively to reveal the immense panorama of all life. And so it is!"

This Week's Information and Action

The physical eye is a sense organ. It allows us to see the world that manifests before us. Through the eye we have vision, the capacity to see. We see light and color. The various shades and hues and nuances of color are visible because of the remarkable design of the eye. It is made up of rods and cones...receptors of the energy of light. The information received by them travels via the occipital lobe in the brain where it is made sense of. Sight is a process, a result of cooperative effort.

Surely sight is a wonderful ability and sense. To see is to experience the world much more deeply. For most, sight is the dominant sense organ. We rely on seeing more than any of the other senses. Only when sight is lost do the other senses step up to fill in the loss. Not many things rival the beauty of the sunrise/sunset, the panoramic scene, the human form, the colors of living or the information, inspiration, and enjoyment gained from reading a book, watching a movie, or viewing an artistic creation.

The mechanism of sight is an engineering marvel, for sure. Where it gets very interesting is in the activity that goes on in the occipital lobe, where true seeing takes place. Here is where the interpretation of the physical act of seeing takes place. This is how two people can see the same thing and describe it differently. Vision interprets and thus, creates life. Vision propels us forward into the very act of manifestation. Vision allows us to transcend dimensions and travel unfettered through the levels of life. Vision must be developed.

To this end we extend gratitude this week. The eye gathers the information that is interpreted. The interpreting can be simple or it can expand into a larger overview that births an intention. This intention then invites the forces of the universe to make manifest in form that which we desire.

Vision allows us to see oh, so much more. It shows us the many ways to see something. Vision opens new vistas and reveals possibility. It invites us into new areas and playgrounds. Refining vision is a gift that keeps giving. The fascinating thing is that even if the physical eyes are compromised, the inner vision can still be formed, used, and projected into manifestation in the "real world". The "third eye" at the center of the brain even allows us to see far beyond the dimension in which we reside. The spiritual sight of this organ opens us to the whole expanse of the multidimensional design.

So, this week start looking at the things of life...really look, as if for the first time. Immerse yourself in color, in shape, in size, in light, in shadow...Open your eyes to life, inviting in the expanded use of the organ itself. Simultaneously, bring attention to the inner eye and invite the inner world to reveal itself. Close your eyes and imagine a screen on the inner forehead. Project images on it. Practice until you can make them "real". Then begin to play with the inner vision to visualize that which you deserve and desire. Use the outer eye to see the results of the inner visioning. Let them work together to serve you and your unique experience in life.

Look at life's forms. Then close your eyes and see them. Change them with the inner eye. Use the inner eye to see beyond the forms and the dimensions. Imagine and explore what is...or may be. Hone the gift of sight in its wholeness. Choose to see outward and to see inward. Explore the boundaries of each. Practice with them working together. Pay attention to the world you create. Just look at what you have done. I see said the blind man...



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This Week's Gratitude

For Wind

This Week's Action Statement

"I give great thanks for the power of the wind to elicit change. I celebrate the dynamic quality of moving air to bring about the movement to freshen the inner and outer landscape. I am grateful for the cleansing power of the wind, to vitalize me, refresh me, stir me, move me, and push me to sail and flow in the joy of trust and surrender. And so it is!"

This Week's Information and Action

Wind is moving air. Air is one of the 5 elements. It is invisible, contains prana, oxygen, CO₂, and a host of other substances that interact with life in all of its forms in this earthly dimension. Wind creates currents of air. These currents follow physical forces, like centrifugal force and gravity, the Earth's rotation, to create patterns. These patterns, somewhat predictable, create the weather and the larger climate. Lots of factors go into these processes, but suffice it to say the wind is one of the elements, mechanical, that consistently functions as it is supposed to.

Wind can be anything from the subtle current barely felt on the face to the destructive hurricane winds that sweep the surface of the oceans to the tornados that sweep certain parts of the land. This wide and dynamic range is a significant part of life on this planet.

Underneath all of this dynamic movement of air is the simple fact that wind, moving air, brings change. And it is this truth that we are sending gratitude this week. You have heard of "the winds of change". When the wind comes it clears, cleanses, breaks up energy, sweeps away the stagnate, destroys pockets of resistance, alters forms, revitalizes the landscape, makes music...

Repeatedly, in these weekly gratitudes we have underscored the fact that change is constant. Efforts to maintain the status quo are met with failure over and over. The underpinning of life is vibration. The incessant oscillation is change, the movement of shape, form, and pattern. Wind, along with water, are the primary agents of change in the natural and in the energetic world.

In celebrating the wind, we are invited to look at the "divine intervention" that infiltrates random moments of life. When you are resistant to shifting a thought, a belief, a pattern, the Higher Self will assuredly marshal the forces needed to instigate a shift. In the esoteric model and understanding, the Higher Self has the capacity to energize change through the dimensional means to bring about the higher awareness we seek. It also has the authorization to do so. Isn't it curious how wind storms in all their forms occur in certain random places. In a tornado one house is destroyed while the one next door is spared. Coincidence? More like opportunity to grow. It would be interesting to explore the inner lives of those impacted by disasters. I bet there would be some interesting findings.

But for now, let us be reminded of the impact of clearing and balancing within by letting go of thoughts, beliefs, patterns, behaviors, words, that do not serve the highest good of self, others, and world. The winds will come and do the work...gently or with force. It is your choice.

I invite you to befriend the wind. Pay attention to how it feels on your skin, through your hair, on your face. Watch how it moves through the plants and trees. Witness its work on the ground, the sand. Stand in it when it comes. What if it is cleansing your auric field, ridding your energy bodies of the toxic lower vibrational attachments that are attracted by living? Notice how a strong wind vitalizes. It forces you to shift your course. Contrarily, on a sailboat, it is the vehicle for exhilaration and swift movement. Watch the hawk who sits motionless on the mighty currents. Notice the subtlety of harnessing the behavior of the wind.

Create relationship with the wind. Make it your ally. Stay clear and clean and flow with the currents of life.



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This Week's Gratitude

For Cooking

This Week's Action Statement

"I give great thanks for the beautiful and enlightening process of cooking. I am grateful to all the steps and forms that go into the unique creation each day. I am grateful for all of the live foods that surrender to my nourishment and survival. And so it is!"

This Week's Information and Action

Cooking changes the forms of things. It is a process. It is an art. Cooking requires choice, observation, and action.

We tend to associate cooking with food. But one can also "cook up" ideas, solutions, and alternatives. When one is "cookin'" there is movement, inspiration, achievement, celebration.

This week let's be grateful for the process of cooking, whatever the specific process for you. It is an intentional idea put into action to create a change for the better. Cooking typically involves some preparation, research, a recipe, or set of instructions to follow. But cooking can also be spontaneous, off the cuff, undirected, an exploration, a moment by moment journey with an unpredictable end. This is part of the beauty of the process...the flexibility of the the approach.

The result of cooking is a more flavored experience of life. The senses are involved. There is anticipation and expectation. There is opportunity for gratitude and prayer in appreciation of the recently living plants, seeds, animals. Think of the self-care that is underneath the process. You cook for pleasure and survival. You focus your energy to create something that feeds you. You desire that it is tasty and filling and nourishing. You clean up on the other side and enjoy the after experience, often in community and conversation.

The whole process of cooking requires stages; set the intention and decide on the food; go to the store to buy the food; bring it home and prepare it; cook it; eat it; clean up; enjoy the aftermath. It is a process that usually follows all stages from start to finish in one sequence. With a beginning, a middle, and an end, it is a beautiful story, three times each day.

When you cook an idea you follow a sequence as well from start to finish, though it may be extended through several sittings. Set the need. Brainstorm the elements of form. Let the elements incubate. Assemble them into a strategy. Try it out. Make adjustments. Refine and apply the adjustments. Have success. Celebrate. Insert the idea into your living.

During this week, reflect on how cooking plays out in your life. How conscious are you during the process? Do you eat the same thing over and over? How much flavor is in your food creations? Do you practice gratitude for the source of your food? Do you take risks? Do you adjust your recipe based on the sampled taste? Do you secure the best ingredients or skimp? Do you cook alone or involve others? Do you create ritual in making food for you and your family? How are you with clean up? Do it right after or the next day? Do you eat quickly or slowly? How much do you enjoy the food you have cooked? Are you willing to cook other recipes and explore other cultures? Do you cook three meals a day? What is the level of variety?

It is not a stretch to look for similarities between your cooking and how you live life. Look for changes that you can make that would enrich the living moments. Do you really want to make the changes or do you not want to have to "worry" about something else, especially if it involves doing things differently? There...I have opened a door for you to look at how you can make life juicier. Go ahead, cook something you have never tried. What's to lose? Nothing...what's to gain...everything. Live fully and taste the morsels of life! Bon Appetit!



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This Week's Gratitude

For Meditation

This Week's Action Statement

"I give great thanks for the inherent process of meditation, the call of the inner, the invitation of life to reveal its Truth. I am grateful that there are so many ways to get quiet and listen. I celebrate that I choose to listen and then act upon this guidance to make a difference in my full experience of living. And so it is!"

This Week's Information and Action

There is an ancient story that has God reflecting on where to put the truth of Human so that they will have to journey to reclaim it. In the mountains? in the oceans? in the Earth...on and on He pondered. Each time God knew man would seek and find. With a sigh, He realized that the one place he knew they would look last, if at all, was in their own heart. So that is where He placed the Pearl of Great Price that is the key to fully remembering who we are and have always been. And what is the best way to access the heart to reveal the key to everything? Meditate...yes, go within.

Meditation in the internal process of seeking the still and quiet place in which to truly listen. For, in so many ways, the Truth of our Being is attempting to make contact. But through the din of thought, feeling, energy, word, action, and distraction, most do not hear their own Self calling. Meditating, getting quiet, getting out of one's way to receive guidance and inspiration has long been a part of the more uncivilized cultures. But in those that are "civilized" the last thing the ones in power desire is to have the masses know the secret to personal power or listening to Higher Vibration. Ignorance is blissfully simple to control...through fear. So, especially in the Western world, there is no real emphasis on going within and teaching meditation practices

Rather, there is much more emphasis on teaching a short attention span, a weakening of imagination, providing distractions, saddling with insurmountable debt, emphasis on keeping this the way that have always been through laws and consequences. Meditation has not been taught much, up until these times, except in mystery schools and clandestine circles.

Thankfully, the celestial intervention of these remarkable times is opening up the memory of the power of meditation. The theater of the absurd is fast being recognized by the masses as a senseless and demeaning facade...and people are choosing to turn inward, getting quiet, and listening. Some spiritual traditions have been teaching formal technique for thousands of years. There are courses everywhere on the Internet. Truthfully, this is a personal process that follows Inner Guidance by simply breathing one's way inward....getting quiet to allow the deeper connection with the forces of life.

So, start now. Celebrate the reawakening of the hidden clues that lure people into the quiet world of letting go to grow. Go inward. Start with the breath. Take a walk. Be the observer of what invites your attention. Sit in Nature and listen. Close your eyes and watch the breath. Ask for help and then listen, knowing it will come. Listen to music. Drum. Play quartz bowls. Sing. Move. Witness life. Watch your thoughts. And release them like clouds. Take a course...whatever path way you take...just do it. Your Higher Self truly has all the answers necessary to lift you out of any confusion and deposit you in the greater remembering and knowing. From this place watch the forms of your life shift to reveal that which you have always entertained...that you are whole and perfect.

Listen to guided journeys and reawaken your incredible talent and tool of imagination. Turn off the televisions and take inner journeys, read again. Tell stories. Make up stories to tell. There is no shortage of guidance in these times. Learning to listen and then acting upon the information and suggestion with absolute faith opens the door to the greater experience of life. Visit other dimensions, inspire yourself, contact etheric beings and angels. Invite contact with the awakened ones, the animals, the plants, the kingdoms of life. Do it now...you will be delighted and grateful.



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This Week's Gratitude

For the Forms of My Life

This Week's Action Statement

"I give great thanks for the unique ways that life has showed up for me. I celebrate the forms and the choices necessary to make manifest those forms. I honor who I am in this moment. I am so grateful for my divine design that allows me to choose how my next moment shall be. And so it is!"

This Week's Information and Action

We incarnate with an intention and a personal agenda, some say. We have lessons to learn and experiences to be had. Add to that the dimensional task of remembering our true self and you have a full palette of possibilities and opportunities. Life shows up for us influenced by the greater intention but also by the experiences and responses to those experiences of the moments before.

It is as if our life unfolds before our eyes. Everything matters in creating the frequency of who we are/have become. Each moment is fed by thoughts, beliefs, feelings, and actions, not to mention the influence of the celestial energies that infiltrate our energy fields constantly. This ever changing scenario is a wild adventure, a journey that is both spontaneous and planned, revealing itself in the particular forms of the now.

Each of us has made a life from what we were given, what we think, what we experience, what we remember, and what we do. It is said that the Higher Self, our inner, guiding, all knowing companion, orchestrates our moments in accordance with the highest good for us. If so, what a delightful design...Our inner self reveals itself in the outer expression, breath by breath. We, essentially, have immediate feedback on our journey. And from this, with consciousness, we can make decisions about how to show up to our moments. We spiral onward into greater awareness and more beautiful, expansive experience.

From this perspective, looking back at how life has shown up for us is an exercise in reviewing where we were. The difficult times can be tied to the inner influences of limiting thoughts and beliefs, unprocessed energetic baggage, personal curriculum brought in with our incarnation, the honing of skills, a statement about who we were in the moment, and an opportunity to reawaken to the truth of who we have always been. There is value in seeing this. We have much more say in how life shows up for us than we have been led to believe. It is time to accept this and celebrate it.

With much gratitude you are invited to celebrate how life has shown up for you. Each experience, every person, every thought and belief, have meshed to create the you in the Now. Nothing really by accident, the forms of your life have been breathed forth by your own choices. I invite you to not look at this with frustration and blame, but, rather, with gratitude for the design. You are capable of such conscious power, such manifestation, such fullness. In the ever vibrating, oscillating cosmic soup, you are capable of reawakening and changing any part of you.

Is life showing up the way you desire? If not there is a reason contained in the subtleties of how you have been up until now. Ask for guidance and declare your willingness to shift the form into what you deserve and desire. Pay attention and celebrate that the forms of life are at your disposal, malleable substance that can be crafted into delight. Would you be willing to accept that power...then celebrate the beauty of all that has been on this journey thus far. No mistakes, simply moments of living. Repetition and buying into misinformation has, perhaps, compromised, to some degree, your life. But, that is no longer an issue. For you have the capacity to expand right now. Do something different. Think a new thought. Take a different action. Then see how the forms of life will shift and become a new expression of you. A thousand thank you's for the reawakening ability to live fully, riding the moment into the next best thing, the gift of a host of cooperative beings with your best interest in mind. Now this is worth singing about.....



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This Week's Gratitude

For Endings

This Week's Action Statement

"I give great thanks for the significance and beauty of endings. I choose to celebrate the experiences by honoring their ending to free myself up to the new vibration, built upon the experience of what has been. I am grateful for the power of the conscious goodbye. And so it is!"

This Week's Information and Action

As I have said in so many ways, life is vibration, an ever-changing, oscillating flow of the I Am expressing in a myriad of ways and adventures. In this vibratory flow things come and they go. A new thought, a new person, a new insight, a new way of being or doing...they show up "out of the blue". They visit for awhile and then move on. It is a most marvelous dance. We attract, via the conscientious and tireless work of the Higher Self, that which we require for bringing our remembering into play in the now. For it is all now a matter of remembering and claiming who we are in our moments of living. The journey of self-help and fixing ourselves and dealing with perceived flaws and processing wounds and staying stuck and dancing around value and self-esteem...are fast fading in these remarkable new times. We are waking up to the knowing that our mighty True Self has never vacated us but has been simply waiting for us to notice that it is there underneath the detritus of misbeliefs and our current life path up till now.

This beautiful Self honors living in all its forms. It knows that moments and experiences and relationships have beginnings and endings. And so it addresses those thresholds with conscious action and blessing.

This week, in our last gratitude entry of this second round, it is time to bring the journey to conclusion. For many, this two year journey has been a vehicle that opened up eyes to really how simple and profound life can be. Learning that what we pay attention to grows and thrives, whether positive or negative, is a literal key to the kingdom. It is hoped that you, as a traveler into the fertile land of gratitude, has experienced the power of affirming life, seeing beauty in all forms, events, and relationships. For, in giving love, we receive love in kind. Gratitude has been like food to the heart and soul. By seeing it everywhere and giving it in every opportunity we have managed to sustain a self-regenerating vibration that brings juicy living.

And now we are at the end of that road...in form, yes, but not in substance. For the choice to love life is a moment by moment decision that grows with use until it becomes who we are and how we are. We are powerful beings who can bring consciousness to every moment to ease our way through this Earthly incarnation. I believe that you have seen just how much power you have to impact and imprint the life you deserve and desire. And it is now in your hands, your cells, to make it so as the journey continues to unfold.

Acknowledge and honor beginnings and endings. To do so marks the path with awareness and respect. Everything ends...and we move on. By celebrating the ending we energetically step into a new frequency. So many are dragging the energetic cords of life up till now. These untermiated memories weigh us down vibrationally and energetically. They interrupt our flow and cloud our experience with confusion. Be clean with endings. Choose to not walk away without the blessings and the learnings that each moment of life brings to us. Communicate the experience and give homage to its impact, its influence, its beauty. The things we want out of our lives are often the primary teachers for us. Remember this. Bring to conclusion the what has been.

It is useful to acknowledge the ending. Owning its lessons, its challenges, and speaking them, to the source, if possible, sets the table for energetic clarity. Express what I loved the most about you, what was a challenge for me, what I will remember, my wish for you, my wish for myself are conscious tools that make a profound difference in allowing us to walk in our frequency, free of the energetic influence of the past. Use these...and say "goodbye".

Thank you for walking this journey with me. I have been blessed by developing my own life of gratitude. Fare well.

