

Weekly Gratitude

Engaging the Power of Conscious Appreciation and Celebration



Mark Stanton Welch



Music for Every Soul

Weekly Gratitude

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Weekly Gratitude

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 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.

*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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Weekly Gratitude 1



This Week's Gratitude

Breath and the Ability to Breathe

This Week's Action Statement

"I give endless gratitude for my breath and my ability to breathe to charge my life force and sustain my life. I bless the pranic energy in the precious air that each inhalation lovingly brings me to balance me in the Now. I accept this gift and celebrate it with joyful awareness!"

This Week's Action

One can live for a sustained time without food., Much less time without water, and less than 2 minutes without air. The priority is obvious. Breathing is the vehicle to access the breath. Breathing pulls in the air which contains the oxygen necessary for the cells as well as the prana, or life force, that keeps the motor running. Conscious breathing allows you to maximize the life giving capacity of the air.

In Western culture we are about doing, taking action to get things done. We gulp air to have energy to do that which is before us. The lung has its greatest capacity at the bottom. Gulping air pulls it into the top of the lung, hardly a full breath. It is easy to see how this getting air like fast food can eventually leave us depleted, gasping for energetic and life giving substance.

Eastern cultures are about being. They cherish and value reflection and meditation and inner work. They are taught to breathe slowly and with purpose. Doing so allows a surplus of oxygen and chi. The being is nourished and expanded and balanced. It would follow that the West would benefit greatly from learning to breathe in the Eastern style. Yoga practices are generally a vehicle to learn such techniques. It is unnecessary to enroll to learn how to breathe, however. We truly can return to the breathing style we had as infants. It is a continuous process like a circle. The chi/prana comes in and is sent to the cells, organs, and systems while the toxic energetic residue is released on the out breath. Returning to this breathing technique will help to clear old wounds and stuck energy to reawaken the wonder lost.

Breathing through the nose allows for a meditative and relaxed state. Breathing through the mouth is getting large amounts of air to take action, like in sports. Knowing this can allow you to use the breath with consciousness to fit your moments requirements. Slowing down the rate of breathing and the depth of breathing (to the diaphragm/belly) will create a very different state of mind, body, and spirit. Faster breathing will energize.

Be conscious of your breathing. You breathe differently than when you were born. You want to return to breathing slowly and fully into the diaphragm. Do it and it will surely change your life.

Practice the following three different types of breathing to expand your awareness and alter your inner state by design: 6-4-6-4, Breath of Fire, and Connected Breathing.

6-4-6-4: To slow down and relax. Breathe in fully through the nose for 6 counts, hold for 4, breathe out fully through pursed lips for 6, and hold for 4. Do 10 complete cycles. The more proficient you become you can increase the numbers: 8-6-8-6 to 12-8-12-8, etc

Breath of Fire: To bring energy and clarity. Breathe in and out through the nose to the belly (diaphragm) as fast and as fully as you can. Start with 15 seconds and work up to one minute.

Connected Breathing: To move into and through strong emotion with the intent of releasing the long held energies. Breath deeply in through the nose and out through the mouth in a slow circle with no pauses.

Practice each breathing type daily at least 3 times each. Enjoy the remarkable results!



Weekly Gratitude 2



This Week's Gratitude

Voice and the Ability to Express Sound

This Week's Action Statement

"I give endless gratitude for my the sound and power of my voice. I am grateful for the ability, the courage, and the willingness to clearly express my needs, ideas, emotions, and beliefs!"

This Week's Action

Your voice is a remarkable instrument of sound and vibration. It can heal and prevent energetic disorder. Using it as it is designed will enable you to remain clear and clean in your chakras. Holding expression back has consequences. Often the unexpressed words are directly tied to life experiences and woundings especially in the early years. When these unexpressed hurts are left alone they begin to stockpile. The stockpiling, usually taking place in the Sacral Chakra, begins to impact the voice, as these two chakras are connected energetically.

Expressing the old wounds or the unsaid goes a long way in reducing the energetic debris stored in the second chakra. As this progresses the throat frees up and one feels safer to express. Often the simple expression of sound as phonemes, especially vowels, is a powerful tool energetically. Actual expression of the unsaid words, while effective, can trigger hesitation through deep fear of consequences. Experiment and see what works for you. Ideally, we want to reach a place where no words go unsaid, no experience passes without release of the energy. This does not mean that it is necessary to go to source, as this can be met with mixed results. Rather, one can express the words to someone in an artificial Gestalt style exercise of dialoging with the imagined person sitting in a chair. The point is to just get it out to prevent further storing of energy.

I invite you to use these following activities frequently throughout the next week. They will serve you well.

Create a safe place to explore the dimensions and range of your voice by simply making sounds: like a siren, with just elongated vowels, with nonsense words, with noise. Be animated and discover how the voice can really come from all over the body.

Blocking vocal expression will result in a slowing of energy in both the second and throat chakra, eventually resulting in dis-eases. Create a safe place to express the words unsaid. Make a list of all those people and situations where you did not speak your words/feelings. One by one say what must be said in as strong a tone as you feel. Say them until you have a neutrality about them. Feel how much lighter you feel by letting this toxic energy go!

Speak words of gratitude for who you are as well as what you do during your day. Spend time giving yourself nurturing and loving spoken messages as often as you can. You will experience a growing inner peace as you hear what you long to hear.

Monitor what you say after the words, "I AM". These are words that command what follows them to manifest quickly. Become aware of what you say and how you say it. Your words will create the life you experience after they are set into motion. This is spiritual law!

Play with and Explore Your Voice to find out its capabilities. Using vocalizations, nonsense words, and open vowels can be more powerful than words as words carry energetic baggage that can interfere with free expression. Experimenting with the voice can also help to clear out old energetic toxicity from the chakras, tissues, and cells. Enjoy this as it is the forerunner of reclaiming your original voice.

Reclaim your voice! It is a major source of your power. If you would like some focused support with your voice, consider doing a weekend with Mark in [Voice Recovery](#). It will serve you on many levels.



Weekly Gratitude 3



This Week's Gratitude

Giving and the Ability to Generously Share

This Week's Action Statement

"I am grateful for my willingness to generously give to myself and to others. With generosity I choose to share my time, talents, and treasure!"

This Week's Action

We are all capable of choosing to give and to share. Programming and experience determine to what extent we actually do. Scarcity and limited resources are tenets of our cultural and familial education. We are taught it is better to give than to receive. We learn, however, to often give to get. Codependency is rampant in a society that does not teach receiving...for then there is no one to give to. Tithing asks us to give 10% of our time, talent, or treasure to that which feeds us spiritually. Hesitation occurs when it appears there is little to give. All of this impedes the powerful and universal process of giving.

The Universe is about flow and movement. The more one gives then the more one receives...it is the law. It is a testament of faith , a statement of belief, when one trusts that the law is so. That is what is required. Choose it now!

So, this week, immerse yourself in the process of giving, being thankful that your generosity makes all life more magnificent. It is the simple giving without expectation or hope for getting something back that speaks the loudest. Give freely of yourself. You can give of your time: supporting someone, listening, offering guidance, doing a task for another, helping out, getting something done, running an errand, opening a door, letting someone go first...

You can give of your talent: volunteer for a cause or for someone with greater need, teach others a skill for no reward other than the gratification, share your gift/talent with others simply for the sake of enjoyment...

You can give of your treasure: make a tithe to a cause you believe in, give money to a beggar or a homeless person without judgment, for 30 days put a dollar in an envelope each day and then mail the cash to a random name from the phone book, leave money somewhere to be found by someone, buy yourself something you desire, treat yourself to something you want to do...

Give words of encouragement to others. Say loving appreciations to yourself and others. Just do it. Give for the sake of giving. Give just because you can. Give for the sake of just letting it go. 'Cause when you give the Universe expands.

Give attention to those things you want to affirm and have more of in your life. Be open to receive in kind.

Celebrate the beauty of the natural world by appreciating the scenes of sunset and sunrise. Notice color and take photographs. Share the beauty with others.

Get in the flow and see how your own life expands in beauty...and watch how much more comes back into your life...and be grateful every moment that you have become fluent in another powerful law of the Universe.

*" There's a never ending river from a-Heaven pourin' into us each day
If we close our eyes in ignorance and throw up our resistance
The river won't flow, no way
So why not dredge the Holy Channel make it deep make it wide
Let the manna bring abundance to the heart of our lives...
Give in, give out...
-Give in, Give out, Mark Stanton Welch, from CD There's Plenty for All*



Weekly Gratitude 4



This Week's Gratitude

Love and the ability to freely give and receive it

This Week's Action Statement

"I am deeply grateful for the awesome frequency of Love as it sustains the fabric of the multiverse. I give thanks for my willingness to give and receive love with no expectations to myself and all others."

This Week's Action

Love is the frequency that is the primary building block of all creation. It is the frequency that sustains life. It elevates living beings to their true expression, allowing each to be fully present in their unlimited power. Love is the elixir that will salve any wound. It is the frequency that brings joy and peace, both within and without. It is unending and self-sustaining, flowing freely everywhere within and without us.

Living in a dimension of duality we must experience the separation of love into what it is not. Though this is impossible, we have bought into and support a framework that puts love in degrees. We are taught to search for it and find it and lose it and grieve it. We are encouraged to give it but not to receive it. We are taught that it is a conditional commodity that is reserved for special ones. We are taught that we are not necessarily deserving of love and that we must seek approval in order to get the love we want. We are taught through music and film and story that love hurts and manipulates and is only for the few, that it can be bought and sold. You get the picture...

And all the while, Love just is, feeding and nurturing and sustaining all of life and beyond. Our opportunity in these times is to learn to see and accept ourselves as Love. Our priority must be to open our hearts to give freely to ourselves first, then to others, then to all of life. Healing the woundings within takes a choice and a focus to care for our inner child with commitment and consistency and joy.

The actions this week are three-fold: to notice and acknowledge Love as the all that is; to purposefully send love to our inner selves(child) and choose to receive and accept it; and to give and send love to others with conscious consistency.

1. Knowing the fabric of the Multi-verse is Love, choose to see and hear and touch and smell and taste with that awareness. Allow each moment to amplify the presence of Love. See it everywhere. Hear it in the wind. Acknowledge its presence and claim it through your thoughts and words and deeds. Be Love, see Love...
2. The only one who can nurture your personal wounding back to wholeness is you. Devoting your moments to nurturing your inner little child self will bring a healing to the losses. Only you can consistently show up for yourself, provide yourself with what you need 100% of the time, be the one who never leaves. No human soul, no matter the depth of the relationship, can ever provide us with all we need when we need it. So, take time to acknowledge your inner little one. Get out pictures and display them. Write letters to him/her praising and celebrating. Play with the child self...consciously. Any attention will grow quickly into an expanding self-esteem that shouts of Love.
3. As long as we have love we have a way. From a solid place of self love and nurtured inner child you are able to give freely knowing the love you give is infinite, replenished the moment it is sent. So see all people through eyes of love. Recognize their unique expression of God in the flesh. Bless everyone you see. See only beauty in everyone. Refrain from criticism and judgment for the next 5 minutes, then the next 10...

Interested in changing how you experience this dimension, visit [Living the I AM](#). Want to heal the relationship between you and your inner child, consider [Inner Child Mentoring](#). Want to clear your energetic past to live as Love consistently, consider The [Rebirth of I Am](#) process. Need some songs to support you, then download [As Long As We Have love, I Am Love, Love Is My Work, Love the One You're With, Love Your Body](#). So Love yourself! Love everything! Love ya!



Weekly Gratitude 5



This Week's Gratitude

For my ability to willingly and openly receive

This Week's Action Statement

"I am open to and willing to receive all that is meant for me. I am thankful that my needs are met in ways that surprise and delight me. Deep gratitude for all this dimension has to share."

This Week's Action

This is a magnanimous Multiverse that has an infinite supply in a constant flow of giving and receiving. Both are necessary. For without one the other would cease. Culturally we are taught it is "better to give than to receive". Yet, so often we give with attachments, with strings, with hidden expectations, or, even, resentments...precisely because the flow is interrupted. When we block the flow of receptivity we are left in a shrinking, malnourished state.

Our bodies receive the air, they drink in water, take in nourishment, see the beauty of all things, hear the orchestrations of life. It is natural to receive...and, yet, we often refuse to accept the forms of life that are laid at our feet, reacting with judgment or criticism when they are not in the shapes we believe we want or deserve. We shut down to the infinite guidance that is contained in these forms that do show up.

We must first be open and willing to receive. Let the Multiverse know you are receptive. Invite in that which is just for your awareness and growth. "I AM open and willing to receive". "I let go of all resistance to receiving". Daily extend your invitation to be open to receiving and then pay attention to the varied nuances of form that fill your moments. Your well being is being orchestrated by a love far beyond current awareness. So, trust that you are taken care of on all levels and surrender to enjoying it. And you enjoy it by claiming it. You claim it by being aware of it first. Noticing it gives it your attention. When the power of it reveals itself you claim it.

So, as you open up your eyes in the morning, let the Multiverse know you are willing to be open to receive..."Surprise Me!" Because you already know that all that comes into your moments is carefully orchestrated for your growth, clarity and enjoyment. What's the risk? Nothing...it is all sport and a spiraling dance and sing to new and higher experiences with the unique flow of your life.

And, you validate others and the Multiverse itself when you receive with open heart and with joy. In this dimension so many are simply seeking validation for being. So validate by accepting the gifts of life and the gifts of your friends and the gifts of yourself.

Finally, since the flow is law, the more you give the more you shall receive. It is a proportional process that equals out when it is given permission and allowed. Bonus...

So, invite what you desire...and be willing to accept it when it arrives. Because you deserve it..it is the law!

1. Take a walk, especially in Nature, and observe all you can with your senses. Know that all is being given to you so you can raise in vibration and return to your True Essence Awareness. Notice how the more you let in the more there is to let in.
2. For a moment, for an hour, for a day, simply appreciate all the gifts that come to you, the obvious and the subtle. The more you notice the greater the supply.

Look back at the forms of your life, especially at the moments of challenge, and view them now as gifts just for you. With the higher awareness you now have see how they have expanded your life...and say, "Thank you!"



Weekly Gratitude 6



This Week's Gratitude

For the music that entrains and amplifies my vibration

This Week's Action Statement

"I am open to allowing music to reach my cells and reharmonize me to the frequency of That I AM. I call forth the perfect melodies and rhythm and lyric to nurture my being into an open hearted, life-loving, trusting soul"

This Week's Action

So many holy books begin with the same thought: that the beginning was launched via sound and the word. The vibrating multiverse is one continuous symphony of sound and music. Tuning into the infinite variations allows one to drink in the Infinite One and dance and sing to the myriad of expressions that simply delight.

Music is the result of the combination of intention, key, melody, rhythm, pitch, harmony, and, at times, lyric. Music impacts because of the selective use of these elements. Some music is laden with rhythm and invites the bodies to move in time. Some music has melody that speaks uniquely to the cells of the listener, stirring memory or possibility or action. Some music has lyric that inspires or reminds or confronts or empowers or ? Some music simply feels good. Some music confronts and demands and pushes and annoys. Some music calms and realigns by doing very little. Some music uses repetition to clear thinking and bring one back to an inner openness.

Bottom line is that music impacts. The more the composer combines these elements consciously to meet the intention, the greater the impact upon you, the listener. Conscious music is emotional, inspiring, evocative, effective, moving...

The varieties of styles are important. Each serves a purpose. Salsa engages the body. Country pushes and cleanses the heart. Folk stirs the spirit of change into action. Rock propels one to move out the current space. Chant aligns the mind and the heart. Techno pulses the energy bodies and demands surrender to the now. Classical can elevate the heart to dance in the realms of the I AM. Blues wrenches the lower chakras to release the injustice and woundings. New age puts one in a state of flow and acceptance and peace. Rap carries anger and rage and social inequities into the forefront of awareness. Metal rips through the negativity established by giving in to culturally induced paradigms. Bluegrass simply makes everything seem brighter.

It would follow that one would want access to a wide variety of styles. When music irritates it is actually doing a service by cleansing a vibration ready to be release within you. Allow it and bless the music. In a place of balance we are neutral, accepting of all things without judgement, with an innate capacity to simply experience fully.

This week experience gratitude by inviting music in to your cells

1. Play iPod roulette: put the iPod on shuffle and give yourself a period of time to listen to whatever comes up. This soundtrack will have deep meaning to you. Each song a gift of awareness for cleansing or celebration.
2. Create a mix of songs that annoy you. Purposely listen to them until you have no charge. Know you have cleansed some deep energetic toxicity.
3. Seek out music styles that you historically would not touch. Immerse yourself in them to allow you to open to their vibrational gifts. Radio stations you continually bypass may be a good starting point.
4. Go listen to live music and experience the in the now blending of music, emotion, and intent of the performer. The physics of live music are such that one is immersed in sound vibration, hearing, feeling, emoting, activating...

Be grateful that we exist in a dimension that allows sound. Appreciate your hearing mechanism. And listen, listen, listen...visit www.musicforeversoul.com/store.html for a whole lot of conscious music.



Weekly Gratitude 7



This Week's Gratitude

For the fire that warms and sparks and enflames my moments

This Week's Action Statement

"I align with the element of fire to motivate me into exuberant, impassioned activity that fills me with joy, excitement, and accomplishment. I am grateful for the warmth, inspiration, and movement inspired by fire!"

This Week's Action

Fire eliminates, purges, and burns away. It adds energy, excitement, and new life. It warms and cooks the food that gives us life. It dances and sings and fuels sexual activity. Fire transforms, flowing outward to gain and express power.

There are seeds that cannot germinate unless tempered by fire. The Phoenix rises out of the ashes of the past choices and consequences to ignite new possibility. The fire brings Light to any situation, giving clarity and understanding by magically diminishing the darkness. One flame can light an entire room of darkness. The references go on and on.

The third chakra is the power center at the solar plexus. It is the place for will to activate choice to initiate action to bring change. Tending the inner fireplace puts our dreams into motion, protects the walls of the sacred castle, sends us into the community and world to do the work we are here to do. And at the end of the day, fire transforms the lower vibration to allow us to rise new and start fresh each day.

Call upon the spirits of the fire, the Sylphs, to dance in and out of your moments to inspire and ignite your own spirit to fully engage life. Fuel the passion from the second chakra seat of creativity to taste and smell and touch and see and hear with even greater capacity. Move and generate heat to warm your steps and light the way for your ever changing journey.

Gratitude for this element feeds its willingness to enter your sphere and burn away the last ounce of resistance. Honor the sun by spending time in it, drinking in and absorbing the life force, the warmth, the cellular coding directed at your Being.

This week, in this season of Fall, spend time near the fire. Build a fire in the fireplace and engage it with sight, sound, and feeling. Ritualize your moments and release that which no longer serves you or your spirit. Light candles in respect and reverence for the forms of your life. Surrender your indecisions to the flame. In turn, gaze at the flame to let it speak to you of days to come and methods to change your experience of your now. Burn incense and allow the fragrance's sacred smoke energetically alter the vibration of your inner and outer sphere.

As you can see by this sharing so far, fire is about action. Little is given to me to describe. Only guidance that says "go forth and do that which you are here to do!" You cannot resist the burning away of your old story, the patterned actions that continue to drive you into the same old corners...fire has viciously spread into your life to burn you into laying down the cloak of complacency, surrendering the crown of self-doubt...throw the old into the furnace, fan the flames with words unspoken, stoke the inferno with your endless hesitation. Burn down the forms that have been your vehicles to familiar dead end roads speckled with potholes of possibility that you just never had the energy to go beyond...

The fire rises with purpose. Use it and take charge of your moments. Use the Angel fire to burn out the old in your home. Get a pan and pour in a good amount of epsom salts. Pour in rubbing alcohol to saturate the salts. Place the pan on 2 bricks in the room where the vibration is stale. Light it and allow it to burn until it goes out on its own. Fill the room with the color and intention of your choosing and go to the next room to charge the pan and do it again. This will allow you to start over...

Fevers burn out toxins. Heat bring the cleansing sweat. Sit in a hot bath of epsom salts and bubbles and release. Drink a warm tea to soothe your solar plexus. Light the candle and remember who you are. Ignite your passion and zeal...go forth to do that which is yours to do! It is a good day to die!...



Weekly Gratitude 8



This Week's Gratitude

For the ability to communicate with the world within and the world without

This Week's Action Statement

"I am so very grateful for the ability to communicate thoughts, feelings, perspectives, beliefs, and energy in clear, honorable, respectful, self-sustaining ways. I willingly allow communication to flow bi-directionally. And so it is!"

This Week's Action

To communicate is to express and to listen. Both elements are required for the successful and gratifying sharing between the source and the recipient. No matter the type of communication and to what dimension it addresses, the requirements are the same...be present and come from and through the heart.

We live in cultures that celebrate the communication industry where information is given. We are used to being told how it is. One way expression will eventually cause the recipient to tune out, stop listening. We have gone astray. In many ways listening is the lost art. Many have forgotten how to be open to what another is sharing without formulating a response or checking out. Truthfully, communication is an energetic exchange. The words are only a part of the message. It is the non verbal cues, the tone of voice, the feelings conveyed with the words, the vibe, and, finally, the words, that will determine how the message is received. The receiver's issues impact the content as well. To actually listen is to set aside all these distracting elements and hear beyond the words through the heart. The heart will not lie. And in the pause after the sharing, your higher wisdom will know exactly what to say. Trust yourself.

Most are seeking validation and witnessing in their communication. You can become a trusted companion, a best friend, the more you hone your listening skills to simply be a receptive vehicle of Love. The speaker will feel it, and see it in your eyes, and want to be in your presence. Being present for another is a magnificent skill. Witnessing another more often would likely lead to a gentler culture...

Communication with guides is handled the same way. Many beseech God or the guardians and never stop to listen to the subtle response that always comes. Use your guides, teachers, helpers, angels, animals, and Higher Self to support your moments by asking them for insight, inspiration, information...and pour gratitude back to them. Learn to ask for what you desire. Except for the guardian angel, the rest of the etheric helpers cannot respond unless they are asked. So, ask! Not in a whiny, whimpering manner, but with clarity and respect. For they will help...just surrender any expectations of how that might look and widen your receptivity to look for the answers in the unexpected. It is a dance and you are a major player.

Communicating our needs or emotions has been squeezed out of our culture through much family dysfunction. Hurts and frustrations and fear and angers are not often given room to express. And since these emotions are energetic in nature, they have remained in the body slowing down the frequency of specific areas. Do not repress what must be said. It is not advisable to go to the source, but find a safe way to speak the unspeakable. Stay clear...use the voice...use sound...do not go to bed with anything unsaid again. Thank your inner being/child/higher self for the love you treasure.

1. Become a professional, in demand, listener. Show up for others and open your heart to them. Coax out of them the answers to their own challenges. You will get it back in spades.
2. Make it a daily practice to ask for guidance, then listen. Even if you don't think you "got" anything, be verbally grateful. You are building muscles here that tell the universe you are ready for two way contact.
3. Ask for support in speaking your truth. Find safe places or people where you can talk straight. Make it a ritual as routine as teeth brushing to clear the unsaid before bed. Flush it down the toilet.
4. Thank the animals for their communication through their songs and for their presence. Open to a larger dimension of truth.



Weekly Gratitude 9



This Week's Gratitude

For the vibrational dance upon which all matter and energy eternally move

This Week's Action Statement

"I am grateful for the knowing and experiencing of my being as vibration, moving energy that organizes into form as guided by intention, thought, and belief. With willingness I surrender to the dancing flow of life!"

This Week's Action

This cosmos is built of oscillating energy, guided by the All That Is and the I Am That I Am within each of us. Our moments organize to reflect the frequency of our inner being. We have a True Frequency identity by design. Our cells, our organs, our systems, are all energy based with their harmonic expression of replication and health. When the energetic bodies are supported in their work of cleansing our moments of living we purr and have the health, energy, balance, and presence to move through the forms of living our Higher Self calls to our experience.

Thoughts, upon creation, vibrate to create thought forms, energetic magnets that call forth experience. Repeated thoughts align to make stronger the subsequent forms. Patterns develop. Higher frequency thoughts elevate and bring the cells into resonance. Giving gratitude calls forth more opportunities to express and experience gratitude. Vibration of this kind creates harmonic music that supports life.

Vibrations can resonate with one another to influence the form. We can align a negative experience by feeding it clarity in thought, emotion, and belief. The more we keep awareness on our moments and respond to the forms the more easily and quickly we can maintain the flow by shifting our responses.

When we carry the attitude of gratitude for the vibrational makeup of life we begin to see how one thing influences the other. We can learn to trace our moments experience back to the source. We can learn how easy it is to interrupt long entrenched patterns of thinking or action. The malleability of vibration is a foundational aspect of the game of life. Hone your skills by simply attending to it, seeing results, and making adjustments to bring forth the experiences you desire.

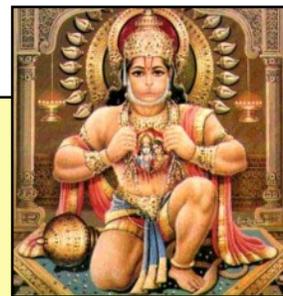
Notice your body's tendency to move in rhythm. Invisible Waves oscillate through the ethers. They can be felt. Every moment has a pulse, a rhythm. Pay attention to it and you can then entrain with the flow. When you do this you are in sync, as you were designed to be. When movement is curtailed we put our Spirit in the back seat. It won't be long before we lose our enthusiasm and sense of adventure. Let the rhythms guide you through your moments. Gratitude for them hustles them to your awareness so you can act upon them.

Wherever you go you are immersed in vibration, from head to toe, in all your energetic bodies. It is in this flow of life where we belong.

1. Use your left hand to feel the vibration of an object, a plant, a human, an animal, a rock. Fine tune. Give energy with your right hand. Align your intentions with your heart before you do so you are sending high frequency oscillations.
2. When events come into your life, notice your response. Allow it, and then start to look from a higher perspective. Know that there is a trail of clues that contribute to these "sudden" appearance. Everything is information that will guide us on our journey to reclaim the True Self
3. Allow yourself to move a lot. Dance and see where it takes you. Not knowing the steps is an act of faith and trust that leads you with loving hands to the next action. Go out into nature and allow yourself to pick up the rhythm of scenes or objects. Trust.
4. Appreciate yourself so much that you do begin to purr. Notice how life "softens" for you



Weekly Gratitude 10



This Week's Gratitude

For the male energy and vibration that initiates and takes action

This Week's Action Statement

"I am grateful for the frequency of vibration that puts idea into action, that analyzes, decides, and initiates production. Deep gratitude for the organizing male vibration that moves me into conscious manifestation."

This Week's Action

This earthly dimension is, by Law, dualistic, an endless stream of opposites that clarify experience, that give choice to one's path, that provide the learning steps to lead one through the Higher Self to the reawakening of Oneness. The two, the yin and the yang, the male and the female, are the vibratory vehicles ridden to Ascension. Both necessary, conscious use creates balance and a smooth path of full living. Here, we celebrate the male, the yang vibration. For without it there is no movement, no change, no manifestation. Dreamers only dream, list makers only make lists, the Truth remains hidden without the male vibration.

This frequency focuses energy and penetrates the mysterious, directing intentions into manifestation. Without the male we are still in the waters of reflection. The male activates the warrior and provides safe boundaries to bring our creative seeds to fruition. When one needs to get things done, the male frequency is summoned. Life is a flowing and spiraling sequence of choices made and acted upon.

To remain primarily in balance is the key, calling upon a greater amount of either male or female as needed. Some situations require aggressiveness to push through resistance. Some situations require a letting go and surrendering to the higher flow. Excessive male energy is controlling, insensitive, intense, oppressive, manipulative, invasive, smothering...This excess distorts the vibration of the solar plexus, the sacral, and the root chakra. It distorts the heart and diminishes the power of the voice.

We are transitioning between the Piscean, male dominated epoch into the Aquarian, female dominated time. We have all experienced the results of the Piscean, hierarchical structures of power, inequality, greed, classes of society, war, control of people, slavery, abuse, pain, hurt, resentment...

I am in India as I write this. This is, historically, a male dominated culture, perhaps less than many in the Middle East....classes that limit the rights and freedoms of the woman. We all feel the effects. The transition from this is witnessing the crumbling or reinventing of systems designed to sustain these practices: classes, financial, business, corporation, family...

To be aware of one's own presence in the place where you are is a conscious use of power. To observe and then decide a plan of action that utilizes the male frequencies or to pull back, observe, and feel energies that embraces feminine energies, is an effective use of the gifts of this dimension.

Deep gratitude for the existence of these energies that can be called upon to respond to life. Express your gratitude by using them wisely, for excess in either leads to imbalances that not only compromise and disrespect others, but also reduce your own effectiveness in life.

1. Observe the male energies in action. See how they serve or compromise the user. What are the observable effects upon those the energy is being directed?
2. Monitor your situations to see when you are in need of male energy. Again, use it consciously, and see the results. Calling in feelings is a powerful regulator for male energy. Learn to use them .
3. Energy is oscillating...it moves constantly. To hold any flow in place leads to compromise and disorder. Holding in emotion storehouses and then moves toward a male excess/explosion. Imbalance is a conscious choice, ultimately.
4. Learn to call upon the male energies with clear intent. Return to balanced use when you have achieved the desired result.



Weekly Gratitude 11



This Week's Gratitude

For the water that brings forth and sustains life on this earth

This Week's Action Statement

"I am grateful for the water that floods the inner and outer to bring life and all of its flow. I give deep thanks for the emotions that flow, the rivers and streams that feed the oceans, the water that sustains the cells and That I AM".

This Week's Action

Without water, there is no life. The fabrication of water from 2 parts hydrogen and one part oxygen is a miracle of the great mystery. As I write this I am in the middle of Lake Pichola in Udaipur, India, in a hotel situated in and on the lake itself. The water is creating the clear vibration that makes one surrender to the now. I have also been on and in the Ganges, the holy river that cleanses and eradicates the past karmic influences and nourishes the land and the people in deeply physical and spiritual ways. To be grateful for water is to celebrate its presence, its impact, its necessity to personal and planetary life. It is to be conscious and aware of its condition, taking care to do everything to insure its purity.

The work of Matsumoto Emoto with the water crystals clearly demonstrates the impact of thought on water. And since we are over 90% water in composition, it follows that what we think significantly effects our cellular structure and thus our physicality. The emotions flow like water. Blocking the river of emotion builds inner pressure that leads to breaks in the dam. The resulting chaos can be alleviated by flowing gently with feelings, treating them like clouds that move naturally through one's moments.

Not consuming enough water messes with the PH of the body...alkalinity can be drying, while acidity can destroy. Monitoring and maintaining proper Ph levels through diet, supplement, sunshine, water, thought, and action, can lead one to a life of flow. The physical body quickly goes to dehydration which impacts the cells and muscles and tissues and the brain. Sipping pure water and holding it in the mouth for a short time tells the brain that water is being introduced. The brain then uses what it needs to maintain proper function. Consume enough water that you urinate often. The clearer the urine the more the indicator that you are hydrated. You may be surprised how many physical, emotional, and mental issues will disappear when you pay close attention to hydration and PH.

Spending time near clean water balances the body mind and spirit with the negative ions. If you are unable to get to a stream, river, lake, or ocean daily, then make sure that you bathe or shower especially at the end of the day. Water will bind negative, or lower frequency energy, to cleanse your auric energy field. Colonics use water to break up physical and energetic toxicity in the intestines and colon, thus allowing the full absorption of nutrients.

Paying attention to water through any of these actions are acts of gratitude. Assisting others to be aware is an act of gratitude. See it, drink it, play in it, visualize it, listen to it...daily for a more smooth presence in this world. Deep gratitude for the many ways water assists us. Be grateful whenever you are around it. Let it serve you...by not resisting it...never resist tears, they are a magical elixir that reveals the truth of your being

1. Drink 8 + glasses of pure water each day with awareness and gratitude. Send clear clean thoughts to the water before drinking. Be aware of the results of your care. Better yet, sip water throughout the day
2. Get next to water daily, feel it and notice its impact. Be grateful for your experience. Cleanse yourself with water daily as well...showers, baths, swimming, enemas, juices...
3. Tend a plant for a time and notice its water needs. Transfer that nurturance to yourself. Notice your cycles
4. When it rains pay attention to the feel, the smell, the sound, and the sight. If you can, get out in it. Taste it. Touch it. Notice how it moves. Be grateful. Enjoy it. Play in it.
5. Notice how your life flows. Notice the resistance. Clear blockages to a gentle consistent flow in your moments



Weekly Gratitude 12



This Week's Gratitude

For our emotions that allow us to feel deeply the vibrations of this dimension

This Week's Action Statement

"I am grateful for the water that floods the inner and outer to bring life and all of its flow. I give deep thanks for the emotions that flow, the rivers and streams that feed the oceans, the water that sustains the cells and That I AM".

This Week's Action

By design we are bequeathed emotion. Joy, sorrow, anger, and fear are the basic emotions that connect us to the deeper experience of life in this earthly dimension. It is said that in all the Universe there are few places like Earth because here is where emotion is a key element and gift of incarnation. Souls of all expression are lined up and waiting for the ticket to enter for the privilege of feeling. And, here we are, often doing everything we can to not feel.

Men, in particular, are championed to armor and have no feelings. Women are considered too emotional. Feelings must be controlled. One "loses it" or "falls apart" or "breaks down". Tears are judged as a weakness. Sorrow is categorized as a process to move through. Fear is fed to us in subtle and obvious doses and then denied as existing. Anger is everywhere in subterfuge, but not allowed to express cleanly. Something is clearly awry. What is needed is "emotional literacy", a clear understanding of emotion and its healthy expression, along with permission and guidance in how to feel. This is what ought to be taught to children in their early years. Such conscious education would result in a healthier, more loving world.

We are here to feel the emotions in all their nuances. To be told or taught otherwise is simply manipulation. Emotions are an energetic substance that have a life of their own. Typically, they are cause and effect...stimulus/response. We are naturally designed to have an experience and have an emotional response to it. This response is in direct proportion to the nature of the experience. And, if allowed to flow, the emotion will rise, be experienced, and then be released. Our system is designed to be self clarifying. We are supposed to be in center and balance...if we trust our inner Divine Wisdom. Culturally, we are taught to suppress feelings. Though this makes those around us "comfortable", the energetic and physical cost is huge. Stored emotional response is strong energy. Body wisdom holds the energy for later expression. If the expression never comes, despite the callings of the body, then the energy slows in frequency to create physical conditions and illness.

Celebrating emotion is necessary. To accept that we are emotional beings allows our awareness to expand to include the feeling and expression of all emotion in a safe, natural way. Joy is not to be contained, but expressed in all its child like wonder and glory. Laughter heals and smiles exercise the spirit and nourish the inner child to have the long desired happy childhood. Sorrow is a moving wave of cleansing tears and energetic release spawned by disappointments and losses, a seemingly common part of the current form of life on Earth. Anger results from needs going unmet. We are, typically, a growing cesspool of unexpressed anger and rage over personal and cultural injustices and control. The shutting down of the spoken word in response to the moments of living forces the adrenaline fueled energy to store and store...waiting to explode...and it usually does. Fear is a response to threats to survival. "Civilized threats" are incessant and leave us in a state of disempowerment, surrendering our freedom and rights for a taste of perceived safety. There is so much more to say, but, for now, know that it is essential that one, accepts that there are emotions; becomes familiar with their unique nature; finds ways to safely express them; and chooses to never hold on to them beyond one day. Free emotion and become fully alive and powerful and loving.

This week just choose to feel. Feel joy. Make yourself play and laugh on purpose. Look at how you have contained your sadness. Make a list of what you have not grieved...and spend time with each, feeling and allowing the tearful cleansing. Look at your repressed anger. Make your list of the people and situations that have angered you. Say what must be said. Get it out. Get physical. Anger is a movement and expression. Hold it back no more. Safely release the steam...And notice and list what fears you have, from the small ones to the big ones. Fear diminishes by naming it. Talk about each of them, get to know the dimensions and the facts of each. The cycled patterns of fear can be broken. Feel...just feel. Explore the rich dimensions of life. Your gratitude for your feelings whenever they show up will result in a new experience of you, free of limitations....hallelujah!



Weekly Gratitude 13



This Week's Gratitude

For light that brightens our moments, feeds our beings, shows the way home

This Week's Action Statement

"I am deeply grateful for the Light which gives life to all living things. I embrace the solar energy that makes the world visible. I celebrate the many gifts of the frequency spectrum of color. I drink in the Light of the Central Source to raise my vibration to the frequency of Wholeness."

This Week's Action

It takes the light of one candle to dispel darkness. The higher frequency vibration of light is an attractant that pulls lower frequencies up. It is symbolic and it is a physical process. Like the moth who is drawn to the light bulb, we too are designed to be light seeking beings. Disorders occur on many levels when light is restricted. So, it follows that one must consciously choose to seek and be in light as much as possible.

Technically, physical light comes from the atomic reactions of the sun in our solar system. Its light rays and heat bathe us in correct amounts to allow us to grow and sustain life. Little known is that the solar rays carry specific coding information for our cells. The cells need the sunlight to have access to information that allows us to biochemically adjust to the frequencies of the moment. These codings also carry higher frequency information that gives new programming and awareness to the energy of these times. In other words, daily time in the sun is essential to our growth and well being. Like the sea gulls who gather en masse on the beach just before sunset to face as one the waning light of the day, so too, we must develop the critical habit of conscious sun bathing. If it means before 10 AM and after 3 PM so be it. You might want to research the great sunscreen disempowerment plan...

Spiritual Light emanates from the Central Source to feed our multi dimensional beings on all levels. The Light invites and inspires us to evolve and be heart centered, loving citizens of this planet. The more Light we receive the more we expand into our true essence, allowing a fuller experience of this frequency plane called Earth. Being open to and receiving the Light reduces the conflict and confusion of the cultural, societal, and familial influences that pull us in all directions. A balanced, centered person filled with Light reacts to the moments of living in a clear, peaceful, focused manner.

Living by the light of the sun embracing the Light of the Source is being truly in the flow. Our energetic, physical design is in alignment with these timings. Plentiful sleep allows the integration of the light codings and opens to the downloading of Light information via dimensional travel. Receiving light in the day and Light at night keeps the system strong, up to date, and expanding.

Gratitude for the forms of light is the invitation for it to expand and serve us more profoundly. We are Light Beings. Do not, for one second, deprive your energy bodies of the substance necessary for the journey home. And by the way, people filled with the light are energetic magnets, fun to be around. They exude good feelings and a calm power and presence to those in their energetic range. To be filled with the light is to make it a daily intention and action to maintain and augment the ongoing supply. I encourage you to celebrate the Light by devouring it daily. Let it shine!

1. Spend at least 10 minutes facing the sun each day. Breathe and drink in the warmth, visualizing the cells dancing in delight as they receive the daily update.
2. Adjust your home and life to bring in more light. Clear debris around windows, or change curtains and blinds to let more light in. Might want to rethink those "Eco-friendly" light bulbs...word is that they are leaking some very debilitating lower frequency energies...
3. Call forth your inner Light to expand. Invite guidance and information to spiral you into a higher awareness of life. Move to release old energies and patterns that hold you back. Yearn for, desire, reach for the Light. It will be so!



Weekly Gratitude 14



This Week's Gratitude

For the animal kingdom that inspires, guides, and supports us

This Week's Action Statement

"I am deeply grateful for the many manifestations of the animal kingdom, the winged ones, the ground ones, the crawling ones, the insects, the sea creatures. In gratitude I remain open to the messages they bring. I choose to walk in harmony with them on all levels, blessings their presence and serving to support and protect them."

This Week's Action

It is no accident that the animal kingdom is present in this earthly dimension. The wide variety of animal species inspire and show us specific characteristics that we can call upon within ourselves to smooth the flow of life. Native cultures have long befriended and walked in mutual relationship with the animal population. Civilized man, in his Piscean arrogance, has created distance between the kingdoms, seeing animals more as a food source or a sport than an inspiration. The times are requiring a change, and it is happening. And it starts with gratitude, opening to a broader and higher vibrational awareness and experience of the animal kingdom.

If you are a pet owner, then you know the depth and sensitivity of being in relationship with an animal. The loyalty and devotion of dogs is a model for human compassion and showing up. Cat owners have endless stories about the quirky nature of their feline, but the connection with a living being that sounds itself in a purrrrr speaks for itself. That cats have a direct connection to unseen spiritual worlds and provide openings if we choose to use them, is another, less discussed, dimension of this domestic partnership.

It is foolish and short-sighted to think that animals are unfeeling creatures. They have an obvious beautiful spirit and open heart by design. Zoos, though they provide us with a way to view exotic animals, are difficult energetically as they carry a lot of sadness. The free spirited animals are confined, and though their needs are met, their spirit is diminished. Think of this the next time you visit such a place.

Animals are teachers. They remind us of elements untended in our lives. When an animal comes into our presence it is no accident. They carry messages and information for the aware. The repeated sighting of a particular animal is not necessarily geographical coincidence. They have become a totem for us, in that they are here to assist us in being open and walking a clear path.

Opening to a deeper relationship with animals expands the dimensions of this earthly plane. The various kingdoms are here to coexist and serve one another mutually. The plant and mineral kingdoms have obvious gifts and teachings. The animals are able to create relationship with us. Preconceived notions about them are often to be questioned. They are beautiful reflectors of what is inside of each of us, mirrors to our own soul alignment. Choose to engage them on all levels.

Let them serve your awareness and expansion. Be grateful for their presence and power. Then be open to receiving a greater outpouring of the gifts of the fully lived life.

1. Notice the animals that come into your moments. When you see one take a breath and then ask for a message. Be open to the first thought. Give thanks for the message.
2. Pay attention to birds today. Then ground animals tomorrow. Then domestics the next day. In other words, learn to tune in. Visitations, as already stated, are not haphazard. Even road kills have information., If you choose to listen.
3. This kingdom also includes the insect world as well as the water creatures. Create relationship with insects. They will respond to your requests. Killing them first is probably not the best choice...learn and be open.
4. Express greeting and gratitude for any animal you see. This opens the door to interaction on expanded levels



Weekly Gratitude 15



This Week's Gratitude

For the air that gives life, brings wind, and fuels fire

This Week's Action Statement

"I am deeply grateful for the essential element, air. I express gratitude for the clouds and plants and oxygen and rainbows and wind and breath. Thank you for the carbon dioxide/oxygen exchange between plants and humans that is essential in sustaining all life. Bless the air and affirm its purity in all ways."

This Week's Action

Upon invisible currents air rides, covering the planet with the blanket of oxygen that sustain all life. This precious canopy protects the earth from excessive radiation and forms the transparent sea through which birds and insects fly, clouds dance, and rainbows reveal themselves. Air is such a precious commodity that we would not survive for long without it. It contains the pranic life force that triggers the energetic bodies to perform their moment by moment "miracles".

It is easy to take air for granted since it is so common and plentiful. Breathing is automatic. Even through pollution we can still breathe, though in a somewhat compromised manner. The clouds progress through their cycle bringing the weather to bathe or warm or cool the inhabitants of this planet. The birds fly and the hawks hover and the planes take off and land. But, like all things in this dimension, acknowledgment and appreciation enhance and expand their power and effect.

Focusing on any expression of air is showing gratitude. You can become active in efforts to maintain the quality of the air, focusing on pollution from industry, from automobiles and the combustible engine, from coal burning energy providers, from third world campfires to stay warm, the list goes on. You can also send appreciation to the plant world for its uninterrupted process of creating the oxygen supply that sustains us in such a loving manner....and thus become aware and active in reducing the deforestation of the world in the name of business and profit.

Learning and using an array of breathing techniques can lead you to experiencing even greater effects of the pranic life force contained in this element air. In fact, utilizing them can lead to an even greater balance within you so you can increase your focus and activity to assist any of the above challenges with air quality.

Becoming an advocate of the winged ones through study and observation can lead you to a deeper appreciation of their magnificence. Few things are as majestic as the eagle soaring or the hovering of the hawk preparing to descend or the speed at grace with which a hummingbird moves about in its loving flower to flower dance.

This week you are invited to shower the air and all its capacities with awareness, acknowledgment, and appreciation. Consciously take time to do any of the following activities:

1. Breathe and become aware of this endless invisible source of life sustenance. Appreciate all that it allows you to do. Thank it graciously over and over for its devotion to life.
2. Examine your own home to determine ways in which you might pollute the air supply: chemicals, exhaust...make any necessary changes. Get an air purifier, an ion generator, add more plants.
3. Choose to spend more time in nature. Notice the difference in the air and the way it makes you feel while in the abundance of plant life.
4. Choose to use your car less, thus reducing your own carbon footprint. Walk, bicycle, take a bus to do those errands that are relatively close by. You will get healthier in the process.
5. Research groups that are active in helping to reduce pollution of the air. Join or contribute resources.
6. Cloud watch, notice the flow of the air currents, and appreciate this remarkable dance.



Weekly Gratitude 16



This Week's Gratitude

For the color that brightens and makes juicy, our world

This Week's Action Statement

"I am deeply grateful for the fabulous array of visible color. The unique frequencies of each speak to my energy field in a vibration that serves all my bodies. Thank you sun for the pure light frequencies that bend in the earth's atmosphere to initiate the color process. I am grateful for the nurturing effect color has on my energy bodies"

This Week's Action

Remember when the movie, The Wizard of Oz, went from black and white to color? What a glorious spectacle it was. It simply came alive. Black and white photos have class and artistic flair, but color photos have life. Carved out of a narrow niche of the frequency spectrum is the band of color that progresses in an almost infinite array of hue and shade from the red to the violets. White light when bent by a medium such as glass or raindrops, will spit into its component ROYGBIV splattering of color. Red, orange, yellow, green, blue, indigo, violet...the frequencies that dazzle the eyes, stir the soul, feed the cells, and heal the wayward chakras and energy bodies. Drink them in.

In great gratitude we acknowledge and celebrate the impact and power of the colors as they feed and nurture the senses. Because color is a segment of the electromagnetic frequency spectrum, atoms vibrating in a particular, identifiable order, it follows that light and sound and feel are interrelated. A sound is a lower frequency expression of a light filled color. The colors can be felt by sensitive hands and energy bodies. Food prepared with color in mind carries a particular flavor and smell. The color of foods are powerful energy influencing tools. Moods are reflective in colors chosen and worn and colors ignored. The Higher Self knows what frequencies will best support the personal inner space. When you reach for one but are moved to select another, Higher guidance is at work.

It would follow that a greater awareness of the color and the senses in relationship would lead to a more unified and amplified experience of this earthly dimension, as well as dimensions unseen, the dream world, the astral dimension. Knowing the interrelationship of frequencies will maneuver one's steps through life to create magnificence and beauty and celebration. All is vibration, continuously influencing the neighborhood and environment it finds itself in. This is a week to notice with the full body the presence and impact of color everywhere. "You're out of the woods, you're out of the dark, step into the Light...knock upon the door and let it open, open, open"

1. Take a color walk. Pay attention to every color you see. Put your left hand up to a color and feel it, noticing its vibration. Notice which colors attract you and which leave you feeling some discomfort, if any.
2. Purposely spend time with red; then orange; then yellow; then green; then blue; then indigo; then violet...make note of how you feel around each. Are you drawn in or repelled?
3. Notice the color in your home. Are all the walls white? Perhaps a splash of color would liven it up. You can buy pareos for very little online. Hawaiian or Indian or Tahitian, etc., cloths can be very enlivening. Consider some paint on those walls.
4. Before you pick the color you are wearing, check your chakras. If one draws attention chances are it is out of balance. ROYGBIV follows the chakras from the root to the crown. If possible, choose a color that your energy field is requesting to rebalance itself.
5. Pick up some large construction paper. Spend ten minutes or more staring at a color and drinking in its frequency and vibration. You can buy light bulbs that run the chakra spectrum online. Set up a chair with an overhead lamp and bathe yourself in color for 20 minutes. Choose different colors based on inner callings.
6. Educate yourself on the inner qualities of each color, how they support. Conscious use will bring balancing results.



Weekly Gratitude 17



This Week's Gratitude

For the plant kingdom and the beauty, food, and medicine provided

This Week's Action Statement

"I am deeply grateful for the vast array of spectacular, nourishing, life sustaining species of plants in this essential kingdom. Thank you for your continued loyalty to life everywhere. I am inspired by your beauty and your soothing vibration that nurtures my spirit. Your fragrance is tantalizing. May you thrive from the love I feel and send!"

This Week's Action

Think how you feel when you walk into a forest, stand in a field of flowers, reach into the garden and pluck the vegetable out of the soil, tend your houseplant, eat your salad, use the herb for seasoning, eat the carrot, use the poultice on the bruise, give or receive a bouquet of flowers...the plant kingdom, sustainer of life and fragrance and beauty, we honor and celebrate you.

From the rainforests that provide oxygen, homes for an almost endless array of insect and animal life, food for cultures, timber for homes, musical instruments, furniture, carvings, warmth...

To the deciduous forests that provide the playground for the senses, unparalleled color and showy seasonal splendor, shade on a sunny day, branches to climb, timber for building and creating, sap for aromatherapy and pancakes, an orchestra for wind, a refuge for mushrooms, a haven for a wide and varied array of life...

To the mountain giants, the Sequoias, the redwoods, all the conifers that reach for the heavens and catch the snow, whistle in the wind, give themselves up for decks and siding and toys and furniture and firewood and particle board and dreamy fires in fire places, and hand drums and Pinewood Derby races and canoes...

To the desert plants and their unique adaptations to the weather and heat to provide shade and medicine and nourishment and stark beauty and landscape...

To the gardens so neatly lined and tended to feed the bodies of the masses, to blend as juice to heal and sustain us, seasoning food for the taste we deserve...

To the vegetation that chooses to live under water, providing sustenance and shelter to a mysterious conglomeration of aquatic species that may never be seen by human eyes...

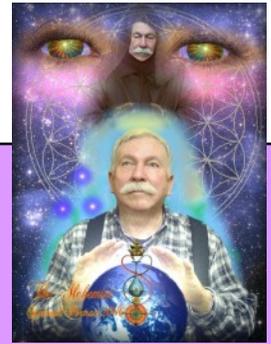
To the tended plants of the house that provide oxygen, color, correct feng shui, inspiration, balance, and companionship...

On and on it goes. There is no more magical land than this kingdom, surely manufactured by the Gods themselves to make this Earth what it is, an oasis in space. Notice and appreciate and celebrate the plants this week...they are everywhere.

1. Choose a section of the plant kingdom and spend time in it. Experience the beauty and the feel and the smells and textures. Express gratitude for each contact you make.
2. Tour your home and make note of everything in it that has come from the plant kingdom. Be grateful. Express your gratitude, following all the steps that brought the item to your home.
3. Instead of reciting a rote meal blessing, or doing none at all, really stop and bless what these plants have done to support your life and sustain your health. Really taste them with appreciation. Knowing the life force they bring you gives you energy, remember them when you are active.
4. Choose organic when possible, not only because of its nutritional value, but also because of the farming practices that do not poison and deplete and brutalize the Earth. Get politically active against rainforest depletion, etc.
5. Give yourself a beautiful bouquet of flowers in appreciation once a week. Nurture them with gratitude...they will last!



Weekly Gratitude 18



This Week's Gratitude

For my Higher Self which oversees, guides, and nurtures me so reliably through my moments

This Week's Action Statement

"I Am deeply grateful for the recovery of this essential element of the I Am in me. I celebrate the relationship we have that is clear, trusted, informative, and accurate. Without hesitation I seek and listen to support for any issue. I am grateful for the expanding love that opens my experience of this dimension. I thank you and love you, Higher Self."

This Week's Action

Beyond the sea of experience and the subsequent patterns and beliefs formed to guide/misguide our earthly lives, there exists, in each of us, an energetic frequency, the Higher Self. This Self holds what is called, the Truth of Our Being, the knowledge of who we are and have always been in this universe. It is the unique eternal frequency of the I Am That I Am that transcends time and space. This Higher Self contains the gifts, talents, skills, knowledge, information, and blueprint of us. It is this essence we are seeking to access on our personal "journey home".

We each incarnate with the Higher Self intact and accessible. The moments of living quickly diminish the frequency awareness through words spoken, rules taught, energies felt from the primary care givers, family and cultural influences. The Higher self quickly gives way to an egoic awareness that has mostly forgotten the love immersed, open hearted being we are.

The journey of living and evolving in this dimension is about remembering who we are, despite all that has been done to cover it up, deliberately or otherwise. Knowledge of the Higher Self is the first step. Direct acknowledgement of it and subsequent invitations to connect are next. The energies of these times bathing the planet and all its inhabitants are inviting, pushing, and even, forcing us to access this part of ourselves. It would be wise to listen and seek council with that essence of the I Am that we are.

The Higher Self hold the information we need to understand the shifts of these times. It is our personal intermediary between our self and the angelic guidance so readily available. The Higher Self contains and will reveal answers to our questions. It is the best guidance we have here. But, unless it is communicated with it is, more or less, dormant. So call upon it to expand awareness and understanding and set a personal course for your adventure of reclaiming You. Doing so will quickly move you beyond any limitations of vision and lift you out of your patterns and propel you beyond the lower frequency influence of past experience.

The Higher Self is an essential and major element of you that is devoted to your success, always having your best interest in heart and mind. Utilize it by calling. You would, quite literally, be a fool not to engage it, embrace it, befriend it and make it your constant inner companion.

1. Go within and meditate on acknowledging and calling forth the Higher Self. Seek guidance and develop a working trust.
2. Write down questions for which you desire a higher, clearer perspective. Get quiet, speak the question, and listen and wait for the answers.
3. Follow guidance given to further expand the depth of the connection
4. Tune into your heart as you access the Higher Self. Current thought is that the heart is the doorway to a functioning relationship with the Higher Self.
5. Respond to your moments of living by accessing guidance from your Higher Self. Express gratitude often for the loving tutelage.



Weekly Gratitude 19



This Week's Gratitude

For chants and mantras that focus the mind, clear energy, call for assistance, and quiet the spirit.

This Week's Action Statement

"I am grateful for the sweet empowering sound of intentional chant and mantra. I give thanks for the melodies and words that help to clear the inner chatter to allow us to receive guidance and inspiration. Deep gratitude for the consistency of response provided by the Universe to these statements and songs of clarity."

This Week's Action

The human mind is active, creating and intending and judging and observing...on and on it seems like it can never stop. Thoughts are created and repeated and become beliefs after enough attention. The ancients learned to quiet the mind so that they could hear and receive the guidance from other dimensions within and without. They learned to use focused sound, flooded with intention or the call to a specific deity. If they gave it melody it is classified as chant. If it was a statement of intent or claim a state of being and was spoken with loose pitch over a drone, then it was mantra.

Chants are a part of every culture, "uncivilized" or not. They are the songs that put children to sleep; the songs that connected human and spirit world; the songs that connected to the Earth and her creatures; the songs that beseeched the gods; the songs that gave thanks; the songs that became tribal dances...and all the while they repeated. It is the repetition that does the work. The recurring melody impacts the cells and the brain to alter the brain waves, creating a softer, more receptive state. In that state the subconscious is tapped to allow new beliefs to take root. The altered state reduces stress and unifies a community.

Mantras call forth action. They claim an outcome through their repeated use. The intentional repetition is done a specific number of times each cycle, with multiple cycles each day encouraged. The mantras are energetically amplified by the intentions and efforts of all who have ever spoken it. Their call to deities brings results regardless of the users personal beliefs regarding the deity.

The gratitude flows from the idea behind mantras and chants. It celebrates the power of the voice to influence the outcome of our moments. It sings with the chant itself and resounds with the user's willingness to get out of his own way. It is witness to the impact of repetition and willingness to invest in a spiritual practice. Gratitude for the rewards for our efforts.

This week explore the world of chant and mantra. The Hindu tradition is a rich source of mantras. Any positive statement of intentional power can be claimed as mantra. Seek chants in the rich cultural spiritual history of the world. Native American chants particularly resonate with Americans. Be open to receive and the mantras and chants will come. Use them and experience the balance born in surrender and faith and trust.

Take a positive statement and turn it into a chant. Make up the melody or use a familiar children's song. See how the repetition builds a new feeling and subsequent experience.

Visit my catalog for CDs that are full of each: [Chants](#), [Mantras](#), [Sung Mantras](#). [Subscribe to Chant/Mantra](#) of the Week and receive a weekly download of a world or new chant/mantra with history and instruction for each.

Above all, trust in the beautiful journey of intentional sound, used for millennia to bring peace, focus, and the divine to the practitioner. Access this rich lineage by learning and using a variety of these powerful and fun tools.

*My life is unwritten, no path is defined
It moves from these moments I choose
So, if I want beauty, to be That I Am
Let Love be my nourishing food
Surrendering flow to the river
Adrift in the whisper of OM
Align me through Light and deliver
Carry me, carry me home*

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Weekly Gratitude 20



This Week's Gratitude

For Self love and the ability to recognize our gifts, talents, beauty, and magnificence

This Week's Action Statement

"I am grateful for my self on all levels and in all dimensions. I love my talents and skills and how I show up in the world. I am appreciative of my beautiful heart and openness to people and life. I am thankful that I let love in and see beauty in everything. I continue to appreciate myself no matter what the forms of life show. My Self Love is precious and empowering."

This Week's Action

Love is the essential element of the multiverse, the stuff from which all life flows. It is in each thought, each breath. It propels us into the next moment. It reveals the truth of our being whether we see it or not. The more we remember and acknowledge and appreciate this existence of Love the more it reveals to us. We are made of Love...

We are taught in this culture to be careful about self-love... Narcissism, conceit, selfish...words that sting and carry the judgment of others...words that interfere with our own recognition of our specialness, our essential place and presence in the expression of the world at this time.

In these quickening times of change and remembering and clearing, we are being called home to the power of self love. Anything that has happened thus far on our unique journey is being called and clarified and released to bring us right back to the place of our beginning. In this incarnate truth we are now being called to name and celebrate our unique expression of the divine that we are. It is time to deeply appreciate all the perceived flaws and inabilities and choices and results and hurts and pains and mistakes...

Every moment has been essential to mold us into the powerful expression that we are. Therefore, celebrate it. In the celebration we release the judgment and accept what is. From there it is easy to invite higher vibration experiences in, for we will simply attract them. Self love is a recognition of who we are. It is a moment by moment acceptance that we are indeed, very special. The frequency of each of us creates the music that builds the symphony of life. Our creation is no accident. Our creation is an opportunity for the divine to experience itself as us, and vice versa.

It is time to see ourselves with new eyes, eyes that see only beauty. If there are elements that you want to change, then do so with respect, honor, and love. We are all destined for the same reunion with truth. We move at our own pace, as determined by free will. Enjoy the ride and see the truth in each experience. Nothing we have ever done warrants removing love from our eyes for ourselves. So, with every breath, with every thought, with every word, with every action, love your whole self. Watch your outside world change as you call your truth into expression. The magnet of love is irresistible. Use it excessively on yourself now to clear away misconceptions that are no longer valid.

This week:

- See yourself with loving eyes. Purposely look for the areas of your self you have judged. Then flood them with love and acceptance and celebration. Own the beauty of each and give gratitude for the gift it gives.
- Spend time in the mirror looking closely at the physical incarnation that you are. Every element is a manifestation of an experience and a subsequent choice turned into belief. Unloved, discarded by judgment, parts of ourselves simply do as they are told energetically. Feed love and nurture and water the "flaws" back into acceptance and celebration and beauty.
- Monitor your thoughts for ones that are "unloving" towards you. Replace them and say the new one often.
- Make a list of what you love about yourself. Make a list of what you don't love. Turn this second list into things you love. Then speak them all out loud every day this week. Prepare to transform.
- Say, "I love you, (your name)", a lot. Hear the words and let them in. Speak them to your child self. Feel them. Open your heart to them. Be grateful for you...smile at the thought of you...



Weekly Gratitude 21



This Week's Gratitude

For the Inner Child that lives in each of us, calling us home to reunion with the Truth of our Being

This Week's Action Statement

"I am grateful for my inner child self who holds the Divine Blueprint of my unique expression of I Am That I Am. I celebrate how beautiful and lovable and valued and precious my little one is. I pay particular attention to nurturing and playful time to demonstrate my devotion and consistency. I give thanks that I have woken up to reunite my Self."

This Week's Action

Recognition of an inner part of our self called the inner Child first took notice in the 80's when John Bradshaw and others in the AA movement referred to the wounded element of ourselves. The first references to the Child Self was in the Transactional Analysis work of Eric Berne in the 70's. The movement took a powerful turn when author/artist, Lucia Capacchione, published her monumental work, *The Power of the Other Hand*. This opened the door to actual two way communication with the Inner Child. It has led to an even more profound discovery in this current time of transformation: that the Inner Child Self holds the blueprint of our I Am Self...and reconnecting the adult and child selves brings us into a long-desired balance that quite literally, opens the doors and windows to living fully in this dimension.

So, this week, we celebrate and give great gratitude to the progression that has led us to this essential reunion. We honor the child self within each of us that deserves to be healed of the wounds of the journey. Up until these times the child, whose only means of communication was the physical body and the emotions, held the wounds of life since conception. The child took on the inappropriate role of making decisions about our survival, decisions made in desperate moments with little information. These decisions became the beliefs and patterns that kept us winding through life dancing around love, safety, and success.

With Lucia's dialogue with the Inner Child process we are now able to hear the child's feelings, frustrations, and thoughts. The healing is a process of letting go of the old energetic debris and building a safe place where the child can be protected, nurtured, loved, heard, and celebrated. The relationship between adult and child is quite likely the soul mate reference tossed about for so long. Once the child trusts the adult then the patterns and sabotage begin to transform into trust and support and acceptance...and the real lost childhood is reclaimed and lived, for the first time in this life.

Now it is time to re-educate the Inner Child as to what is theirs to do. It is time to remove the inappropriate responsibilities and let the child know that he is valued, loved, nurtured, and that she will never be abandoned by the adult. It takes time (not as much as you think), but it is so worth it. Celebrating the inner child by acknowledgement is the first step. This week we focus attention on this essential element of who we are. We speak the birth name often and out loud. We call back the angelic energies aligned to the true I Am frequency of our precious Self. We consistently spend time in play, in remembering how to find joy in the simple, in how to surrender to being cared for, in how it feels to be connected so deeply, in how to help the child let go of the "taking care of us" patterning. This is such a pivotal week, for this lays the fertile ground for a very different now and beyond. Consider [setting an appointment](#) with Mark to develop the inner communication to blossom the trust filled relationship between your adult and child.

- Create a sacred space for reminders of early childhood: pictures, drawings, toys, clothes, etc. Visit the altar daily and consciously appreciate the precious part of you, reminding her that she no longer has to take care of so many things. You are here for her always and in all ways.
- Notice children and how they move through their moments. Rekindle your memories of you. Practice...
- Start to view your world from the eyes of your child self, with innocence, wonder, and a desire to explore and learn. Experience your moments as if for the first time. Involve the senses. Explore and expand your connection with life.
- Explore Lucia's work and start to dialogue with your inner child. Everything will change. Trust me!



Weekly Gratitude 22



This Week's Gratitude

For the food that nurtures and sustains body, mind, soul, and spirit

This Week's Action Statement

"I am grateful for food and its ability to nurture and sustain my many energy bodies. I give thanks for the natural source of food, for the flavors that bring me pleasure in eating, for the incredible ability of my physical body to turn that food into life and energy for me; for my ability, in any moment, to choose a loving relationship with all I put in this body. And so it is..."

This Week's Action

High on the basic needs list is food. One can sustain oneself longer without food than other essential needs like air and water. But neither of those carry the emotional and energetic effect and baggage that food does. Since the day we were born we have had a relationship with food. It has sustained us, yes, but it has also interfered with own well being because of the habits we have taken on around its consumption. We have been bombarded with rhetoric about the right foods to eat, in what proportion to eat them, what is good or bad for the body health, which foods contain essential nutrients to sustain life, which additives are harmful, where to eat, when to eat, how to eat, how to not eat...on and on. And it changes as fast as the weather. That is not to mention the world of dieting.

In this moment, let us simply start over and give gratitude for the existence of the natural food source of nature, for the plants and herbs and fruits and vegetables and grains and nuts and seeds and animals. It might be useful to adopt the attitude of the native cultures and create a loving, gratitude experience with everything we buy, prepare, and put in our mouth. Blessing the food we eat from source to table allows us to expand the nutritional power of that which we consume. It is no secret that food prepared with love simply tastes better and nurtures us energetically on many levels.

We give thanks also for the inherent wisdom within us, when listened to, guides us in what and when to eat and how much is necessary in that moment. Deep gratitude for the body's ability to digest and assimilate that food into its chemical elements that will nurture the life force and energy of this physical home we are living in. It is designed to be a beautiful sustaining relationship. However we have been with food and the results of that path can be undone by awareness and choice and action...listening to an inner voice that knows what is healthy for our being.

Physical food is one thing, mental food is another, and spiritual food, still another. Be aware, if you choose, of the thoughts and beliefs that nurture and sustain your balance. Make a list and refer to it often to feed the thoughts that serve your Whole Self. So, too, make a list of those thoughts/beliefs that diminish you, compromise you, limit you in any way. These are insidious and appear like a shadowy friend. Choose to identify them and weed them out of the garden of your mind. Notice the result. Use your will to release all that which does not serve you. Your spiritual food must align with your essence and being and sustain all life for it to be of real value. Toxicity of any kind only diminishes life force, reducing vibrations and vitality until one is sluggish and hesitant about life.

Deepen and expand your relationship with food. Start with the thinking kind and let go of the toxic thoughts. Nurture your spiritual IQ by meditating and feeding yourself the truth about your Whole Self. Ask for and open up to resources that are of higher frequency. Open and you will begin to see new perspectives and people flooding your personal zone of awareness. Engage them. Interact with them. Learn through them. Then really look at your eating habits. Work with the emotion first to learn what you are wanting to fill up or mask with the eating. Quit ignoring your body...it needs love, spend time in front of the mirror and see where you hold the debris. Every moment spent in loving your vehicle will raise the vibration which could quickly help to burn away the past habits and results.

Be aware of how ignoring the input of your body and emotions only furthers the vibrational decline. So, do the opposite. It is all about nurturance and respect. It is all about paying attention. It is all about choice. In the new vibration of these times there is so much support on so many levels. End the relationship with habits that do not sustain your magnificence. Ask for help. Food is a miracle. Let it be. Become a gourmet of self care. Choose food that is tasty, nutritional, loved, beautiful to behold, and lifts your spirit. Convenience is a trap. Your well being takes tending the garden of you. Great thanks for how much you truly love yourself. Now lets go eat...to life!



Weekly Gratitude 23



This Week's Gratitude

For the ability and choice to create movement through dance

This Week's Action Statement

"I am grateful for the pulse of life that inspires me to move to surrender to the rhythmic flow. I give thanks for the patterns and rhythms that move my cells to dance. I am deeply grateful for my willingness to dance my moments into full living celebration that leads me into the profound beauty that awaits my claiming of it. Na, na na na na..."

This Week's Action

The multiverse is vibrating, in constant motion as the atoms and molecules oscillate in patterns of celebration that create form. Change is constant. Flow is the invitation of love to allow one to experience the richness of life. Everywhere is rhythm: the seasons, the daily cycle, the weather, gestation, breath, heartbeats, blood flow, digestion, waves and rivers...on and on the dance of life. Nowhere is there anything static. Even the rocks change via weathering by the elements.

To attempt to remain static, to hold back the flow of life, to resist change...are all exercises in futility. And yet, we so often do our best to resist growth, keep the status quo, refrain from responding, hold in the energy, keep the song inside, or refuse to dance because we do not know the steps. STOP IT! There is no faster way to the mediocre life than to be a wallflower. Whatever your reasons that you hold back and watch while the world moves on and others have the fun, they are not worth it.

Just move. The body is designed to be active. The gift of life is not to be kept under the tree in pretty wrapping. We are designed to get dirty. We are programmed at inception to oscillate a frequency that contributes mightily to the grand symphony. Holding back for the sake of others, or looking good, or because of old woundings are just not satisfactory reasons anymore, not that they ever were.

Be grateful that you can move your body. Be grateful that there is a pulse to life. Be grateful that you are a song that is to be sung. Be grateful that the steps to your dance are your own. Engage in life...do not hesitate to let the music swirl and lift your heart into unfettered willingness. Take the first step. Your higher self will lead you when you surrender. Put on music and move...in the comfort of your own space. Open the door to allowing and see how the dance takes over. Walk and create a rhythm to the very sound of your steps. Notice how everything around you falls into step with you. Get a drum and create a rhythm that moves you. Stumble your way into the flow that is within you. So many stall when they think they do not know the steps. Every dance started with a stumble and a mistake, as the steps formed themselves to become the dance. Let yourself move through the awkward beginning to find your pulse. Let the multiverse play you. Surrender your resistance.

Salsa music activates all of the chakras. Native American music grounds you in the thunderous drum of the Earth. Middle Eastern music frees the hips and disperses the woundings into the ethers. Rock and roll awakens the power center and triggers the celebration cells of happiness. The blues breaks open the bottle of pain we carry in the depths of our beings. Drink up and let it spill all over the rhythmic floor of your moments.

Notice, too, the rhythm of life. Look for the flow of the day. Watch the clouds. Follow the sun. Notice the animals. Watch the plants as they connect with the sun. Listen to the songs of the birds. Hear the patterns move. Unify with nature and see how she moves with you. The cycles are in alignment to deep cycles within you, daily routines of a divine flow that nurture and guide and sustain. And all this happens while you are unaware. Why not start dancing with all of life? It is a complete improvisation, a random dance that reveals itself at the conclusion of the current step.

Go to the beach and dance with the waves. Go to the playground and oscillate on the swings, spin on the merry go round, rise and fall on the see saw, dance out the sound of children in abandoned play. Use what life gives you in this moment. Make it a dance. Move with it. Let the spirit ignite your embrace. Open to the guidance sent to you by Love. Make rhythms with your voice, with your feet, with your hands upon your body. Feel the pulse of life and make it your source of action. Make it all up...but just do it. Put your left foot in, put your left foot out, and shake it all about...the Hokey Pokey IS what it is all about. Places everyone! And a one, and a two, and a three...



Weekly Gratitude 24



This Week's Gratitude

For the ability and choice to express artistically

This Week's Action Statement

"I am grateful for the magnificent panorama of possibility, that flows through my creative center to express through my hands, heart, voice, eyes, ears, touch, taste, and smell. I celebrate the endless sea of creation before me and take my place in the ever changing creative flow that brings forth the next expression. I am thankful that I am an artistic genius!"

This Week's Action

The multiverse is creative by design. We are all heirs to this ability to respond to life's inspiration with heartfelt expression. We hold the creative juice in our second chakra. Keeping it clear and supporting it with intentional action will keep open the doors of creation. This week we give endless gratitude for the varied world of artistic expression.

Culturally, many have been silenced creatively by artificial standards set forth. The rigidity of elementary school and the artistically compromised teachers further served to implant hesitation in our artistic expression. Coloring between the lines is a skill that does not determine one's expressive gifts. In fact, art creation is personal and unique. It is this unique assimilation of experience expressed via some medium that often creates the "next big thing". The invitation here is to just get started...explore the world through the eyes and hands and heart of an "artist". Trust that you have a vast array of gifts just waiting for the right time invitation. So, invite!

Art and expression can be: speaking, facilitating, singing, writing, drawing, sand painting, painting, entertaining, cleaning, organizing, dancing, storytelling, caring, leading, sand castle making, photography, planning, collecting, playing, exercising, watching movies, building, journaling, script writing, making movies, sculpting, helping, cooking, repairing....on and on it goes....

The point is to take action and choose to create...that starts the journey. Mostly, it is a mind job that keeps us from taking artistic risks, thinking others may judge our creation. Who cares? 10 critics in a room will all have a perspective. Do it for your own expression. It is imperative that we let our emotional energy move through us. This is an important cleansing process as well as a way to integrate our unique life experience. Do not buy into the old patterns or beliefs that self judge before you even pick up the pencil. That is the old way and it holds no value in these spirited times.

- Take a walk outside and pick up 10 things that catch your eye. Bring them home and arrange them in a way that is pleasing. For three days revisit your display and redo it. Art can change. You have the power to do that.
- Get some crayons and draw. Start with stick figures and play with simple designs and color. If you like it get some instruction...there are skills to be taught that would make us better in the modality. But do this strictly for you.
- Get some water color paints. It is an easy medium with which to explore color and combination. Notice how the blendings create new expressions. Let yourself play. Artistic is relative. By engaging you open the doors. Do not wait for life to come to you.
- If you can, go around moving water and watch how the artistic hand of the water spirits do their endless dance. See how the water or waves move the sand particles. Do something to influence the work of art. Watch it get washed away in a transformative flow.
- Work your muscles of creativity by looking at everything differently. How might you change that, improve upon it, make it more enjoyable, adapt to fit your likes, etc. Open up that second chakra treasure chest. It is the moments of living that feed the artist. Creativity lives in the same center as passion, joy, and fear. The wounds of life are also stored in this second chakra. Use the unexpressed to seed your creations. Get your mind out of the way. This is visceral. Breathe and allow the flow to begin. Refrain from censoring, from judgment. This is raw exploration that reveals a host of possibilities. Create! Just create!



Weekly Gratitude 25



This Week's Gratitude

For the ability and choice to celebrate life's moments in play

This Week's Action Statement

"I am grateful for my ability to play without care. I am thankful for my wild and fertile imagination that brings joy to any moment and situation. I give great thanks for this beautiful playground, Earth, and all my playmates to come. I am so happy to have found the courage to balance my life with daily times of playful, exhilarating activity that blesses my heart and soul!"

This Week's Action

By design, we are unlimited beings incarnated into an expansive dimension that offers us everything we need to sustain a grand life of exploration and expansion and remembering. Knowing that, as we open to and allow it, our needs are met by the multidimensional support system already in place. That leaves us, again, if we choose, to fill our moments with playful thought, feeling and action. Yes, we are here to play. It is as important as the work we choose, the relationships we tend, and the time we fill.

Play allows us to experience through wonder, imagination, abandon, and joy. Consider your life as a child. Yes, some had a very short childhood, filled with responsibilities and experiences often well beyond our years and understanding. We were not really given permission to play with no concern or consequence, to explore the inner and outer world unconstrained by time and space. So, we have learned to work and do what must be done. Play is set aside...and even then it is adult play, with cost and tools and rules and equipment and responsibilities and consequences...

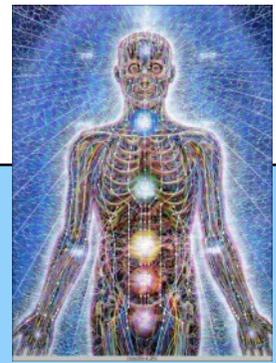
This week we give wild celebration and endless gratitude for simple inner and outer play and rediscovery of this beautiful world. We call forth our invisible playmates to clear away the cobwebs of responsibility and deposit us on the imaginary playground of our choosing. Let the imagination spring open to clear the second chakra memories of a lost childhood and drop us into abandon and spontaneous expression, complete with vision and soundtrack.

Rediscover the sheer and simple joy of seeing a flower for the first time, feeling the wind on our face, hearing the leaves or the ocean or the stream or the insect. Play is found in moments, replete with infinite possibility. Common objects become tools of play, assigned new capabilities. Whatever shows up is the vehicle upon which we ride into the dreams of a happy childhood. No moment is empty. The kingdoms, invisible and visible, beckon you to expand awareness and make everything up. It is an etch-a-sketch moment by moment. Draw it, experience, erase it, build a new one.

- If you decide you are unable to allow yourself to play because you are too grown up...stop it! That is simply old programming and a childhood misplaced too early by familial circumstances or events. Your child lives in you. It is time to make that child thrive...by giving permission. Make a choice and take action: play games, sing kid songs, play sports for fun, visit a playground, swing, play jacks, have a play day with friends, dance, make up stories, build sand castles, build a fort, make scissors out of weeds, make a crown of flowers, run, twirl, spin, make sounds through all your moments, color outside of the lines, play hide and seek with the insects, make jewelry out of found objects, eat watermelon with no hands, go swimming, play with the dog, go to the zoo, listen to the wind, watch clouds and see what you see, reclaim your relationship with your imaginary friend, make a boat and sail it, look through a telescope, climb a mountain, scoot down a hill on a piece of cardboard, go bicycling with a care in the spokes, jump rope and sing the songs, watch movies you saw as a kid, dress up and act out something, make hats, build a popsicle stick house, make a dam in a stream, lay on the grass, go barefoot, make sounds,...there is no limit to what you can do...just do it. Play will reawaken your child self and lighten your moments and severely diminish the pain of living the life you have made up till now. Make happiness through play your priority and watch your life blossom.
- Adopt an attitude of playfulness. Let it be your first response to the forms of life's moments. You really do have a choice. We get so caught up in the old forms, held in place by years of believing in limitations, in holding on to old wounds, in playing small. Let it go. Play through it. Make believe a new life and watch it manifest. Bring back imaginary playmates. These were guides and personal angels that were support in the early years. They are still around. Call them forth and then play like your life depended on it...it does...so do it!



Weekly Gratitude 26



This Week's Gratitude

For the magnificent physical body, home to our spirit self while in the earth dimension

This Week's Action Statement

"I am grateful for my physical body. This marvelous, magical vehicle is the perfect home for my Spirit. I celebrate its capacity to support and sustain my life's journey. I give great gratitude for its ability to heal and stay in high vibration to move me with love, joy, and flow through all that I am here to experience, accomplish, and remember. "And so it is!"

This Week's Action

This dimension Earth requires that we incarnate into a physical body in order to experience the unique frequencies that are a part of this plane. The body is not who we are, but, rather, a temporary vehicle for our life journey. The body is jettisoned upon completion of our time here. Each time we incarnate we do so in a completely different physical body. The point is that, as a spiritual being having a human experience, we keep perspective and do our best to fully live while remaining unattached.

Having said this, let us celebrate and give great thanks for this remarkable human body we inhabit. It is, indeed, a wonder in its complexity and capability. Designed by genetics and etheric influence it serves us loyally throughout our life, responding quickly to thoughts, beliefs, patterns, and actions. A coordinated mass of vibrating atoms and molecules that align to form organs, structure, systems, energy pathways, electromagnetic fields, cellular communities, and a unique life in expression..

This body is designed by higher wisdom and has inherent capabilities far beyond what has been revealed up until now. Much of it is scaled back to support the diminished thinking that comes from lifetimes of programmed limitations. Unfortunately, in this dimension, the focus has been on lack, not abundance, and thus, we seek to fix a perceived broken body. The historical medical system is a response to the patented reduction of symptomologies, not the celebration of an artistic and energetic marvel.

The body, in all of its cells, remembers its true form, regardless of the impact of personal life choices upon it. It is always seeking to recreate balance. Our body is capable of cellular replication, of healing itself, and, if allowed to and when supported by aligned thinking, feeling, knowledge and action, it will lovingly heal. Sadly, there is way too much investment in compromise and disease and death for most to live a life of fullness.

The now creates the future. Your past does not determine the you of now, unless you allow it. So, choose to know the truth of your body, what it is capable of achieving, and how to maintain and sustain its wellness. Surrender all misconceptions and misinterpretations and see only magnificence and unlimited possibility. Feed that body with thoughts, feelings, words and actions that enliven and raise your vibration. See beauty in everything. Celebrate your body by acknowledgement and gratitude. Begin to see its loyalty and capacity for wholeness. Affirm the unifying flow of all of its parts and the harmonization of all of its frequencies. This is what will kick the lower frequencies out of your temple. And restore the rightful power to the throne of I AM.

- Spend at least 10 minutes a day in front of a mirror seeing, acknowledging, and celebrating the magnificence before you. Pay particular attention to "trouble spots" that you can easily judge as "bad" Actually, these are repositories of held energy, unexpressed woundings that have gathered to get your attention so that you will release them. They are triggers of awareness for better self care. Witness them with love. Do it until you see their beauty. Love them back into the form of their original design.
- Give daily gratitude for all your body can do, how it shows up, and how it just keeps going. Make this a religious experience. Celebrating will empower the body, heal it up, clear it out, make it shine.
- Remember injuries and compromises you have made, disrespect you have given, wounds you have held in, words of the heart unspoken, judgments carried and fed...lay them down and affirm only your health and wholeness. Do NOT buy into the old forms of self-put downs. Witness yourself home. Recreate your temple.



Weekly Gratitude 27



This Week's Gratitude

For the ability to ground and stay balanced in our body, as our physical foundation.

This Week's Action Statement

"I am grateful for this beautiful, symbiotic relationship with the Earth. The power and cleansing exchange is accepted with endless gratitude. I commit to tending my connection and sustaining the balance I deserve in this physical form. My body is my energetic temple from which I interface with life. I accept and celebrate the magnificence of this design!"

This Week's Action

In this Earthly dimension we incarnate into the physical form upon this powerful, magnificent planet. By design, we have a deep and constant contact and communication with our Mother Earth. The process of consciously maintaining a solid connection is referred to as grounding. To be grounded is to be fully in our physical body, with our faculties and clarity available for use in any of our moments., thus maintaining a balance.

The Earth sends us powerful energy through the Earth Star Chakra, a plate 18 inches below the feet. Up through the right leg the energy flows with a strong and constant current to be utilized via the Higher Self and body wisdom. Then, the lower vibrations cleansed from our body chakras is sent down through the left leg through the Earth Star to be transformed as vibration to be used by the Earth for the highest good of all. This cycle flows by design, whether we are aware or not. Conscious use expands the empowering and cleansing effects to keep us in a clear state.

Staying grounded is amplified by attention and action. The more one attends to this essential purpose the more one is present to meet the unique forms of living that are laid at our feet. Since this dimension is that which requires the physical body as our vehicle of travel, the necessity of being connected allows consistent, supported flow. Strong foundation supports all the energy bodies and successive chakras. The more one tends the foundation, the stronger the house, the more our higher vibrational self is available to experience the nuances of living. In truth, work done in the root chakra clears the channels to the crown, opening each to its frequency of wholeness.

Becoming grounded and maintaining that state is done through a myriad of ways. Putting your feet on the ground is certainly an obvious one, barefooted is better, as the direct skin to earth contact is enervating. Breathing slowly into the body brings us quickly back to a state of center. Stomping on the earth, as in a tantrum or a native dance, stimulates the root chakra to send a frequency cord directly into the earth. Simply spending time in any natural place realigns the cells to support one another.

Healthy eating, hydrating, and a range of consistent exercise also maintain one's body presence and awareness. Releasing the unspoken at the end of the day will help to sustain the clear state. Cultivating beliefs to be in alignment with your higher intentions will reduce opportunity for energetic distraction and diminishment. Daily rest and reflective, meditative practices will result in focused mental and neutral emotional states.

Many, due to difficult childhoods and woundings, have sought to stay clear of that domain and spend an undue amount of time and focus on being spiritual. To me, choosing to incarnate in this dimension, is a commitment to experience it fully. Be in body...for that is where the information is. Grounding will insure that we have all the tools to do so. Choose to do so...

- Our planetary relationship is one of the main attractions for an endless sea of etheric beings desiring to experience incarnating here, that along with the capacity to feel. Pay attention to that relationship daily and allow yourself to expand and reclaim a quality, multi-dimensional life. It starts with the feet...and, by the way, dance and celebrate your way into being solid on the earth.
- Simply be aware of the importance of foundation through all your moments. Doing so kicks some natural grounding processes into action. We are in symbiotic relationship with the Earth, 24/7. Your awareness amplifies the connection, feeding it, nurturing it, strengthening it. Be grounded and see how you are able to flow with the forms of life. Be the architect of your moments, not the victim. Grounding does this...



Weekly Gratitude 28



This Week's Gratitude

For family, the one we incarnate into, the one we choose, and the larger one...life

This Week's Action Statement

"I am grateful for all the forms of family that have blessed my life. I acknowledge and claim the gifts they have brought me. I embrace the learnings from each that have helped me to remember who I Am and live the fuller, deeper life. I give endless gratitude to the Universal family with which I am aligned. I know I am always safe and cared for by the love I AM".

This Week's Action

This week we acknowledge the many forms of family that impact our lives. We celebrate and send gratitude to them as we appreciate all that they each bring to our awareness, growth, and remembering. Two family forms, family of origin and family of choice, have the most impact on our moments of living.

It is said, and I agree, that the family of origin is carefully chosen prior to incarnation to allow us the greatest opportunity to work through that which we are intending to focus on. We choose the players and intend the circumstances that give us the greatest chances to clear old vibration and remember the truth of our being. As, by arrangement, we pretty much forget all this as we cross the dimensional veil into the earthly plane, we are tossed into relationships that are designed to confront and impact and, ultimately, empower us to remember and reclaim. So, it is with great appreciation, that we honor our parents and siblings. The very forms of interaction with each has been a potent vehicle through which we find our joy inside, after, most likely, a long and winding road. The genetic and lineage beliefs, actions, thoughts, patterns all provide us with much of what we require to help us succeed with our original plan. Deep blessings to each for the opportunities to grow.

To those we connect with who are resonating enough with us to become friends, colleagues, partners, etc. we send gratitude for their assistance in helping us to reclaim who we truly are. That they are able to witness us and help us to understand the winding path we are on, we say deep blessings...This family of choice walks our days with us, coming and going on their own journeys, weaving in and out of our lives, showing up at just the right time to provide the word or the hug, or the piece of advice necessary to help us alter our own thinking or course. We are often more deeply connected with this family than our other. In fact, many that we connect with have traveled lifetimes with us, even coming from the same soul groups, vibrating at harmonic frequencies with us to feel in alignment.

Deep gratitude also to the extended family of the earth's kingdoms that walk with us for portions of our journey. The animals, the elemental energies, the natural world are all a welcome friend to us when we need them. Being open to them helps us access greater guidance and support than through that available only through human sources. Additionally, the huge entourage of angelic and etheric beings assigned to our frequency gives us a family that is multidimensional and always there by request. We are not alone by any means. The more we celebrate these family units that we have relationship with the more at home we feel in our moments. It is as if all has been put in place for us to succeed in remembering and claiming who we are and have always been...

- Reflect upon your family of origin and list the learnings each has provided. Perhaps a contact of gratitude is in the ready for you. Giving and appreciating can open up even the darkest heart. Recognize, also, that which did not serve you. Find ways to make peace with it. Learn from it. The issues have information for you. Consciously let go of the issues. Ignoring them creates challenge. You choose.
- Feed the love of your family of choice. Too often life scoots by and our focus is not on all the resources that got us to where we are. Email, text, write, call them all at least once a year. Relationships must be nurtured. If you feel alone, reach out. We get what we give. It is Universal Law.
- Become aware and celebrate the larger family of life that is there for you. Notice the animals that visit. Call for assistance and connection and inspiration to the unseen world. Go into nature and allow the love for you to infiltrate your field.



Weekly Gratitude 29



This Week's Gratitude

For our capacity and willingness to choose to let go of the past

This Week's Action Statement

"I am grateful for the ever changing flow of life. I celebrate my capacity to choose to let go of what has been, to lay down the pull of the familiar to be fully open to the infinite possibility of this brand new now. I give thanks for my willingness to cleanse the old to be fresh for each morning's gift. I am grateful that I will be well taken care of when I let go."

This Week's Action

The past is a curious thing. It has a lure. It teases us and convinces us of its importance and then infiltrates our moments to mess with our moving forward in life. It wraps around our feet and heart and mind like a chain and tells us in whispers that it is the determiner of direction, happiness, peace...that the future is a direct result of every element that has been. And, the perspective is supported and reinforced by family, friends, culture, and the media. "Learn from the past", we are told. "History repeats itself", echoes in our being. Our moments start to seem familiar. We keep having the same type of relationships. We go about routines, following the same path or technique or direction. In fact, we seek the familiar, the known, to give us a false sense of comfort. And, the cost?...the full experience of the adventure of life...that's all.

So, that is one way to live. Well, here is a thought that will draw a line in the sand for you: the past does not determine the present or the future...unless we choose it. Yes, we are born again each moment with a clean slate of possibility, given a new lease on life, as they say. It is called letting go...releasing the past...clearing the influence of days gone by...surrender...clearing the energetic memory of toxic experience.

It is true that patterns are developed by repetition. The nervous system creates pathways from repetitive thought, action, and experience...because it assumes that this is what we desire. If that desire is for the easy, familiar, "comfortable" life, then this is useful, or so it seems. I ask you, is that what you came here for? Given this infinite playground of possibility, why would you want to repeat the same over and over...like a perpetual Groundhog Day.

Freedom comes in letting go of what was, breathing it out to stand on the threshold of now, open and eager to drink in the gift of the Higher Self's direction laid at the altar of our awareness. The Higher Self is always steering us toward new awareness and an opportunity to raise our frequency through experience. Honestly, it does not make mistakes...though they may feel like or appear to be so. Trust your guidance. Especially in these profound and transformative times.

The multiverse is giving us an energetic douche...a cleansing of proportions we have never experienced before. And what are so many doing with this benevolence? Kicking and screaming and clinging to the past, resisting the momentum of our very own cells to reclaim their true glory. Stop it! Throw open the door of the now and say yes to all that is here and coming, the adventure you were designed for. The past is over. It's influence is insignificant. Let go of holding to the rock. Let yourself surrender into the rushing waters of the life well lived. Your delight is beckoning. It requires a conscious choice to embrace it...and that choice is to let go.

Forget the old ways...we are designed for change. Our cells and nerves replicate. We are given a new day after the darkness swallows our previous choices...a new day to live our perfect dream. Choose and practice letting go. Notice the thoughts that recycle familiar pain and limits. Notice the patterns that give you a comfortable routine of the same old shit. Look how your words and friends and work and movements and beliefs are like the leaf in the eddy of the stream. Round and round they go...and we think it is comfortable because we "know its dimensions". It is limiting and robs us of discovering and reclaiming who we are.

In this moment, let go. Lay down the forms and the thoughts and the actions of that last now and move forward with open heart and mind into the next creation. Allow change even in the routines of your life. Look for something new. Do one thing differently. Take a new direction to work. Eat something different. Put the pants on with the other leg first. Change a familiar routine. Develop a new skill, craft, or talent. Let go of the way it has been. Surrender to who you fully are by holding on to nothing. Talk about adventure. Just see how beautiful life can be...



Weekly Gratitude 30



This Week's Gratitude

For our Mind

This Week's Action Statement

"I am grateful for my mind, the window to experience... and the understanding and embracing of that experience. I am so thankful for the endless capacities to interpret information and set new courses. Great gratitude for the design of my mind to be multidimensional, thus allowing a full and rich life of infinite possibility."

This Week's Action

Mind is a noun that is defined in the following ways: (in a human or other conscious being) the element, part, substance, or process that reasons, thinks, feels, wills, perceives, judges, etc.: 2. Psychology . the totality of conscious and unconscious mental processes and activities. 3. intellect or understanding, as distinguished from the faculties of feeling and willing; intelligence.

For our purposes here let us accept the mind as the thinking part that houses our "identity". In this domain we interact with the dimensions to create relationship. In gratitude we celebrate this magnificent vehicle through which we experience life and all its ramifications. This mind allows us to perceive our domain and environment, to enjoy the world. It is this remarkable faculty that moves us to evolve in awareness that more greatly expands our experience with the elements of life. Here, we also have access to our time line of experience, where memories reveal their emotional elements and through which we maintain continuity and refine how we are in our moments. The mind opens up time and space to reveal a grander, expansive, inspirational connection with all life.

Here, too, reside our perspectives and our judgments, our unprocessed emotional residue, our beliefs and paradigms that influence mightily how we show up to others. It is this mind, through the thoughts, that limits or expands us. It is the seeming resource pool for our unique personality expression in the world. And it is the part of us that entertains, decides, and makes change based upon our past choices.

The mind often gets ignored as an element of ourselves. Rather its actions take precedence as if they were who we are. . The mind often gets labeled as ego, with all the subsequent baggage attached. Witnessing and appreciating the mind for its remarkable capacities and talents is a powerful act of inner support. Embracing it as an essential part of our ongoing journey is also a significant way to create self unification, blending isolated parts into a cohesive Wholeness that is in line with our true design.

It is our mind that inhales and breathes out our place in the world of the now, learning from a remarkable ever changing journey of rediscovery. To recognize this is to empower it and amplify the full expression of the I Am that we each are. Opening the mind by releasing or reducing self imposed limitations spirals us into an all encompassing experience of the "oh, so much more".

Today, let us acknowledge and celebrate with love this perfect design of mind, body, and spirit...a supreme gift of the All That Is.

- Take time to explore the unique expression of your mind as you. Notice its tendencies. Notice its restrictions. Notice its desire to expand.
- Appreciate your mind by giving it regular time off. Get into Nature and allow the vibrations to reduce the distractions of thought.
- Listen to music and let your mind relax. When thoughts fill in , return to the sound you hear.
- Give your mind some powerful support by making decisions through the heart. Seek to align the two. Simply bring your attention to your heart. You are designed to know what to do with this. Let it reveal the way. Notice the remarkable results.



Weekly Gratitude 31



This Week's Gratitude

For the compassionate heart and spirit

This Week's Action Statement

"I give deep gratitude for my ability to live with an open, compassionate heart, choosing to be present for those I see in difficult circumstances. Great thanks for our interconnectedness that invites us to be present for one another, choosing love instead of separation. Thank you for the opportunities that will come my way to practice and administer compassion."

This Week's Action

"Compassion is the keen awareness of the interdependence of all things," says Thomas Merton. Arthur Jersild states that, "Compassion is the ultimate and most meaningful embodiment of emotional maturity. It is through compassion that a person achieves the highest peak and deepest reach in his or her search for self-fulfillment." Compassion is the unencumbered expression of an open heart, connected with the unity of all life. A compassionate heart is open and patient, unconditionally loving, supportive and sensitive, helpful and sustaining to those in suffering. It is a higher vibration frequency laden with angelic presence and support. Far beyond empathy, it is an action, a direct decision to be present for those in need, to do something outside of ourselves.

The Dalai Lama has said, "If you want others to be happy, practice compassion. If you want to be happy, practice compassion".

In a recent trip to India, I was somewhat overwhelmed by the sheer mass of those in need. My heart was opened by the seemingly endless scenes of those who appeared to be requiring something more. I witnessed a clear sharing by the common people for one another. Beggars had support beyond their business. The cattle in the street were brought food. The survival needs of so many were tended to by open hearted individuals and groups. It was a moving experience, especially in comparison to the rampant insensitivity evidenced in the Western World.

Compassion is, in my opinion, a natural trait of the living. To show up for someone is a strong indicator of one's own evolution, one's willingness to step outside of the safe, comfort zone to make a difference...without a desire to receive accolades. A clearer, more balanced state invites one to have a broader perspective, a deeper understanding of life and its interconnectedness, and a greater likelihood to notice where attention and compassion are needed. Listening, comforting, nurturing, providing basic needs, offering learning...all reflect compassionate living.

We acknowledge and give deep gratitude for the natural design of the heart that includes the capacity for compassion. That we are programmed to be sensitive to one another and reach out to lift another living being up is a beautiful testament to the designer of us all. In these changing times I set the intent for more to live compassionately. The uber wealthy have become accustomed to ignoring those in need, choosing rather to engage in amassing greater wealth often at the expense of those without.

- Take stock of your tendencies: are you compassionate, empathetic, or do you tend to turn your gaze when you see misfortune?
- Examine your level of self care. One is more apt to help another when their own garden is tended and stocked.. Can you see yourself being more present for others?
- Research your area to find out the existing programs designed to help and empower others. Make a choice to become involved for a period of time. Re-evaluate when you have fulfilled that commitment.
- Choose to be compassionate for a week. Jot down each act of compassion in a notebook. Notice how you feel during and after each loving act.



Weekly Gratitude 32



This Week's Gratitude

For the work we take on and do

This Week's Action Statement

"I am so very grateful for my physical and mental capacities that allow me to show up and complete all that is required of me at my chosen work. I give great thanks for the results of my actions that have allowed me to survive in life till this moment. I celebrate the inner work that is clearing me to remember my true talents and skills to motivate and inspire all my 'work'".

This Week's Action

Work is quite the word...we do inner work and outer work. We work to create a living. We work to improve. We work out. Work is an action that requires attention, commitment, and adjustment based upon results. It takes a varying amount of energy, time and, even, space to attend to. It must be balanced with rest and rejuvenation.

One can become addicted to the experience of work as a diversion from thought and emotional memory...one becomes a workaholic. In Western culture work is a defining device for status, worth, value, position, etc. Good work rewards with the good life...or so it is said. One must be a good worker but not do too much to the detriment of health and relationship and peace of mind.

Obviously, work is a loaded topic. The forms and costs in Western culture are not necessarily desirable. The tendency is to miss out on much of the panorama of life by focusing too much on work. Find the balance...

To celebrate work this week, let us first acknowledge our capacity to do work. That we are physically and mentally capable of performing tasks, generating prosperity, having purpose, showing up regularly ...we are truly doing a great job and deserve to receive the praise and appreciation.

So, how to take this idea of work, which appears to be a necessary piece of surviving in this world, and create a more gratifying experience, worthy of even greater celebration and gratification...let's start by looking at what you do? Do you enjoy it? Does it inspire you? Are you happy with what you get from it? If not, then it may be time to look for alternatives. What do you really want to be doing? And, please refrain from looking through the eyes of "the way things are". This is an unlimited multiverse where anything is possible and can manifest in an instant, with the right focused action. Think of the concept of your life's work. What did you come here to do? Are you doing it? Well...

And what about inner work? Are you tending your inner garden? Are you riding the energies of these times and allowing the truth of who you are rise from the ashes of your choices up till now? Lots of questions...yes, this will open up the doors and magnetize new possibilities for your "work".

Celebrating work this week is turning into a makeover. Yes, it is time to celebrate what you are truly here to do. First, discover it, then take the action necessary to make it your life. This multiverse has your interest and happiness in mind. Quit wasting time. Celebrate your infinite possibility.

You have 3 choices if your work does not serve and inspire you: keep doing it, stop doing it, or find the beauty in what you are doing. What if the routine of the daily form has numbed your spirit, so that you really do not see the value anymore, personally. Tied to the paycheck and the "freedom and fun" it can by, it's easy to be discouraged a lot. Look honestly at this, then take action. To change it.

This week, answer the many questions I have asked...get clear on your "work". Be thankful for the many skills you have learned and mastered. Appreciate how you have survived and even thrived in the forms of this world of work up till now. Celebrate that you are not really tied to doing the same old thing till you transition off the planet. Something is burning inside of you. Find it, listen to it, articulate it. Take action on it...now! This is the most fertile time in the history of civilization. Much of the inner work is being done on us by the benevolent and sweeping energies flooding each of us moment by moment. Ride that wave to bring the fire back into and out of you. We are designed for oh so much more. Do not settle anymore....work it!



Weekly Gratitude 33



This Week's Gratitude

For passion and sensuality

This Week's Action Statement

"I am so very grateful for my passionate and sensual self. My magnificent body is the vehicle in which and with which I drink in the infinite flavors of life. I give thanks for my unfettered abandon to immerse myself in living. I celebrate my senses and invite them to open to their fullness. I am thankful that I choose to feel and love life. Without limits, I say yes!"

This Week's Action

The reality of living in the physical equips us with an opportunity to experience life fully in a variety of ways and levels. By design, we are sensory beings with a huge capacity to gather data through the sense windows. By default, or perhaps from the result of experience itself, our senses have been compromised, limited, dumbed down...as we choose to blindly go along with this we are limited participants in a remarkable amusement park of breathtaking scope. Perhaps the journey is to gather wisdom through living and gradually reclaim the awareness of our true capacity, thereby slowly opening the sensory windows to ever increasing data to reveal an ever increasing experience of what is truly here for us.

Beyond this there is the additional reality of cultural and familial influence on our sensory enjoyment of life. This impacts us with hesitancy to feel and explore and immerse ourselves in the juiciness of living. We walk through our days with the feeling that there is so much more. And, perhaps the only time we can experience it in its magnificence is in an altered state, drug induced or meditative, that reveals a panoramic and inviting vista. Day to day living does not traditionally support an expansive and intimate expression of passion and sensuality in our moments. Puritan and conservative judgements, injunctions, and laws define behavior. Deviation is possible but not without potential consequences.

We are given this body with an almost unlimited capacity to drink in the energetic reality...and it is restricted. Until now. These are the days of raising vibration, of opening up the windows and doors of our senses to drink in more of the nectar of life. Choosing to open the senses is to become more involved, less numb...more exploratory, more adventurous, impassioned. Sexuality has been a traditional window of passionate experience. But with all the debris surrounding it personally, socially, and culturally, unabashed immersion is really not the best option.

Let us start with deep gratitude for our design. Honoring and giving permission for each of the senses to open at a pace we can easily integrate and enjoy is a beautiful invitation to a richer experience of life. Already the eyes are seeing an expanded color palette along with the vibrational images of life. The ears are hearing the nuances of dimensional music...even the ringing and the buzzing are signs of energetic awakening, not debilitating physical breakdown. The explosion of spice in a one world community is reawakening the pleasure of taste. Aromatherapies are infusing us with the capacity of smell to vibrationally impact us at deep spiritual levels. And the demand for touch is rising up in contrast to the decades of isolation so many have bought in to.

This is just the beginning. Invite the senses to expand...more and more. Take time to breathe and observe and experience. Passion is an action of celebration, an unchained willingness to immerse one self without limit in the mud of life. Everything is a dance of vibration. Choosing to open even one window of awareness is like taking the finger out of the dam...a rush of beauty and oh so much more is bound to follow.

Allow sensitivity to reveal the nuances of life. Gratitude for every element is a sure invitation to a greater, beautiful, next moment. Passion and sensuality are adult permutations of the zeal and excitement and wonder and playfulness and deliciousness of the child world. Inviting our inner child out to play sets the table. Start with the earth. The unexplored, untapped energetic reality of this planet is bursting with flavor and color and fragrance. It is safe. Appreciate the gift of the infinite now. Everything is born in the breath. Choose passion in what you do. Salivate in anticipation of the next moment. Show up and claim what is there for you. Hesitation is the bane of passion and sensuality. Go now and seize the moment...and for that moment forget about your stuff and surrender to the greater reality that is calling with that 900 number voice. Let it seduce you and cover you with yesses. Life opens up to the one who sees into the form...there is a pony in the pile of manure. Claim it and then play with abandon. It is a good day to fly...yum, yum, yum.



Weekly Gratitude 34



This Week's Gratitude

For Spirit in all life

This Week's Action Statement

"I give great thanks for Spirit in the whole of creation. I am grateful for the Spirit I Am and how that vibration remains a consistent expression through me no matter my level of awareness. I give thanks for my Higher Self that channels guidance into and through my Spirit self. I acknowledge Spirit everywhere."

This Week's Action

"Body, Mind, Spirit...My body's what I have, my Mind is what I Am, My Spirit is, My Spirit is..."

This song addresses the trio of elements that comprise our expression in the dimension. Spirit infuses all life, no matter the form. It is a common link between us all, uniting us in the vibrational soup of chi. Spirit elevates our moments of life, lifting it always to higher perspectives, deeper understanding, and richer experiences of our being.

Grounded in the body, interacting through the mind, guided, inspired, and sustained with Spirit...a magnificent way to live. Spirit allows us to communicate with the Essence of things, moving us out of the day to day forms of living or the energetic memories of misperception and misunderstanding. Spirit empowers us with higher vibration to be adventurous, compassionate, loving, and trusting.

Though Spirit infuses us constantly, we are not always aware of its presence. Conscious choice to seek it, invite it, and use it opens up portals, previously unseen. A true gift of the Source, Spirit is the unique expression of life as us. In endless gratitude we acknowledge and celebrate the beautiful creation that we are, willingly witnessing and embracing the Spirit in all. Look for it and feel it reveal itself through the senses, through the mind, through life.

We are Spirits having a human experience. This part of us transcends time, space, and lifetimes. Knowing this and celebrating it significantly alters how life shows up for us. We are immediately given access to the Laws of the Cosmos in addition the Laws of physics in this Earthly dimension. As Spirit we transcend the norms. The more we accept this and live as if then the more this dimension opens its gifts. Much of what we have attached to simply does not matter from this frequency. This frees us up to enjoy all that is here for us by design.

This week look for the Spirit first...in all you encounter and in any situation you find yourself in. The more you see it the more you reveal your own. Take time to step back and allow the infusion of the higher perspective. Call upon your own Higher Self for inspiration and information. Open to the multi-dimensional guidance that also willingly shares with you in this state.

Also, pay attention how the natural world starts to respond when you focus from Spirit. The dimensions jump at the opportunity to interact. The animal kingdom shows itself via "random" contact. The plant world fluffs its colors and fragrance to entice you into a deeper connection. Listen to the songs of the birds. The frequencies have information for you. The wind and waves greet you with information, interaction, and relationship. Look at the clouds and witness the ever changing shapes. Feel the warmth of the sun on your skin and invite the new codings of information that are meant for your cells daily. The archetypal shapes you see can trigger deeper inner awareness that is highly relevant in this now moment.

In other words, live larger. Opening to Spirit gives you direct access to You...the expanded You...the True You. The more you choose it the more it delights. Expressing gratitude for the marvelous expansion of life also guarantees that more is on its way. This awareness opens us to the knowing that we are meant for the greater relationship of life and love. It is no accident that this begins to make manifest. It is the way it is by design. The three dimensional relationship we have had until now is filled with and founded upon limitations. Choosing the Spiritual life lifts us beyond all of that.

Play with it...explore it... Enjoy it. Rediscover the child's world that you enjoyed in the early years. Here is the land of imagination that may currently be lost to you. Stepping into it again will give you the 10,000 gifts...and more. Celebrate...as it is just for you, my spiritual friend.



Weekly Gratitude 35



This Week's Gratitude

For the precious, renewing cycle of sleep and rest

This Week's Action Statement

"I give great thanks for the balance between action and rest. I bless my own being by choosing to seek that balance. I celebrate the symbiosis of breathing in and breathing, of action and reflection, of awake and asleep. I am endlessly grateful for the grand design of my physical and energetic self that places equal value on both, even forcing me to embrace them. And so it is."

This Week's Action

The complex and inspired design of life is a beautiful balance of the yin and the yang, the dance of the action and the inaction. As all life and creation is, at its fundamental, energy and vibration, we are in a state of constant flow. However, the design, requires moments of breathing in, or resting. In this polarity, we are able to recharge so that there is all that is necessary for action. The vibration continues. We shift consciousness and journey while the mechanism gets its energetic sustenance.

In the West we are about action and doing. Many are driven by work and are even culturally supported and elevated by the amount they do, or by their devotion to completion. They rest or balance only when in a state of exhaustion, when the physical essentially shuts down to force a break. The remarkable capacity of the body to adapt and perform functions well and draws upon a host of resources to do so...but at a cost. Over time the system begins to wear down, not by design, but by overuse and gross imbalance. Symptomatic dis-eases begin to show, inviting, and eventually, forcing the being to rest.

It would follow that one who manages the cycle of rest and activity ends up being in a sustainable flow of productivity and celebration, as well. We have the capacity to do what we must do and also fully experience the panorama of life and the endless opportunities available to enjoy. Rest.

It is even said that the higher self and consciousness take the sleep cycle as an opportunity to travel dimensionally, learning and evolving in awareness and understanding while the body rests. Entering the astral world, where physical limitations are significantly diminished, allows for dimensional movement from temple to temple, school to school, situation to situation. The dream state is another reality where the design produces a higher frequency experience. In this state we can work through our day, process stuck energies, problem solve, interact with guides, relive experiences for greater resolution, reveal deeper elements of our subconscious palette, and more. Wow...

With endless gratitude we celebrate the design and honor it by seeking to create the balance between the being and the action. This week pay attention to the breathing in and the breathing out of your moments. Consciously choose rest after action. Make sure you get adequate sleep. Yes, do 8 hours each night for the week and see the result. Slow down when you can and drink in the life that has passed you by. Learn how the balance is a wise design. Explore how they coexist.

Discover how, even in action, you can be replenishing by setting up your environment to be supportive in the background. Drink water and lie down upon the earth. Even deep breathing recharges. Listen to intentional music to calm the nerves, muscles and brain waves. Nap at the hours when your organ cycles call. Choose to pause after action and notice how resting embraces it and integrates it. Love your being down to the cells themselves by giving them what they need...rest. Choose to separate yourself from the adrenalin infused addictions of doing. Step off the treadmill of pleasing others or living in the fast lane because it is the way you were taught, or modeled, or bought into.

Become deeply aware of life. Pay attention. Doing so allows you to step back and witness the flow. In this frequency you tend to unplug and separate from the stress. Immediately you reach a resting state. Observe sometimes, rather than engage all the time. Breathe life. Oscillate with rest...action...rest...action...over and over.

You can have balance. Your energy bodies demand it. It is up to you to choose it...and then enjoy it. Maybe you could sleep on the idea and see what comes up.



Weekly Gratitude 36



This Week's Gratitude

For the ongoing adventure of learning

This Week's Action Statement

"I give great thanks for the process of learning that floods this dimension and feeds our lives with rich adventure. I am grateful for all lessons brought to my awareness, and for all those to come. I give gratitude for my skills and talents that will allow me to learn my value. I treasure that I can recognize and reclaim the essence of I Am through what I call forth."

This Week's Action

This week I acknowledge the element that has brought everyone gratification, revelation, pain, confusion, dismay, frustration, inspiration....and, oh so much more. Learning ...the very basis of incarnation into this dimension...to reclaim the true awareness of our Being...through learning. It brings us awareness; it gives us opportunity; it sets direction for living; it allows us to release unserving patterns; gives clarity to our actions; invites us into the unknown.

So, how are you with learning? Are you resistant? Eager? Open? Do you seek it out? Do you measure it and turn away if it is too hard? Are you spontaneous? Are you sequential? Do you value it or do you feel at the mercy of it? Do you perceive all learning as having value? Or do you categorize and seek only a certain kind? Do you see yourself as having the capacity of formulating your learning, guiding it, calling forth the very types of learnings you know you require at this moment? What is your relationship with your learnings?

Do you believe life is by cooperative design and based upon this moment's response you make? Is it possible that your Higher Self is guiding the forms and players to you to fulfill your intentions established before you lost your understanding at the point of incarnation? Do you listen, receive, and act upon what is laid at the altar of your awareness?

Explore all these questions and begin to consciously create a working, mutually serving relationship with the inevitable learnings drawn to you. It is a dance...of awareness, choice, action, and adjustment. Learnings repeat for the obvious reasons...because they have yet to be fully learning and freely applied to experience. Gratitude for all the forms that show up for you puts you in a flowing river of love that soothes and nurtures you the more you trust, surrender, and act.

Learnings have multiple levels, lessons within lessons, lessons inspired by lessons, lessons in response to lessons, lessons in conflict with lessons. It is a detective thriller to keep track of the endless possibilities...like the holo-deck on the starship Enterprise, where you tell the computer the kind of vacation scenario you desire, so too, can we call forth and intend the forms coming to our place of being. So, do it.

Become aware of what is "lacking" in your life. Notice where you have trouble. Then invite in opportunities to develop the awareness and the skill to create a different result. Choosing to not be a victim of a life that keeps happening to you, choose, rather, to engage the moment with the exhilaration that pours forth from an open, empowered being.

These are not times of hesitation, rather, they are times of unbridled expansion. Every lesson learned brings us closer to the full reclamation of the I Am That We Are. If you choose to pass by this moment's opportunity you know there will be others. But why postpone the glory of living and drinking in the juice of this dimension? Just for the sake of feeding your fear or reinforcing the power of a pattern that never truly served you? You are more than that. It is time to accept it, celebrate it, and act as if. Hold this frequency through the week. Notice how much you are lifted up.

Consider, also, that it is not really growing any more, moving towards some state that we currently are not. It is, rather, becoming more evident that we are simply remembering who we are. Our true design is and always has been there and available. Misinformation, distraction, beliefs, and ignorance have kept us from the knowing of our glorious selves. Are you willing to jump off the cliff of ignorance and find the wings that can lift the You inside into soaring through life? I believe you are...so get your ticket, pack up your infinite possibilities, and head out on that inner highway. You are calling you...I suggest you listen and dance your way home.



Weekly Gratitude 37



This Week's Gratitude

For the Abundance that fills the Multi-verse

This Week's Action Statement

"I give great thanks for the Infinite supply. Everywhere there is evidence and testimony to the constant flow of manna. I willingly claim my place in the flow and affirm the never ending abundance for all. I am so grateful for all that comes into my life. In my thoughts, beliefs, words, and actions I demonstrate prosperity, joy, and celebration for life. And so it is!"

This Week's Action

From the infinite supply all things arise. Energy oscillates and creates the forms that shower us with abundance. Everywhere there is...always enough...actually more than enough. Know abundance, see abundance, claim abundance, experience abundance...follow the sequence.

It is perception that creates the illusion of lack. Historical programming and affirmation of limitations and scarcity contribute to the agreed upon paradigm that humans follow with blind allegiance. And why is it that some individuals are born into "abundance" by the luck of the draw? Curious. With the advent of the New Age declarations of the power of manifestation through thought and action seeding the ever expanding consciousness of humans, the world of the chosen few is altering at a quickening pace. It is the right of everyone to have it.

First of all, abundance is not simply money. Money is a resource for exchange that allows one to have what one needs and to do what one desires when one wants. The popular notion is that there is only so much to go around. So, people hoard and learn the seductiveness of greed. Everything has an energetic cost. Greed is fear based. Many with excessive money are fear driven and thus experience the dis-eased results of their thinking. Not all, but enough, for many to think that money is a bad thing. It is not. It is a reflection of Source...and when used with conscious clarity, it is a powerful vehicle for a life of flow.

To align with the never ending supply one begins by knowing there is no lack. Holding this frequency at all times despite contrary appearances is a powerful testament of faith and trust in the law of manifestation. From this frequency see abundance in all of life: the grass, the plants, the land, the flowers, the birds, the insects, the sand the air, the ocean, beauty, possibility, the stones, money...on and on. Seeing it like this allows one to claim its ever-presence.

A sure way to put it into action is to freely participate in the flow of giving and receiving. Accepting what the Multiverse offers in all forms insures the flow. In the river of abundance we receive and give without hesitation. Interrupt and the river re-routes. Give randomly and receive with love and appreciation. Practice the incessant process of gratitude to keep your focus and call for more.

Celebrate the small and large demonstrations of abundance. Affirm the love behind the flow and know you are well taken care of. Daily, at least 20 times in the morning and at night, ask the Multiverse, "How does it get better than this?" Keep asking no matter what comes...up the anti...it can get better and better if we allow it. Create an abundance of joy, peace, love, money, and light. Fully enjoy this life in this moment!

Here are a couple of affirmative statements to practice:

"My supply comes from God, and big, happy, financial surprises come to me effortlessly and easily."

"I am the perfect manifestation and expression of joy, abundance, goodness, money, and health automatically, in unlimited quantities."

Use these a lot and, above all, resist the temptation to be overly attached to the form of the moments. Rather, see and affirm and claim the existence of abundance everywhere. There is plenty for all. And it is yours for the taking. Now go do your part in keeping the flow in motion!



Weekly Gratitude 38



This Week's Gratitude

For the beautiful process of healing

This Week's Action Statement

"I give great thanks for my capacity to heal. The body has a remarkable capacity to return itself to wholeness. I am thankful for the peaceful state that allows me to live free of stress. In gratitude I celebrate all my energy bodies by feeding them love and witnessing their beauty. "

This Week's Action

To heal is to witness as whole. To be healed is to be witnessed as whole. The witnessing is both an inside and an outside job. Both affirm the frequency of I Am expressing through me. By design, I am capable of healing any dis-ease. When I forget who I Am, I misplace the power to do so.

The body knows what to do...and when allowed to do so, will do it beautifully. Just notice what happens when there is a cut or a broken bone. There is an ongoing wisdom that oversees the reclamation of the frequency of wholeness.

In the emotional body there is an equally remarkable process. The emotions are about flow. Like water they move easily unless blocked. When blocked they gather up force and tend to push through the slightest opening. In other words, they always move towards a peaceful state. Resisting that creates tension and stress which gets stored within the cells, tissues, and organs. One learns to support the flow and expression of emotion as it arises. This allows each emotion to be a result of an event, not an explosive trigger of a legacy of unexpressed fear, anger, sadness, grief, etc.

Mentally, healing takes place by clearing up misperceptions, antiquated beliefs, and subconscious patterns. Decisions made and acted upon by the child in early years often continue to play out until further notice well into the adult years. Learning new perspectives and ways to be in this world gives new information to the old paradigms. Being willing to change and take action to bring about that change are necessary to experience a different world. The inner child is willing to surrender the control but is impacted by the past experiences...thus he hesitates. Re-education and reassurance on the part of the adult self to the child self can go a long way creating an opening and willingness for the child to let go. When the child feels safe and know she will not be abandoned again, he let's go of the pattern.

Healing is best served by trusting and supporting the natural capacities of our body systems. A regular program of empowering thoughts is very healthy. Stepping off the fear based medical model is significant as well. Living from a preventive perspective, rather than a reactionary fix-it mode, is huge. Finding peace in your life forms, daily cleansing of all energy bodies, self nurturing behavior, plenty of rest...all support a love based life. Choosing to trust the body's natural powers to heal is vital. Living in a manner that claims them and augments them through healthy living choices insures that, in most situations, all will be well.

Recognize when it is necessary to call upon the body wisdom. It is a beautiful creation that continues to give magnificent results. This week reflect upon these thoughts and consciously choose to feed and nourish your natural capacity to heal. See yourself whole and in joy, Choose to give little credence to the fear based rhetoric of the world. You will so much healthier...enjoy that state!

*We arrive in Holiness, we have the gift of life
And we can choose the way we live In shadow or in Light
But we have grown up in a culture filled with limit filled with fear
We sacrifice our wellness to what they call career
And it's hard to feel the glory it's hard to touch the free
It's hard to taste the moment believing in dis-ease
I am much more...you are much more... We are much more
We are so far beyond the forms...we just don't know it*

-Wellness, Mark Stanton Welch, [Holy Cafe](#)



Weekly Gratitude 39



This Week's Gratitude

For the Power and presence and benevolence of the God Source

This Week's Action Statement

"I give great thanks for the God Source that forms the All That Is. I am blessed richly by knowing my unity with the I Am that expresses uniquely through me. In this sea of gratitude I see God in everything, holding no expression over another, embracing all visions and all knowings as my own, celebrating the great unification, in each thought, breath, word, and action. And so it is!"

This Week's Action

Underneath the all that is lies the Source and Force of Creation, an ever revealing, expanding panorama of infinite possibility that vibrates all forms into expression. Called by many names, given human qualities, used, manipulated, blasphemed, this unattached frequency just Is...on and on.

In these revolutionary and evolutionary times, the deep truth of our Being is being revealed with each passing breath. The re-unification of souls in the Oneness paradigm opens us to our interconnectedness that, honestly, has always been. The days of separation are over. Hearts opening activate the golden cords that disintegrate the walls and shrouds of ignorance and isolation.

As unique and precious expressions of the Source, we each feed the infinite palette of the I Am as Us. Collectively, we seed creation to birth the vast sea of life in the dance of now. Each of us follows an inner guiding Light home to the knowing of our Essence in Unity. We create a personal relationship with the God Self to flavor this dimension. Our moments of living hone our energetic vehicle to a unique, identifiable frequency of vibration that musically moves through the time and space facade, giving the illusion of outward movement and expansion...but really it is a beautiful inward dance with steps learned through choice and release and reclamation.

Accepting that you are God in expression activates the cellular memory to expose the deceptive dogma of less than, perpetuated by the ever weakening forces of resistance to being whole and independent and joy-filled. Choosing to subsequently, lay down the chains of misinformation and belief allows us to embrace the big picture of our unity. The woundings that push us to blame God and bemoan our helplessness, are healed in energetic washes of Grace and Truth, emanating from the Divine Light within each of us.

Limitations become old stories. Skills and talents are birthed from the Phoenix within to allow us to fully experience the richness of this dimension. Hesitation is replaced by adventure and love guided action that spirals our immersion into a vivacious flow that celebrates the what has always been.

God Is...I Am. Know this and ignite the re-remembering in this instant. See God in all this week. Breathe in the oneness of all. Loose the boundaries of separation with life and experience the common pulse of the One Heart. Give copious gratitude to all you witness, sense, experience. Ask for more. Reach out and take what is laid at your feet. See the Source in all forms of you. For there is no other...just the All That Is. And that is a most magnificent gift for you. Celebrate...Namaste!

*"You can see it in the children and in the morning's air
You can hear it in each moment Pure Love is always there
You can taste it in the moonlight Touch it in the sun
Universal Power Universal One*

*In oh so many flavors, in oh so many hues
To make the Power personal we each have want to do
Though the rivers do seem endless They source one precious pond
There is just one God"
-One God, Mark Stanton Welch*



Weekly Gratitude 40



This Week's Gratitude

For our senses

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 Action

The senses...the windows to the world..the remarkable tools that gather vibrational data to feed the brain to allow us to experience this dimension of reality. From 5 basic up to 21 senses have been catalogued as legitimate. But for our purposes, we shall refer to six: sight, hearing, taste, smell, touch, and intuition.

Some information about the senses first...the information that the senses allow in is severely filtered by the brain via belief systems so that we do not reach overwhelm. The fact that all is vibration is visible and felt by sight, touch, and intuition. In fact, the more one opens to higher awareness and vibration the easier it is to see objects that appear and are "known" to be solid, are, actually, in a visible constant state of motion. Auric fields are seen beyond the senses. The kingdom of the elementals are seen via the peripheral vision. When we turn to face the movement it does not register. The sense of smell is one of the most impactful senses in that it transcends dimensions and past lives. In medium sessions one often smells familiar odors from the deceased or from past life experiences. We often hear guidance as if it is spoken in our head, clear and articulate. And our sense of touch is so sensitive we can pick up the energies of others as they enter our personal fields.

These few examples represent the tip of the iceberg regarding the senses. They are oh so much more. When intuition is brought in and acknowledged as a sixth sense, then the truth that it is a capacity we all have available comes to light. Essentially our senses have been dumbed down...for whatever purpose. Bottom line is that these are times when we are invited to expand the basic senses and allow ourselves to experience the true depths of this dimension.

One of the challenges of these times is that the proliferation of electronic devices and distractions has compromised our senses by limiting our imaginations. Relying more on video than the spoken or written word has shrunk the average humans capacity to imagine and picture and make believe. This creates a reliance on these devices and seriously compromises our capacity to interact multidimensionally using our inner tools...mainly because we have lost faith in them due to lack of use. So much of our experience of the world is dependent on our sight. Our inner sight has become flabby from lack of exercise.

This compromises our abilities to successfully engage in meditation and visualization to apply to receiving guidance and intending and manifesting the world we desire. It is time to reclaim the senses and free them to expand our world. This takes a commitment on your part to use them. It is essential that we develop inner sight, inner hearing, inner sensing. The movement of these times into the connectedness and oneness requires that we communicate on multiple levels. Our senses are designed to experience multidimensionality. Our minds have interfered. Perhaps it is time to rely less on electronics and short, fast images and devote our time to developing our senses.

Spend a day without sight and see which of your senses steps up, and to what degree. Take time away from noise. Rediscover silence, or at least listen to the sounds in your ears and head. Develop your touch boundaries and begin to see how you can feel people before you even know they are there. Taste things...smell things...experience deeply. Invite depth in all your experiences this week. Notice how much richer your life is. Just explore and experience...ask for help, even.

Open up, dear one...to that which you are. Take the leap and invite a greater sensory awareness, a greater sensitivity to the vibration of the all that is. Ask for a slow ramp up so you can comfortably integrate the new frequencies. Then use them. Balance them all and use them equally. Let them serve the greater You in re-memembering who you are. Give great thanks for the design of our senses. Celebrate them by using them up to their full potential. I dare you!



Weekly Gratitude 41



This Week's Gratitude

For the many forms and sources of Guidance available to me at all times

This Week's Action Statement

"I give great thanks for all of my guides. I acknowledge and celebrate and affirm our open communication channels. I am grateful that I am so supported by such a plethora of energetic beings, available at my call. I send endless gratitude for all the forms of help that lovingly fill my daily moments. And so it is!"

This Week's Action

We are not alone on our infinite journey through the cosmic dimensions. There are helpers, teachers, guides, protectors, and companions available for the calling 24/7. Being aware of this makes a huge difference in the way we respond to the moments of living. Whatever may arise, we have the right and opportunity to ask for help. And it will come...

In the earthly dimension we have all the kingdoms available: mineral, plant, animal, elemental. The minerals work energetically to keep us in vibrational alignment with the physical world. We are drawn to certain stones, gems, locations where we are supported in ways unseen, but often felt. When you consciously communicate openly to the mineral world you will receive assistance to maintain a solid foundation. The plant kingdom feeds us, soothes our vibration, and heals us. House plants respond to your moods and environment. They bring negative ions to soothe your spirit. The natural world sends you messages, calls you into its nurturing field, gives you high vibration food to eat, feeds your chakras via color frequency, gives you beauty...begin to communicate through question, acknowledgement, gratitude and see how it becomes even more available in the not so subtle ways.

Animals of all sizes and shapes move in and out of our moments, bring messages and insight, and feed and inspire our spirit. Their visit is no accident. Each has a reason for entering your space in that moment. Listen...and appreciate. The elemental kingdom sustains your environment and clears the energy field of your home space. They bring delight and support the unfolding of the seasons...all from an invisible spectrum to our normal sensory awareness. We do, however, live in a time when the boundaries are fast fading. Asking for interaction and direct communication is recommended now...do it.

Personal guides and angelic hosts are assigned to your True Frequency. They can be called for information, support, insight, inspiration, and protection. But they must be called...Universal Law. The more you use them the more they are likely to become visible in acceptable forms. Ask for help. Acknowledge and appreciate. Make the unseen world come alive for you. You are not alone.

You have direct contact and communication frequencies with Archangels and Ascended Masters and the Source Herself. Use it. Awareness leads to a willingness to explore. The more you explore the more the dimensional boundaries will disappear. All information is available to you when you ask. The global Internet is a taste of what we are capable of creating within our own being. Let this sink in. Start opening to the Multi-versal access to that which you seek. Choose to receive. Ask and receive and then act upon the information. Build relationship through trust of the Source. If you doubt its authenticity, then wash it with Light. Invite in only that which is of equal or higher frequency to you. Regulate the flow.

Finally, you have your Higher Self, the loving I Am expression of you always leading you into the next moment to give that which is most necessary to fulfill your true purpose. Pay attention. Converse regularly, set intentions, ask for information, appreciate, write back and forth, witness...

This week ask for help and then be open to what comes. Be specific, or just ask for generic comfort. Call for protection. Call for inspiration. Call for direction. Call for pathway support. And then, listen and watch. The contact is often subtle. Learn to catch the nuances and act upon them with faith and trust. Acting on the guidance is a fast way to insure even more profound awareness. You are not alone. Know that...and then act on it. Create your dimensional community now. You will be glad you did!

*Ask and I shall receive Calling my guides Come forth teachers Willingly go within I listen Universe help me fill my dreams
-from Ask, Mark Stanton Welch*



Weekly Gratitude 42



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 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..

There are no accidents energetically. Those you come in contact with in passing have relevance. Your own vibration, honed through experience, carries a frequency that both attracts and nourishes others of similar frequency. One can be healed or inspired simply by being in your presence. Trust your callings. If you get a hit on someone, then engage them actively...even, if you are simply in proximity.

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.



Weekly Gratitude 43



This Week's Gratitude

For the love and support and inspiration of the Mineral Kingdom

This Week's Action Statement

"I give great thanks for the Earth, the mountains, the minerals, the plates, the soil, the sand, the movement, the foundation, the power. I am grateful for the support and energy I receive from living upon the Earth. I express gratitude for the ability of Earth to sustain humanity despite the abuse and ignorance of the short-sighted ones. The Earth will transcend it all!"

This Week's Action

The very Earth itself, the substance upon which all life manifests in form, is the expression and domain of the Mineral Kingdom. It consists of the rocks, the minerals, the soil, the mountains, the ever-changing topography, and the accompanying vibrations that infuse each atom and molecule into its unifying and healing dance. Go outside and put your feet on the Earth...take off your shoes and tune into the incessant and powerful vibration of the Earth.

Contained within her vibrating form are the unique, beautiful, mesmerizing expressions of the dynamic forces of change: the minerals and gems. Each is forced into its unique vibration, forged by the heat and pressure beyond our imagination, injected with a permanent vibration that carries a frequency that can be called upon for specific purpose: healing, balance, inspiration, clearing, energy, expression, support, grounding.

We go to the Earth and the mineral kingdom when we need support and foundation in our moments of living. The Earth is there, ever present, ever giving, ever sustaining. Despite the abuses and ignorance of so many in civilization the Earth evolves and reclaims her truth, just like we do. To unite with that intention empowers us to remember we always are supported, that we have a ground upon which to stand. Conscious awareness allows us to sustain the symbiotic relationship and use it for the greater good. Pulling power and support up through the Earth Star chakra we let that vibration move through us to cleanse and tonify the chakras. The resulting energetic debris is deposited out through the right leg into the Earth via the Earth Star Chakra to be dispersed as energy for other purpose.

To ignore the Earth is foolish. Her impact is obvious. The Earth and her mineral kingdom are fed by respect and honor and acknowledgement. One can do this by gathering stones, those that call to you when you walk the path or visit the mountainside, or find yourself in the Gem and Mineral store, or you find yourself reading about the healing powers of these organic creations, or you are dazzled by their brilliance and must possess the frequency because you feel better when you have it on your person. All of these and more are because you are choosing to live in the flow of Love and Light between us and our host home.

Gather stones, buy minerals that resonate with you, study the powers of the rocks and gather those that are called to you. Pay attention to the Earth when you are on her path, noticing what is brought to your attention. Pick up the rock in your way, feel its vibrations, put it back where you found it or take it with you. Go to the natural places where you feel solid on the Earth. Lay in the sand on the beach to feel its warmth and healing prowess. Reflect on the grains of sand and their journey from the magnificent stone of the mountain itself to here. Appreciate the interplay of the weather upon the carving of the visual Earth, upon the revealing of the spirit inside the stone, of bringing it to your hand. Go to the mountains and witness with awe their beauty and power. Lay on the granite bed and feel the history of the Earth itself. Study the movements and be humbled by the sheer power of the earthquake and the awesome expression of the volcano. Creation in process....molten rock to substance in your hand. A miraculous and inspiring journey. Use it for inspiration when you feel the pressure and stresses of your own life form. Remember how the diamond is brought through that same journey.

We are here for one another. Celebrate the Earth and the Mineral Kingdom. It is very the ground upon which we move. Love it with all your Being...

*I am the Mineral Sleeping in the Earth In rock formations I had my birth I am a resource. Use me wisely
-I Am a Mineral, Mark Stanton Welch*



Weekly Gratitude 44



This Week's Gratitude

For Computers and Technology

This Week's Action Statement

"I give great thanks for the progression of technology, as evidenced by the rapid evolution of the home computer that has given us access to so much information and learning, that has allowed us to create in ways never before possible, and that has brought to manifestation so many visions. For all those involved from the idea to the acquisition, thank you! Thank you!"

This Week's Action

Often I fly into Los Angeles. I recall one of the first times I looked down at the lay out of the streets and homes and I saw a computer circuit board staring back at me. Just wondering if the same scene inspired those pioneers to create the technology that has transformed the civilized world and opened the flood gates to information over the Internet. I marvel at the technology that has transformed the experience of humans. Regardless of your own opinion of the results of technology, and, indeed, they are debatable, we have to extend profound gratitude for the creations that have freed many to explore the domain of creativity into new dimensions.

My home recording studio is outfitted with equipment that allows me to duplicate or create any sound I desire to use in my music or my sound healing work. It gives me a palette of sound that is truly infinite. My studio computers allow me to record track after track to layer sounds and performance far beyond what I am capable of doing in a live context.. I am so grateful for these creations. When I duplicate CDs and print out covers I continue to be amazed at how the communication between computer and printer makes this happen...and how the printer take my words or pictures and gives them to me in hard copy to share. Wow...

The incessant march of technology improves on yesterday's state of the art, smaller and smaller and more complex. Every 6 months the technology is obsolete. It, quite frankly, is a remarkable achievement. And on and on it goes. Even to watch a jumbo jet take off or an ocean liner sail away is a mind blower. In a sense, it comes down to the awesome capacity of the human mind to manifest a vision. It is limitless.

Some say that the technological jumps that have occurred were implanted by planetary seeding, star people visitations, shared technology, giving us leaps and bounds over the way it had been for quite some time. I find this intriguing. And if it is accurate, then hallelujah that the sharing of information between planets and civilizations has given birth to the many inventions and advancements....we simply are not alone in this quadrant of the universe...

It is easy to take for granted what we have today...it changes so fast, and to reflect on the changes we have seen in our lifetimes...boggling. I used to get by on the time it took for my 1 meg of memory and my phone modem. Today, unless it's just shy of instantaneous, I grow impatient. Technology is closer to mimicking the human mind and its capacity to deliver billions of bits of information.

This week as we reflect upon and observe and celebrate the technology that builds these amazing machines, simply take time to look around your home, your desk, your life, and see what is really there. Open up something and see what is in it and give gratitude for all that led to its manifestation. When you listen to your MP3 device with 8000 songs available at the press of the button, reflect on what it is providing for you and silently thank the countless minds and hands that went into its delivery to you. When you explore the Internet and discover things you never knew, that those who put the vision into motion.

Reflect also on the technology that does not really serve you. Do you really need to automate tasks that you could do by hand? What is the cost? Are you growing lazy? And are you prone to getting the next best thing when the one you have meets your needs? And what about the idea of planned obsolescence? How do you feel about that? The invitation is to use it but be in balance with your own being. Reflect on it.

But it is technology that has opened up the world and beyond. There is really nothing we cannot access. Celebrate this today and every day. It is the stuff of dreams and dreams are coming true in a breathtaking pace...it is a good day to fly.



Weekly Gratitude 45



This Week's Gratitude

For Exercise

This Week's Action Statement

"I give great thanks for the vibration that moves us to exercise to expand and live more fully, to experience our energy bodies in deeper ways, to grow and expand our ability to remember who we truly are. I am grateful for the inspiration and the will that springs me into action to do that which is before me. I am thankful for the joy, fulfillment, and delight that comes from it!"

This Week's Action

There is an incessant pull in this life, in this dimension, to evolve and embrace the inevitable changes that flood each day. We are inspired to grow, to reclaim, to experience, to expand, to improve, to enjoy, to remember, to release, to strengthen, to enjoy...Each of these invitations is fed by our willingness to exercise: to take conscious action to strengthen and empower what ever the focus is upon. We exercise our bodies, our mind, our will, our right, our spirit...we take simple, chosen, committed action to do that which we are being called to do.

When we exercise we release endorphins, those chemical concoctions that lift us into a state of bliss and delight, a reward for the commitment to paying attention. Even mental and spiritual exercise brings new awareness and expansion. We hone our abilities and ignite our talents to greater realms...to experience life in a more expansive way. Exercising our right allows us to take a stand and use our courage and will to claim a new space in this life.

One who does not exercise will atrophy, waste away, fall behind, be bored, grow weak, be uninspired, get toxic, become sluggish, carry excess energetic and physical baggage...and even despite these obvious costs, many resist and stay stuck in a cycle of procrastination or starts and stops. This is a choice, albeit, a subconscious one, at times. The desire runs into stored resistance, energy unexpressed from compromising moments of living. And we stand still..

It is essential that we adopt the spirit of exercise and do the work that moves us along the path of our personal reclamation project of remembering who we truly are. The choice to partake feeds the next choice to partake. Growth and visible results happen quickly, incentive to carry on, inspiration to engage more. The Multi-verse feeds us the desire and helps us to build muscles of "yes" and "thank you". When we exercise we feel better about ourselves, our life, our place in it. The exercise maintains balance and supports clarity on all levels. This, in turns, opens the door to more profound experience, capacity, and learning.

Claim the exercise attitude in all you think and do. Strengthen your whole self through the deeper commitment to you. Be creative in your approach to this multi-faceted journey. Challenge your self on physical, emotional, mental, and spiritual levels. Look at your life and see where you hesitate, where you fall short of being you in your fullness. See where you take the road more traveled and see if that truly inspires you. Exercise your right to change and decide...then do that and explore the new path. Discover your personal inner and outer benefits of exercising all of you. We are here to grow. Claim that and make it your daily delight. There is always something new to learn, to do, to embrace, to drink in, to give out. Show up to you and take the action to exercise. Take the stairs. Dance. Breathe. Walk the beach or the forest path. Challenge yourself and learn a new language. Research something. Create something you have never created. Learn a skill and use it. Exercise at being a friend, a more present element of your community, a better host, a teacher of something, a celebrant of life, a witness to beauty, a listener, a playful one, a dancer, a singer, a writer, an inventor, an example...there is no shortage of topics. It is an attitude that draws upon the implanted vibration of action, of "yes", of now to evolve into a new experience and understanding.

The entire infinite cosmos is in movement, exercise the ongoing process of change. Nothing stays the same. It moves into form, holds it for awhile, then transforms to the next expression. Exercise to keep you in motion, flowing to the next highest good. Your very design calls for it.

We are not here to be idle. Even if all your lessons have been learned, there is the simple joy of exploration. Have you seen all the insects in the Amazon Rain Forest? Well????!!!...get going. There is always something. Aaaand...action!!!



Weekly Gratitude 46



This Week's Gratitude

For Celebration

This Week's Action Statement

"I give great thanks for the capacity to celebrate and honor our moments of living, our achievements, our connections, our lives. I am grateful for the endless opportunities to celebrate the beauty and the magnificence of this dimension. I am thankful for our willingness to appreciate how we show up to our lives."

This Week's Action

In this magnificent dimension of Earth there is so much to celebrate, to praise, to recognize, to honor... yet how much do we really celebrate. It seems that, especially in this culture, we have to earn celebration. And it is often just having a good time, partying, peppered with consequences...altered states, hangovers, incarceration, bodily harm...there are other ways...conscious ways.

Certain laws of the universe call for the manifestation of that which we give attention to. Celebration requires awareness and a choice to act. Attending to the beauty of this planet and its people, recognizing the achievements of self and others, honoring and ritualizing the significant moments of living...its milestones...are all conscious ways to celebrate.

A consciousness of celebration allows one to see the world through eyes of beauty and respect. It invites attention to what is good and loving and nurturing...the things that elevate this dimension. Happiness, though it can spontaneously erupt from the depths of one's being, is a choice. Choosing to focus on the things that inspire and delight is a celebration of life. We can celebrate the simplest things: the flight of the bird, the call of the red-tail hawk, the deer grazing in the grass, the sunset, the moon rise, the flight of the jet, the skyline of the city, the mountains covered with snow, the baseball game, the laughter of a child, the graduation, the gathering of friends and family, the song, the creation, the presentation, the relationship, the birthday, the holiday, the passing, the birth, the loss, the achievement, the growth, the learning, the surviving...on and on it goes. Choosing to give honor and praise and recognition to moments of living is what it is.

It is necessary to overcome this cultural tendency to play things small, to not shout to the world about your successes. But giving a "wasn't I great party" for yourself is a way of valuing and recognizing your capacity to grow...and a beautiful invitation to do more, to expand. Everyone needs to be witnessed for who they are, and what we do and achieve are pivotal in expanding who we are...so celebrate yourself, celebrate others, celebrate the kingdoms, celebrate the world...and beyond.

Give attention to that which delights you and the Universe will give you more to delight upon. It is the Law of Reciprocity, the Law of Attraction, the Law of Focus...in action.

This week choose to celebrate:

- Give yourself a party...for just yourself
- Throw a party for others
- List the beautiful things in your life and celebrate them one by one. Find a way for each.
- List what you perceive as not beautiful in your life...look for the beauty in each. Celebrate that. Watch your experience change. Watch the forms of your life change...
- Celebrate something every day...prepare to experience some magic.
- Celebrate your moments. Each one deserves it. Find a way. Doing so is a paradigm change.



Weekly Gratitude 47



This Week's Gratitude

For Singing

This Week's Action Statement

"I give great thanks for the capacity to sing the all of me, the joy, the sorrow, the glory, the struggle, the magnificence. I am grateful for my voice that makes the sound I feel in my body. I sing gratitude for all there is to sing for. I let the song be sung through me, by me, out of me...and it is beautiful!"

This Week's Action

The voice is an incredible vehicle for expression. It orchestrates our moments; it communicates our thoughts to others; it shares feelings; it sends our intentions into the world and the ethers; it is a tool for intimacy; and it is the sound of our celebration. Beyond this it is a medium that allows us to engage the potent modality of singing.

When one sings, one engages the whole energy bodies, opens the heart, oscillate the cells themselves, activates the will center, clears the second chakra and throat chakra, ignites emotions, and raises one's vibrations. It is a mighty healer unto itself. It is a vehicle that ignites our passion, inspires us, moves us into action, engages us with the cosmos, reunites our heart and soul, empowers us, and is just plain fun to do...

It is so important that often religions and rulers and tyrants have outlawed its use under severe penalty. Silencing the song is a personal affront that disempowers, diminishes, and deflates one. To steal one's song is to incarcerate their spirit. It removes beauty and delight and puts the emotions on hold.

The voice expressing as song is an inherent capacity we all are born with. The infant sings with sound and melody as he/she explores the very mechanism of the voice. The sounds produced are like a soundtrack to their moments. It is a beautiful symphony of sound and expression that is, sadly and too often, interfered with.

And singing itself is manipulated and replete with judgement, both internal and external. Too often one's song is shushed from the outside. Despite having no training in matching voice with pitch heard, we are expected to be able to sing. And when we do not sing on pitch, we are told to mouth the words, or that we have a bad voice. These injunctions are deeply damaging and too often rob one of joy, vitality, passion, and emotion. When we buy into the external input we easily turn it upon ourselves. Our very voice is compromised and we play it out in shyness, self criticism, poor communication, unwillingness to express ones' thoughts and feelings...Additionally we are subjected to a recording industry that often electronically manipulates the pitch of recordings we hear, setting impossible standards for us to achieve.

Having said all of that, the bottom line is, if you have a voice, sing. One learns to sing by singing and developing a passion for expressing. Once the passion is there then fine tunings can take place to make more accurate the voice/ear pitch accuracy relationship. So, if you must, find a safe place, in a room, in the bathroom, in the car, at the beach, in the mountains, in the desert...to sing. Sing along with the songs you like. Sing your name. Sing your conversations. Go to singalongs. Chant or do spiritual singing. Sing at church, at the concert...just sing. Reawaken the cells to their place and frequency of joy. Singing activates the joy of living. Sing your moments. Sing your emotions. Do it with out words...just the sounds and melody. Sing every chance you get. Sing when you get up, when you work, when you dance, when you get ready for bed, in the shower...everywhere.

With deep gratitude we give appreciation to the voice and singing, to music, and melody. Sing your joy. Sing your pain. Sing your anger. Sing sounds. Sing sadness. Sing the blues. Sing about nothing. Sing your frustrations. Sing your love. Sing to your heart. Sing your heart open. Let your heart sing...just sing. Sing through the doubts and the blockages and the messages that said you could not sing...sing to the Heavens in praise and gratitude.

Awakened...you will sing the songs that will cultivate the garden that is this world, songs to nourish and fulfill her forms of life, songs to regulate her climate, to guide her rainfall. You will remember the songs of the wind and rain, songs of the seasons, songs of evocation and blessing, songs of love, songs that will assist the earth in maintaining her vital biosphere...and within you will arise the songs that will bring forth new creatures, species to bridge the life forms of today with the life forms that will carry biology to the stars...

from *Starseed: The Third Millennium*, by Ken Carey



Weekly Gratitude 48



This Week's Gratitude

For Commitment

This Week's Action Statement

"I give great thanks for the capacity to choose, make, and honor my commitments. I am grateful that I have the perseverance to overcome my learned tendencies, in order to achieve that which I say I will do. I give gratitude for the guidance and support I receive to make clear, achievable commitments...and do so for my inner and outer worlds. And so it is!"

This Week's Action

To commit is to be fully present, to show up to that which you have made the commitment, consistently, despite distractions, conflict, or mood swings. A commitment is an agreement to self and others that you will do what you say you are going to do. It is an inner binding contract to personal integrity. Do you honor your commitments? Are you loose with them? Both choices have consequences.

Commitment involves being impeccable with your word. Of course, things come up between the time the commitment was made and its being played out. But, do you stick to what you put in motion, or make adjustments? Both are OK as long as there is clear communication with the parties involved...and negotiation for a win-win outcome. Being in integrity with your spirit and being is a moving dance, making adjustments to the moments of living, using discernment to decide and then communicate the new plan. When we blow off our own intentions it has a double impact. It influences our inner self to not trust our intentions, thus making the desired outcome less likely. It compromises our capacity to follow through to completion. It makes for a lazy will center. It also trains those around us to experience us as unreliable.

We so often dance with intentions to adjust, change, make better our lives. We make lists and get excited about being different, free from the self-defeating patterns. The motivation to address the list (especially the longer it is), drains away over time most often because it is simply too daunting. Habits take at least 21 days of conscious choice and activity. A list of 10 items that are desired to be in place will take over 200 days to adopt...just too much for most people. Perhaps it is more desirable to keep our commitments to a minimum so that we have a greater likelihood of success. One at a time. Building those muscles allows us to create more integrity. When alignment occurs in the inner then the outer begins to flow by reflecting our state of being. Life flows...

Commitments to others often override commitments to self. Culturally, this is set as more desirable...the sign of a "better person". This may appear more desirable, but, honestly, not showing up for ourselves, weakens our spirit and will quickly show up as laziness, loss of motivation, and no tenacity when honoring outside commitments. Tend your inner commitment garden and you will be more likely to do so for others.

Even if your history is spotty at best at honoring your commitments, you can always start in this moment to remedy the historic tendencies. Start by making personal commitments and keep them...two at most. Make them achievable and choose to show up over and over...until you have reached your intention. Then add more to it. Do at least 7 personal commitments with success before engaging others. Just do your best at what you set up to do. Notice your personal tendencies and work to change your patterns through conscious awareness and choice and follow through. We all desire to be in inner alignment. Most are not taught this. You can learn it and be very much in integrity with all you do.

Think before you make your commitments. Are they really something you resonate with? Or are you being pressured or is this your pattern to please and take on stuff you really do not want? Choose wisely. Show up to that which you say you will. Be conscious of your actions and choices that lead to fulfillment. It can be done. Be grateful for the inner direction that steers most people towards integrity. Our deep inner programming and design is to be in alignment in all we say and do. You can. Be grateful for each tiny step, all your commitments kept...

It would be useful to reflect on commitments fulfilled, your track record. Keep a running log of your commitment successes with yourself and with others. Too often our own disappointment or shame leaves us forgetting all that we have done. Setbacks happen. Everything is temporary in this ever changing world. So be light on yourself when you stumble. Commit to that...



Weekly Gratitude 49



This Week's Gratitude

For Life

This Week's Action Statement

"I give great thanks for Life and all its forms. I am grateful for my own life and cherish it in all my moments, choices, and actions. I recognize and give deep gratitude to the sacredness of all Life to be. And so it is!"

This Week's Action

*I do what gives me Life, I do what gives me Life, I do what gives me Life, Hey ee yay
In these moments I am given, In situations called to me,
I now choose the path of living, I now choose what sets me free
c. 1996. Mark Stanton Welch. All Rights Reserved. From the CD, [True Balance](#)*

The precious gift, Life...given by a benevolent Multiverse, accepted by a spiritual being desiring to embrace the adventure and opportunity of a physical incarnation on the Earthly plane. A true journey of re-discovery and remembering, Life affords us a myriad of opportunities to consciously reclaim who we are. What appears to be a random series of events is actually a careful orchestration of your Higher Self and a Loving Source, designed to clear misperceptions and beliefs and access your inherent personal power to reach the place of you Knowing You.

Of course, this deserves endless gratitude and ongoing appreciation and acknowledgment that you have chosen to be here in this time. All life is sacred. The Kingdoms of the Earth, the animal, the plant, the mineral, the etheric, all deserve the same respect and celebration. Life is precious. It is not to be taken lightly. And though we have been programmed since children to accept life being taken in the name of peace and safety, we know deep within our beings that this is absolutely false. Life is not ours to take. Seeing each being as a unique expression of Source will help.

Killing insects, animals, the plants, the earth is an exercise that has karmic consequences. Stepping back to see the marvelous and intricate web of inter connectivity between all forms of Life is to see with new eyes the majesty of Creation. It is always our opportunity to see, be, speak, and act from the Love frequency. Love will not allow the taking of life. All moments are a reflection and a negotiation between what appears and what truly is. All beings come into our moments with their own Life bringing us a message. Pausing for a moment to listen for that message allows us to be grateful for the form.

If you must take the life of plant, animal or insect pause to be grateful. Honor the sacrifice. Arrangements have been made in higher realms regarding the purpose of the animal and plant kingdoms. Agreement does not mean disrespect or abuse. Appreciating all beings opens the door to compassion and the greater understanding which open the doors to Oneness of All Life Connected and Unified. This is not a cliché.

This week see Life everywhere. Know that your interactions are not accidental. Use them to witness the majesty in all forms. Respect given is respect received. Boost your own awareness and practice of self worth when you freely bless all forms of Life. Appreciate the people, the places, and the things that weave through your breaths. The Source is in everything. Can you see it? Can you affirm it? Can you celebrate it? Will you choose to do so? Only you know...

Choose the path of living this week. Give yourself in Wholeness to whatever shows up. See how quickly you find this symbiotic dance between all forms, a delightful and profound intimacy that nurtures and raise up each. Be a proponent of Life. Be a liver of Life. Choose Life in your thoughts and feelings. Notice how quickly you find balance. Life flows and changes. Be the companion vibration to bliss...do not resist...say yes...

The cosmos is fabricated on the frequency of Love. It is revealing itself quickly that this vast ocean of possibility is designed for Life...in all of its forms. Be not the judge of desirable for all holds purpose in the great and grand design of Source. Ours is but to find our unique place in the ocean and do our part in expressing the particular frequency of the Creator. Dance as you in all you do. To life...everything is to life! Oopaahhh!



Weekly Gratitude 50



This Week's Gratitude

For Change

This Week's Action Statement

"I give great thanks for the ever flowing dynamic of change. I embrace the opportunities that release the old, worn out forms, and open to new adventures and higher vibration experiences. I am thankful that I have the courage and the clarity to say yes to life. I glory in the changing moments that flow with me."

This Week's Action

In a world of constant vibration form is a fleeting illusion. What was there a moment ago has moved on, unless we hold on...or so it seems. The folly of holding on to something that is in transition is obvious. But, still we do it...we are mostly taught to do it. Keep things the way they are, or were...forever. It is safer, more comfortable, familiar, less confrontive. Never mind that it means I don't grow or evolve. I want it all the same...we used to do it this way and now we do it that way...aaarrggghh!!

Change...one of the constants in this life. All life changes. Look around you at the movement and alteration of the forms of nature. The seasons come and go effecting the weather patterns and the shape of the land and mountains. The sky, with its chameleon clouds doing their effortless dance, is not the same for long, changing with the clouds and the Light and the energy of the moving Earth. We move at a breakneck speed, never in the same place, 25000 miles in one day. The day gives way to the smooth transition of night and night becomes the peaceful dawn that leads to a whole new set of moments in which one can remember to live...with joy, passion, and surrender. The plants move to follow the sun. The leaves blow with the wind. The animals interplay with the pastoral scene bringing information, guidance, and inspiration to those who listen. Opportunities are laid at the altar of our awareness and we lean down to pick them up or brush them away...or turn and run. And when we do any of these a whole new set of possibilities are delivered by a complex information system functioning in multi-dimensions. We are given just what we need to move into clarity...moment after moment.

And so many resist...walk the same way to work, watch the same program, wear the same clothes, see the same people, eat the same food, use the same soap and shampoo, say the same things, think the same thoughts, do the same dance...over and over...blindly. While all along the beckoning of the higher whispers change. The mind calls, nature calls, the animals call, the senses call, the heart calls, the cells call, the truth calls. Do you listen?

These are times of unprecedented change. The forms that we have blindly followed are cracking and hinting towards collapse...and we ignore it, or fear the change and see only hard times. Being afraid to change is a laughter. The Multiverse gives us the manifested reflections of what is inside of us. And we think that is all there is. Endless possibility awaits our decision to do one thing differently..take a tiny step in a new direction. Until we do, the new vibration, the new form is powerless to reveal itself. When we step into the new energy, all the new forms start to flood our awareness. It is then our opportunity to start selecting the emerging forms. This then creates the unfolding reality in a higher vibration. And life changes...because we chose to do something different...change.

This week celebrate change in all you think say and do. Change is everywhere. Embrace it and invite it in. Allow the sweeping energies to clear out the blockages that have been resistant up until now. Notice how things change sometimes so subtly, and sometimes, like a smack in the head. Rid yourself of the fear of change. It is all progression...everywhere. The old has no place anymore. Holding on is a waste of energy and time. Letting go and stepping into trust births the adventure.

Go out into Nature and see how she flows with change. Then notice people and how they deal with change. Notice the resistance and the pushing and the shoving. Notice the motional outbursts as people let the sight of change stir the unprocessed toxic past. Change is an energetic colonic, sweeping away the doubt and the weak willed tentativeness. There is no reason not to say yes to changes that are happening to you personally and in the world as a whole. Change how you buy into the old forms and listen to the fear driven propaganda. Step off that racket and find peace as you expand into a lighter, more loving, more delightful, more frivolous way of spending your moments of incarnation. Build your future with some now moments that allow life to love you and lift you up. Ch-ch-changes....yeeeeehaaaaawwww!!!!



Weekly Gratitude 51



This Week's Gratitude

For Children

This Week's Action Statement

"I give great thanks for the children, the teachers of thee times. I am grateful with overflowing for the child that lives in me and give him/her my love, attention, support, respect, and value. So too, do I bless the children I have brought into this world, valuing them in word, action, and contact. I celebrate the loving treatment of all children everywhere, no exceptions!"

This Week's Action

To celebrate the child is to celebrate the past, the present, and the future. Our own inner child carries the many experiences and energies of the past. He/she plays them out in the moment to create the future. Our own children are the recipients of our own experience as a child. When we have done our work and cleared any energetic woundings then we show up for our children with clarity and support and empowering information. This paints an open and inviting future, a place to pursue purpose and mission.

The children of each successive generation show up in a different, higher vibration with new awareness. Essentially they show up as teachers to the parents who bring them in. They carry a frequency that allows them to have clearer perspectives and skills and abilities that the previous generation. Of course, the family then incarnate into can have an immediate impact on their use of these awarenesses and skills. That is why it is so important that the parents do their inner work.

After the Boomers started having children, the children started incarnating in preparation for this 25 year cycle we have been in. They carried clarity and information that has altered the course of humanity, whether it is acknowledged or not. The generations of the late 70's were the Indigo children, capable of taking the intentions of the 60's Boomers and putting them into motion. They were filled with energy and were about making change, pushing down old ways of doing things. They were met with much resistance and misunderstanding. Next the Crystal children arrived in the late 80's and brought in the higher frequencies of Oneness and peace. They were met with resistance and misunderstanding. Though, in each of these instances, their message got through because, despite what the news says, there is a whole lot of Light on the planet raising the consciousness of a significant number of people. With the arrival of the Rainbow children in the early 2000's the vehicle arrived to support the transformation from the old patriarchal consciousness to the matriarchal, heart based vibration of the emerging Aquarian Age. They come in with an unwavering commitment to shifting this planet to a higher vibration.

It is important to know this information so that we can support these children and generations to do their work. Doing so makes the world and our lives better as well. The historical treatment of children was always reflective of the wounds of the parents and the cultural programming and manipulation of the ones in "control". This puts the children at a disadvantage immediately, being forced to fit in and conform. These new times are about liberation and ushering in the new vibrations that will make manifest the Oneness reality that has been destined.. It is our hands to begin to look at these last generations as the bringers of the dawn, the carriers of the frequencies that will assist us in unlocking the coded information within us that reveals who we truly are. We must do our best not to force them into the old ways, but, rather, invite them to reveal what they know. They will teach many of the new ways to bridge the hatred and manipulation and greed that has whitewashed humanity for so long.

To this end we celebrate children, they ones we have brought into this world and the one we have within us. There is always time to reclaim the child within. The energies of the cosmos are fast cracking the resistant walls that have kept us hesitant in life. Reclaiming our vitality and playful spirit and joy and sense of adventure is happening. I invite you to jump into the pool of new frequency. Give deep gratitude and appreciation to any child you see and experience, even if they are not yours. Give Love and appreciation to them for being alive and incarnating at this time. Give them the life they deserve...just as you must do so for yourself. No exceptions. Do not tolerate mistreatment or abuse in any way for these precious ones...including yourself.

Reclaim the child within and without. Play with life and have fun. Become like the little child. It is the second coming.



Weekly Gratitude 52



This Week's Gratitude

For Me

This Week's Action Statement

"I give great thanks for the me I Am in all my unique and lovable expressions. I affirm my power, presence, and beauty with endless waves of gratitude. And so it is!"

This Week's Action

In this final installment of the one year long Weekly Gratitudes, I am turning the attention to the unique frequency of I Am expressing in this dimension as me...and you. Though I talk about me, I am also inviting you to perceive as if I am talking about you, in the first person as you read it.

In the process of gratitude giving it is easy to get more caught up in the witnessing of the outside world and seeing things that invite appreciation. And this is a powerful choice, as it influences, as we have seen, how the world shows up for us through the Law of Manifestation and the Law of As Within, So Without. Our attention is a powerful device that feeds us the frequency of what we give energy to. So, let's turn to the Whole Being we are and spend this time acknowledging that which we are on all levels and in all dimensions. As a multi dimensional energy being there is much to feed. I will simply do a stream of consciousness in the first person. As you read it it will be as if you are feeding yourself this vital appreciation. We shall expand our frequency together. Feeding our inner being is critical to supporting the flow and inviting the Truth of our Being to reveal itself through the safety of being witnessed.

I am grateful for my Whole Being and the infinite capacity to express my unique version of the I Am That I Am. I am grateful for the breath I breathe and the capacity to ingest and dispense the chi life force to my waiting cells. I am grateful for my heart and its capacity to sustain me and expand me in the same moment. I am grateful for my systems that allow me the glory of enjoying life while my every need is met without my awareness or needed attention. I am grateful for my mind that invites me into the knowing and the deeper experience of this dimension. I am grateful for my senses, the sight, the sound, the feel, the touch, the smell, and the taste of life and how I show up to it. I am grateful for my skin that is the perfect package for all my insides while cleansing toxins and being an antenna for celestial and solar codings. I am grateful for my feet and legs and toes that give me the mobility and the access to the immense grounding capacity of this glorious earth. I am grateful for my hands that, as windows of my expression of love, allow me to caress and touch and feel and write and draw and lift and grasp and ...I am grateful for my voice that feeds the world with sound and sends my wishes into manifestation and entertains me and massages my inner organs...

And endless gratitude for the blood that flows through me, nourishing my cells and cleansing me at the same time. Gratitude for my muscles that allow me the capacity to dance and demonstrate and interpret life and frolic and be mobile. Gratitude for my nerves that keep me in communication with the all of me, allowing me to experience the nuances of the moments I find myself entering. Gratitude for my emotions that open me to the technicolor panorama of life on Earth and engage me in the richness of feeling and expressing with juiciness. Gratitude for my inner callings, the patterns, the aches and pains, the whisperings of the past, the yearnings, the responses that find their way through me in the ever delightful flow. On and on...fill in your own and perform this blessing daily and watch your eyes light up and your youth return and your zest fly from the past into full moments.

Thank you for participating in this year of Weekly Gratitudes. I do hope it has served you...blessings!

*"Oh, it's me oh, it's me oh, it's me
That makes the world what it is what it is
Oh, it's me oh, it's me Oh, I really can't imagine
How 'bout you can you imagine
Just how different it would be
Without my walk without my talk
Without my sneeze without my wheeze
Without my brain without my pain Without me?
I make a difference"
-Oh,It's Me, Mark Stanton Welch*

