

The Gift of Gratitude

Gratitude is a game changer. It is a key to the stress-free life of clarity, delight, and abundance. Strong statement here...I know...but this gift, when utilized, ignites the application and flow of many spiritual laws to flood our moments: the Law of So Within, So Without; the Law of Manifestation; the Law of Gratitude.

Basically the more one appreciates the more one is appreciated. Gratitude calls forth a high frequency of loving response. Giving thanks from and through the heart amplifies the vibration of the gratitude. Giving gratitude verbally or non-verbally, changes things...and people...and relationships. Energy is felt and exchanged. Others feel your appreciation. This activates their own inner appreciation, which is always just waiting to rain down upon the parched inner self. Heartfelt gratitude unlocks the coffers of the Universe, showering abundance upon you. Compassion and empathy are powerful antidotes to judgment and criticism. Gratitude brings untold blessings upon you...give it ruthlessly... and let the law work for you.

Gratitude is an invitation to the beauty of life. What you focus on is what you experience. The Law of Reciprocity gives you more of that which you attend to. Feed the beauty and then experience more beauty. An attitude of gratitude reveals a future of reflected desire. If you want to experience change then give attention to that which you want to manifest. Appreciate it everywhere you see it or experience it. Imagine yourself with it, experiencing it and give thanks for it already being in your life. And then see the results...live the results...be thankful for the results.

Gratitude invites us to see the beauty in all...the pain, the disappointment, the loss. As the Higher Self orchestrates our moments to assist our own revealing of the I Am as Us, every event and experience in our life has meaning. We can react and interpret how we choose. Why not look for the gift and be grateful for its learning potential. Or, you could choose to be bummed and then have the world reflect that space...hmmmm?!

There is so much more to this dimension than we have allowed. Limited thinking and cultural/familial programming have put blinders on our experience. Our moments reflect this. Gratitude opens the shutters and lets the Light in. It reveals the grandness of this dimension and brings peace to our lives. All you have to do to change your life is to start choosing to be grateful. Simple...profound...do it now. Thanks for listening...

- Start with your own life. Reflect back on your experiences, the good ones for now. Recall them and express gratitude for each of them, for all they brought to your awareness and experience, for how they have impacted your life.
- Now reflect on your life's challenging events up until now. For each find the silver lining, the path adjustment, the opening, the change of direction, the skill learned. There has to be something here. Do so for each.
- Look now to the people in your life and find something about each to be grateful for. Think about it. Write it down. Send an email or contact them and let each know. Gratitude is about expressing. And the more you do it out loud, especially, the more it pours back into your life. Do this for your family of origin, your family of choice, your community, your enemies. Expect magic to happen...
- Turning to your immediate environment, look at what you have created for yourself. Notice the elements of your home, all the pieces: the pictures you don't notice, the furniture, the arrangement, the color, the light, the comfort...each room. Express your gratitude for how each has served you all this time.
- Now go to work and begin expressing an attitude of gratitude to the people, experiences, tasks, equipment, environment. Notice how your experience of it expands...curious, huh?
- Take a gratitude walk and notice the beauty of all around you. Notice the functionality of things, how man made objects are interrelated in creating the forms of the community. Notice how nature is in a divine dance, how she ties elements together in placement, color, community, and cooperation.
- Give appreciation and acknowledgement and praise to your spiritual world and all the players involved in guiding, informing, protecting, inspiring, nurturing, and gifting you. Celebrate this orchestration.

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