

Weekly Gratitude for Relationships

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

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

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

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

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

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

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

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

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

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

Copyright 2013. Mark Stanton Welch. All Rights Reserved.

Taken from the E-Book, [Weekly Gratitudes](#)