

Gratitude

By
Marie C. Barrett



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*Follow your heart, your dreams, your desires.
Do what your soul calls you to do, whatever it is.
- Ramtha*



Gratitude

Gratitude can open for you a most wonderful energy of wisdom, and with wisdom comes power and this power is both expansive and creative. Did you know that?

Gratitude places you in the energy of beauty and your discovery of beauty is but self-revelation. Do you realize this?

Gratitude helps you recognize truth, and this truth gives you glimpses of your ultimate reality, your return to Source. How about that!

And above all, gratitude enables you to find within your own heart the exquisite energy of love, and when all is said and done, love is all there is. Do you appreciate this?

Maybe we need to investigate these claims. Let's go.

Wisdom. Beauty. Truth. Love. Yes, you have access to the experience of these realities, to such amazing and exquisite feelings that we humans can ever hope to experience. The key to the door that opens the way in for us is gratitude. How so?

Well, you see, when we are grateful for every experience that life presents, we actually step outside our dependence on that experience. Even if an occasion presents for us that we perceive as a challenge, or even as "bad", it is still simply an experience, and this is why we are living our life, for the fascination of the experience!

We are here to experience the highs and lows of a myriad of emotions and feelings. So for the very gift of our life experience itself we can be grateful.



Wisdom

Gratitude raises your energy, expands it, if you will, to a place of joyful creativity springing from your inner wisdom, your confident knowing and understanding, way beyond the power of words to describe. In fact, you *are* the wisdom, it is not something you have. Gratitude is like a key that opens many, many doors, secret doors into amazing new realities and levels of consciousness.

You have attracted all the events and subsequent feelings and emotions in your life, the agony and the ecstasy, the joy and the despair, the love and the feelings of worthlessness and so the list goes on. When you show appreciation for every emotion and feeling as it arises, when you reach into the emotion, feel it fully without resisting or running away from it, you move into a realization of your creative power.

Challenges

For a moment let's focus on the unpleasant feelings that flood over you from time to time. Even for these challenges of fear, sadness or even despair, you can give thanks. You created each experience so you could fathom the extremes of feeling. What a gift you give yourself in achieving this! You grow in empathy for everyone else who may be going through what you have fathomed.

When, from a place of integrity, you can feel gratitude for the experience, you break through into freedom from going into that specific kind of emotion ever again. From your position of being able truly and authentically, to give thanks for every experience, you move into creativity and joy. You unlock your powerful, creative abilities through using the key of gratitude.



Beauty

Gratitude for the beautiful in your life amplifies and mirrors back to you, your own beauty. If you want to discover your own inner beauty but do not know how, here are some ways to hone your skills.

- ✚ Gaze at the stars and give thanks for their magnificence and mystery.
- ✚ Savor the energies swirling around you in the brilliance of a sunrise or sunset.
- ✚ Look deeply into a painting until you catch the spirit of what the painter was trying to express.
- ✚ And this one: listen to beautiful music and allow the music to transport you to the thrill of higher levels of sublime appreciation.

Have you ever listened in wonder, has your hair ever stood on end, have the tears ever spontaneously sprung from your eyes, as you listened to a superb singer sustain a note that reaches the sublime, or have you ever allowed your awareness to expand with the mounting intensity of a crescendo as the orchestra played?

If any of the above clues resonated with you, if you can say, “Yes! I know exactly what you mean!” then it is your own beauty and infinite possibility of being, that is welling up inside of you.

You are that beauty. If you were not, you could never appreciate it, it would be outside of your awareness and would simply pass you by unnoticed. But when you express gratitude for the beauty around you, your reflection of that beauty that you recognize, grows and expands. The key to this greater expansion of awareness is gratitude.



Truth

As we search for meaning in our life, we seek the answers to questions such as “Who am I?” “Why am I here?” or “Where am I going?” These kinds of questions are intrinsic to our search for authenticity and reason-for-being. They guide us in our search for Truth. They lead us gently to the “Ah-ha!” moments of realizing we are far more than meets the eye.

Fortunately, we have an excellent tool for our use, which is our intuition. We can turn our attention to how we feel towards a situation or person, we can listen to our gut feeling and reach for the truth as it relates to our life.

When you discover elements of truth in your life, reminders of your oneness with Source, give thanks, be grateful, recognize the gift you have given yourself, to expand your concepts of who you are and who you might become.

Gratitude is the key to expanding your perception of truth, and gratitude opens the door to discovering your personal authenticity and possibilities for becoming more than you are.

The gradual discovery of truth in your life reflects, as does the appreciation of beauty, your own inner connection to a higher, infinitely sublime Truth and Beauty.

You are truth.

You are beauty.

And so we come at last to love.



Love

Love is the ultimate culmination of all wisdom, truth and beauty. Love embraces all the joy of gratitude, and gratitude, you will recall, is the key to discovering our infinite potential and true nature.

The dance of living is a discovery journey we have embarked upon as we immerse ourselves in the game of life. It is not our task to explain the world but we inevitably try to assign meaning to it.

Beyond this need to identify and understand, we step into a sense of wonder and beyond wonder, beyond movement even, comes awe. Then as awe effervesces into awareness of Presence, into absorption into Being, love encompasses all else. Gratitude unlocks door after door along this journey into love and back to Source.

You can develop your appreciation of love by noticing the times when love speaks to your spirit. Like when you hold a tiny child and she gazes into your eyes with total expectation and trust.

Have you looked into the eyes of a pet puppy as it sits in front of you, awaiting your indication of affection? Its sole purpose is to make you happy. If you are sad, your pet will likely snuggle up to you until you either relax and smile or reach out with affection to him. Either way he has added love to your life.

When you hold hands with someone you love deeply and look in the same direction, sharing the same vision, when you collect your little child from school and she runs up to you with a big hug, these are all special inspirations of love. You will easily be able to think of such times in your own life when small incidents ignite the fire of love in your soul. What ever inspires you to love, accept with open arms, with gratitude.



Practice Gratitude

As we have said, gratitude is like a key that opens many, many doors, secret doors into amazing new realities and levels of consciousness. Practice gratitude often, giving thanks for all your experiences. Discover the power of appreciation and thanks to open new inner vistas of wisdom, truth, beauty and love. Open your heart in awe and wonder, and unlock the secrets of life with the key of gratitude.

The more you can be grateful for the things in your life today, the more you will have to be grateful for tomorrow.

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“We are not here just to survive and live long...
 We are here to live and know life in its multi-dimensions,
 To know life in its richness,
 In all its variety.
 And when a man lives multi-dimensionally,
 Explores all possibilities available,
 Never shrinks back from any challenge,
 Goes, rushes to it, welcomes it,
 And rises to the occasion,
 Then life becomes a flame,
 Life blooms.”

- Bhagwan Shree Rajneesh



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in any way.

May gratitude make your life the delight
it is designed to be.

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