



## Awakening to Abundant Life Week 6 – The Power of Gratitude

Gratitude is much more than a polite or appropriate response; it's a causative force! Research shows that gratitude strengthens relationships, improves health, reduces stress; and, in general, makes us happier. "Praise and thanksgiving call into activity greater expressions of spiritual substance, and open larger avenues through which we may receive spiritual life." ("Let There Be Light", p. 112)

What we give thanks for increases. This spiritual principle can be used to awaken us from illness to wholeness, conflict to harmony, fear to love, and lack to abundance. Gratitude transforms our consciousness, and allows new expressions of Spirit through us. It awakens us to knowing ourselves as an extension and expression of the Divine.

The desires of our hearts already exist in Spirit, and are being drawn into manifestation into the physical realm by our intentions, faith and gratitude. Giving thanks in advance of the demonstration activates our faith and speeds up the realization of the manifestation. Our Unity cofounder, Charles Fillmore, taught that it's easy to give thanks for what we have already received. It's more of a challenge to give thanks for what we hope to receive. But giving thanks before the manifestation is a powerful spiritual practice that is very effective although it doesn't make sense on the worldly level.

Let gratitude awaken you to more abundant Life!

**(1) Commit** to practicing gratitude at a certain time each day. Even if you have to make yourself do it, it still has magnetizing power.

**(2) Write** down – on paper or with computer keyboard: "I am Grateful for.." Make a list of blessings small and great.

**(3) Embrace** it. Let the feelings of gratitude fill every cell in your body. Place your hands on your heart, breathe it in. Sing about it. Do a happy dance.

**(4) Partner** with someone. Share what you're grateful for once a week, or more often. Encourage each other. And don't stop when results begin to show up. Some benefits of gratitude come immediately, and others develop over time. Keep it up and blessings will continue, and increase!

## Suggestions for practicing gratitude –

**Start your day** by giving thanks for what you are grateful for, even before you get out of bed. At bedtime, forgive anyone you have negative feelings about. Give thanks for all the blessings of the day. It can be even more effective to write in a journal at least 5 things that you are grateful for every day.

**All day** during the day look for things to be grateful for in every situation. Give thanks for loved ones. Give thanks for every meal. Give thanks for safe arrival to a destination. Give thanks that you have all you need for this day. Give thanks for the Divine Presence within you, active in every situation.

**Once every hour** pause to say "Thank You, God!" or "I am grateful!" Pausing every hour for recognition of the Divine, and our own divine nature, builds an abiding awareness of our oneness with the Creator and an awareness of the presence and power of Spirit. It reminds us of what is truly real and enduring.

**In meditation** use the words "Thank you", or "Thank you God" as a mantra. Repeat the phrase silently and slowly, allowing yourself to feel the peace, joy and spiritual confidence in the and uplifting energy of the words. Try smiling while you meditate on what you're grateful for. Just lifting the corners of your mouth stimulates the hormones in the body that create positive feelings of pleasure and well being.

**Tell others** what you appreciate about them. Give at least one compliment a day. Compliments strengthen connections and initiate conversation. Thank others for their kindness. Write Thank You notes, send emails, give them a small gift. 'Redstamp.com' lets you send cards as texts, by mail and online. Use 'Treater' is an app for iOS and Android devices that helps you give real gifts to your Facebook friends.

*"Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16-18*