



Of One

GRATITUDE

Gratitude is a powerful word. It's a feeling inside of us that holds so much meaning. We have a high regard for it. We can sometimes view gratitude as a form of accountability, an emotional currency that registers an external source to validate within us our self worth.

This is the construct we need to spend time inward to strip it down to re-examine what we have allowed it to become. To see its truth with how it has shaped us into our now present state.

When we hear that word, does it bring up a feeling of Joy or does it reflect our self judgement, our entitlement or do we see it as a mirror of what we lack?

This word is held in such high esteem, as it should be, because it should reflect like a mirror to our true state of happiness, our pure Joy that just is.

So how can we honour ourselves as we use this word?

To me, Gratitude when it is truly felt from inward, it is "Freedom" itself that becomes transparent, and just flows out to where it needs to go. It helps us to recognize our heart space, that there is always more than enough room to be in Gratitude, to fully receive and send to offer it to others. Breathing, walking and being in Gratitude will not deplete us of our energies, in fact it expands all parts of us in ways we are now awakening into.

When we can recognize with certainty, this act of Gratitude amplifies its resonance within us to all spaces we are connected to. Gratitude is meant to be shared with everything, everyone everywhere, especially the littlest of things within each moment; and in all that we create from when the morning becomes night, and when night becomes morning.

Gratitude is a large part of our vibrational resonance. I would say it is the performance itself that can be challenging around gratitude; as it shapes and fuels our inner drives of how we perceive what we do, and what we choose to become.

So, my questions here are:

- How am I recognizing this word "Gratitude" What is my present definition? How does it apply to me when I hear it offered to me? How does it make me feel? How am I responding to it? And after I have responded to it – How do I process it internally? What am I noticing? How does it make me feel? Overall, do I allow myself to fully receive it?



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- Now what is the reverse of above When I offer Gratitude to others? Is it Authentic from my heart?
- What am I Learning about my perception of Gratitude? What am I comfortable with? How would I like to receive and send Gratitude going forward?
- What am I sensing to change to flow Gratitude from my heart?
- What actions can I take to create these changes?