

# GRATITUDE

Learning to see clearly beyond the fearful mind and create safety within helps you to trust in an abundant universe and feel gratitude for all that is, however it may be presenting.

Abundance and creativity are all around us in nature, however there is continual cycle of creation, death and rebirth.

You can see this playing out in your own life, but perhaps view it differently as success/failure, loss/gain, connection/separation, pleasure/pain.

Viewing the natural cycles of creation and death in this way can create suffering when processed through the mind.

Being able to see the gifts in any situation and being able to detach from 'good' or 'bad' mental labels, allows for the attitude of gratitude.

The energy of gratitude is a magnet for more abundance and the manifestation of our highest desires.

Gratitude implies appreciation for what is, whilst it is still possible to hold a desire for higher things without expectation. You can train inner acceptance and gratitude whilst acting for positive change and holding a vision of higher potential.

**In what areas of your life do you feel discontent or a lack of gratitude?**

**What patterns of creation and death do you mentally or emotionally have more resistance towards?**

**Can you see the gifts in this aspect of death in your situation?**

**In what way has it led to the creation of something else?**

## **RELATIONSHIPS**

We all want to feel appreciated. So called negative or annoying behaviours all stem from a level of insecurity – either yours or theirs. Openly and honestly appreciating others, feeds their sense of safety and worth, but may challenge yours!

Showing your gratitude, helps bring out more of those same qualities and lessen the need for them to express the qualities that spring from insecurity. It also trains you to realise that you are not less than, just because someone else is shining.

The beautiful thing is that by living with appreciation, we create the magnetism for that appreciation to come back to us. It just isn't always linear and giving appreciation with expectation of something in return isn't true appreciation!

**How do you feel giving appreciations in witness meditation?**

**How does it feel to give appreciations to someone you find annoying?**

**What qualities in others do you tend to find annoying?**

**Is it something that everyone finds annoying or is it something that you feel may be a shadow for you or mirrored in you?**

**In a partner or dear friend, a behaviour that you may find annoying is often a behaviour that you appreciate, just turned up full volume. – can you think of an example?**

## **GRATITUDE, COMPASSION and FORGIVENESS:**

1. Anchor yourself in womb space and connect to heart centre.
2. Hold the awareness of a person you find challenging in some way.
3. Cultivate compassion for any pain or suffering they may have been in or are currently experiencing.
4. Tune into any positive qualities of that person that you can perceive and/or the learnings that have come from your interaction with that person that has created growth for you – cultivate feelings of appreciation and gratitude for them for that growth.
5. If it feels appropriate you can choose to forgive them “I forgive you”.
6. Bless them “May you be safe, may you be healthy, may you be happy, may you live with ease”

## **PRACTICE FOCUS**

Daily gratitude practice for ONE thing or person – keep it simple, with deep feeling.

BE IN THE NOW - Slow down and savour moments of food, sun, connections and small celebrations.

Appreciate aspects of someone that usually may irritate you, go through the

Give an appreciation to a stranger either in person or as a blessing.

Observe tendency to clutter your mind with dreams and schemes of future or miseries of the past, instead cultivate “I am happy with.....” “I appreciate....” “ I am so grateful for....”