

Gratitude Exercise Class 5 Abundance

Just for today ...

Let's use our writing skills to create a Rite of Passage for our Dream Seeds. We'll begin in Gratitude.

Step 1: Draw a large symbol of Gratitude on a sheet of paper, making full use of this open field of possibility. Here's an example:

Large circle with smaller circle inside

Step 2: **In the Dream Seed**, centered at the Heart of Gratitude, write your current vision, intention or calling. Be clear, concise and specific using 'I AM' statements.

Step 3: Record current and emerging ideas, inspirations, connections and resources in the outer circle. This will accelerate and magnetize the forces of creation, as you focus on, feel, and witness the beauty of the Dream Seed.

Step 4: Imagine placing this container of Gratitude, and all its wondrous contents, directly into your heart. Receive these with Love -- embracing, transforming, embodying these words and images. Now place your dominant hand on your Heart. Imagine pure Light from your body bathing and nourishing this Dream Seed.

Feel the e-motion ... energy in motion ... expanding your Heart. Now, gift this Love to every organ, cell, bone and neuron in your body. Feel it expanding beyond your body, as a gift of Love, to the Universe and all Creation. Stay with this feeling while thinking about this Dream Seed. With a single point of focus, concentrate on this endeavor for a full 60 seconds.

While you do this, you are re-programming the mind to Love and accept this experience. See it and feel it as complete and whole. Cherish it. Embrace it. Be grateful for it! As you do, you become one with the Divine, in Love with All that IS, an expression of the Great-Full-Ness of Life!

