

Gratitude

Written by James O'Dea

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Your body loves gratitude! Not a superficial “oh gee, thanks” but a deep, heart-connected appreciation that carries love and acceptance from a place of higher consciousness and well-being.

Your body loves it because it washes away the biochemistry of stress and insufficiency and replaces it with the alchemy of flow and emotional warmth. The resonance from gratefulness warms both the giver and receiver; it generates a field of appreciation sometimes referred to as limbic resonance. In the field of appreciation, we create a healing and reviving antidote to psycho-toxins such as “I don't have time,” “I don't have enough,” or “I am drained.”

Each trickle of gratitude blesses us with its affirmation that we have all we need in consciousness itself to gather our strength and honor life. Each stream of gratitude clears out the corrosive toxins of stress and anxiety in your body and becomes a gift to yourself and to others.

Now visualize great rivers of gratitude coming together as we turn collectively to face the hour in which we live. “With all of its sham, drudgery, and broken dreams, it is still a beautiful world,” wrote Max Ehrmann. Even in the face of war, violence, and severe climate imbalance, Christopher Fry declared, “Thank God that our time is now, when wrong comes up to meet us everywhere.” We can be grateful that we are here in this time of earth challenges with an unquenchable sense of hope and with a steadfast belief in our human capacity to heal, to renew and even to go beyond what seemed our most persistent limitations.

So I say let the gratitude flow. We are ready for the challenges that exist now and that lie ahead.

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