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.
Let these great rivers of our deepest intention flow towards a polarized and distracted world and cleanse it with the power of love. We come from all races, all creeds, all socio-political backgrounds with one unifying feeling of gratitude for life, for consciousness, and for a new evolutionary path forward. We come with gratitude for every being that came before us. We have been given an epic moment in the journey of life on earth to bring our greatest scientific knowledge together with our deepest spiritual insight to change the course of history. If you ever thought you were insignificant, consider how you are now needed in this great shift. And be grateful that you were given such a role and such a time to live in.

Thank you, thank you for what each one of you does to step up and to raise the consciousness of the citizens of this world. Thank you for feeding these great rivers, even in the face of wounding and denial. Thank you for being you.