



42 knew views on Gratitude

by

Stacey Robyn

www.GoGratitude.com

www.GiveMeTheMasterKey.com

These messages are a gift, gathered and shared as a method to cultivating Mastery of Gratitude.

You will notice alternate spelling of commonly used words – this is intentional, and employed as a means to highlighting multiple meanings and offering (k)new views for your Now awareness.

This series is presented for your consideration, along with an invitation to relax, enjoy the ride and flow with the Go!

Please feel free to share as inspired, including proper credit and attribution.

**Thank you for being YOU.
In Love and Gratitude, Me.**

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Welcome to the new, fun, exciting and life-changing Go Gratitude Experiment. You should receive a confirmation email within a few short minutes. As requested, you'll also begin receiving the specially prepared, mind-stretching "knew views on Gratitude" messages over the next 42 days.

And now, a personal message to you from Stacey Robyn, founder of Go Gratitude and author of "42 days of knew views on Gratitude":

I am soooooo excited you are here!

A power now lies within you, waiting for your recognition, your call, your direct attention to spring to life and deliver whatever your pure heart desires.

Synchronistically . . .

You've just embarked on a universally unique adventure, experimenting with intentionally using the Master Key of Gratitude to unleash this source force within, giving life to your dreams, power to your passions, and prosperity to your pursuits!

Now, before we go further, allow me to give you a bit of insight on how Go Gratitude came to be.

This Spring, I took a 42 day retreat to clear my head, inspire my soul, and clarify my plans for pursuing a passionate life.

My retreat was a spur of the moment decision, so I sent a quick note to friends and family letting them know my plans for the next few weeks and that something **"big! Big! BIG!"** was coming. I remember feeling excited, wondering what 'big! Big! BIG!' really meant.

During these 6 weeks I daily dedicated time to honor my creative-ness, indulging in all sorts of artistic outlets such as drawing, painting, cloud gazing, and a whole lot of doodling.

Doodling? Well, yes. It's a favorite past time of mine. By releasing any expected outcome, I simply allow my creativity to freely flow . . . just me, the pen, and all possibility!

One evening, while musing on my doodles, I noted that many commonly recognized symbols were peeking through my orderly disorder.

And then, as if arranged by fate, I asked my Sweetheart, **"What is the symbol for Gratitude?"**

Think about it.

There's a symbol for the sun, the moon, love, peace . . . even a simple "swoosh" is recognizable world-wide.

There must be a symbol for Gratitude!

. . . and Voila! I glanced down to witness this symbol of Gratitude being created by my very own hand.

Immediately, I glimpsed a little 'g' in a circle. 'Gratitude begins with a G', I thought. Perfect! (I still get chills thinking about it! Wow!)



Well, let me tell you . . . between then and now **I have witnessed a myriad of messages and**

confirmations revealed by this simple symbol, that prove beyond a doubt, **Gratitude is everywhere.** (these will be revealed in the "Knew Views on Gratitude" series . . . and I'm sure many, many more will emerge as creative minds converge to explore, expand and experiment with Gratitude.)

Now I must confess . . .

I'd been drawing this symbol for weeks. I had it "on the brain" you might say. It was fun to draw, all whirly-swirly and a challenge to get it JUST RIGHT. I suppose this fascination allowed me to easily recognize it when I finally thought to ask.

Can you say Divine providence? Serendipity? Magic? Perhaps all three!!!

Now, you might ask, "Why Gratitude? Where did this inquiry spring from?" It may seem random and yet, there is a beginning to all things.

Dr. Masaru Emoto was my Gratitude Muse.

You may be familiar with Emotos' work with water crystals, and the effect thoughts and words have on their appearance.

While relishing his awe-inspiring book, "The Hidden Messages in Water," **I came upon an idea that will forever change my life, and perhaps yours, as well.**

Emoto believes that Gratitude is a gift of Love . . . it is what Love returns to the world, as a symbol of appreciation for life, for being, for NOW. Emoto also feels that the "Love and Gratitude" water crystal is the most beautiful of all, for it exemplifies our highest nature, as Divine Creators.



As I pondered this possibility a wave rippled through me with force, passion, and understanding.

Immediately **I envisioned a wake of Gratitude rolling across our planet**, re-connecting our water bodies to Love . Passed person to person, heartbeat by heartbeat, this wake would roll through our bodies - mostly water - to create a massive tide of change by simply focusing on Gratitude.

A vision to behold, indeed.

Quickly, I began to visualize what this wave might LOOK like, size-wise.
So I put a number to it - one million people. Here are a few calculations for you:
(Remember - on average, our bodies are 70% water)

One gallon of water weighs: 8.33 pounds
Approx water weight of 150 lb. person: 105 pounds
Gallons of water, per 150 lb person: 12.61

This means **one million people gathered in Gratitude will create a 12.61 million gallon wave of water, weighing an impressive 105 million pounds, rolling across planet Earth.**

No devastation, no destruction...just Love and Gratitude invisibly waking the heart of humanity.

Now - a wake of Gratitude connecting one million people is big! Big! BIG! I was beginning to catch a glimpse of my path, a passionate possibility fueling my inner fires crying 'yes! Yes! YES!

This is it! This is what I've been asking for!

You may say one million sounds like an outrageously huge number. And, yes, by myself, it would take a long time to connect a million people to Gratitude.

This is where YOU play a crucial role.

By three's you and I might connect one million people in as little as 13 days.

Here is a graphic to illustrate the idea:



By simply sharing this concept, this gift, this Master Key with friends and family alike , YOU will be increasing the momentum of this experiment, while simultaneously tapping into a collective power growing greater with every person, because it springs from the love of Gratitude.

Plus! The sooner you pass this on, the more likely YOU will be the one they are thanking once they begin to realize the difference Gratitude is making in their daily lives!

I am deeply honored and filled with profound Gratitude to be here with You as we embark together on a journey that will deeply affect countless lives, alter the way we view our world, and open all doors of possibility!

Together now . . . Go Gratitude!

This concludes Stacey's personal message.

As you go through the next 42 days, you are sure to experience some amazing shifts in your life. We welcome your stories. Please send them to stacey@GoGratitude.com

As soon as we've gathered one million people in Gratitude, we will begin revealing the results of the collective Go Gratitude Experiment. In the meantime, it's always more fun to have a lot of friends and family participating in this real-time experiment with you. It's like going to the movies, the theatre, a seminar or a sporting event, etc. It's always more rewarding to go with a group of people you know and experience it together.

Therefore, feel free to create your own wake of Gratitude and make a difference in the lives of others by sending them to www.GiveMeTheMasterKey.com so they can begin their journey in sequence, as you did, with the Master Key movie.

The sooner we hit the one million mark, the sooner we can release to you a whole new level of information and insight gleaned from the collective experience of Gratitude.

We look forward to our journey together into the core of Gratitude.

Introductory email

Greetings,

This email is to confirm your subscription to "42 knew views on Gratitude" and the GoGratitude Experiment.

In case you weren't able to read the page you were redirected to after signing up, here's the link.

www.GoGratitude.com/success.html

We suggest you check it out as soon as possible as it contains some valuable information to get the most from this experiment.

Your first message in the 42 day series will arrive tomorrow, so be watching your inbox for it.

In the meantime, may we suggest an excellent practice as you go to sleep tonight? Visualize the Gratitude symbol. See it in front of you. Allow it to spin over your heart, connecting you to flowing feelings and images of Gratitude. Go to sleep in Gratitude. You'll sleep a whole lot better.

And as you awake, imagine the symbol again and remind yourself of all you have to be grateful for. As you are grateful for the new day before the events unfold, you creatively set the tone for your entire day.

We encourage you to do this every night and morning. As you do so, your life can't help but change.

Till Tomorrow,

Go Gratitude!

Day 1 - MASTER KEY



Symbols are keys to universal doors
passing through the conscious to the super-conscious
by embodying patterns of nature.

Gratitude is the Master Key opening passage for
Opportunity , Abundance, and Celebration.

now witness this, as it is written in Gratitude:

egg = gestation = opportunity
spiral = growth = abundance
circle = completion = celebration

Go Gratitude!

imagine being given a master key, yours for all eternity,
to open all doors of possibility. rejoice, for it is so!

"I just wanted to say something on symbols. They are
keys to a universal language that unlock doors.
Don't worry if you do not know how to use...the symbol.

The knowledge will come when you are ready for it .
Your guides will lead you to it.
I suggest taking a symbol, and meditating with it this week.
There is no wrong way to use it ." Love, Carol Tessier
-UNITY SHAMBALLA GROUP

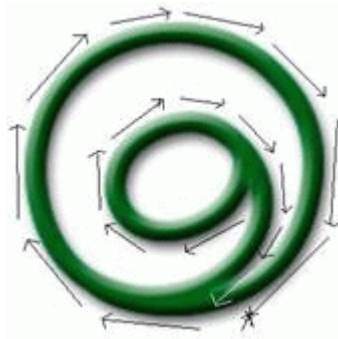
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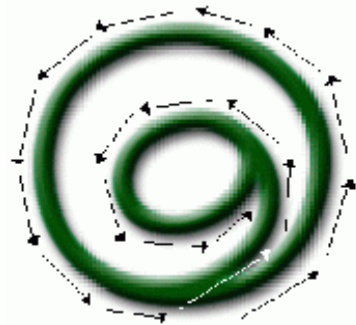
Day 2 - DRAW



how to draw Gratitude?



and like this



simple, easy, and wow! Now, go ahead...
take a few minutes to spin a bit of Gratitude.

as you enjoy the process
note how
mood, balance, flow and attention
Will effect how Gratitude appears.

So it IS in all matters.

Go Gratitude!

be careful ~

you may find yourself doodling Gratitude everywhere musing
"there's just something about this symbol that draws me in..."

" Doodling allows the unconscious to render in symbolic expression. Symbols have universal as well as personal meaning. When you are stuck for an answer to a problem or looking for creative innovation, the technique of doodling will unleash the hidden symbolic powers of the unconscious mind.

... Some people are prolific doodlers when they are talking on the telephone, sitting at a meeting, attending a lecture or sitting in any passive environment. This doodling can reveal important and profound information about how the person was feeling at the time, or, according to Jung, latent emotional conflicts or unexpressed feelings. In truth, no one can interpret our doodling except ourselves. Though certain symbols appear to have universal applications in the deep collective unconscious, how we experience these symbolic expressions in our own life is unique to each of us.

Your subconscious mind is attempting to contact you all the time. It is usually blocked by habitual conscious thought patterns or emotions. It can also be drowned out by the mundane mental trivia that we repeatedly hash over. Learn to allow its conscious expression, preferably every day. "

http://enchantedmind.com/html/creativity/techniques/art_of_doodling.html



Day 3 - EFFECT



every breath,
as Word or wonder-ous sigh,
precipitates change.

Now
imagine our bodily waters flowing,
breath by breath,
covering all Creation in a mist of intentioned time.

as focus goes so will Creation flow.

Go Gratitude!

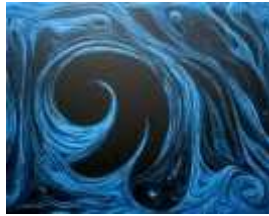
breathe easily,
releasing vaporized sighs of matters realized thru intentioned Gratitude.
ah - uh - mmmmmmm

Breath contains both air and moisture. The moisture, or water, is impregnated and charged with the flowing magnetism of feelings that attracts that which has been willed, visualized, and thought into form. Even the smallest amount of charged water has the ability to change all water that it

comes into contact with. On the outbreath, the moisture in the breath is in immediate contact with the moisture in the air of the macrocosm, and this magnetism ripples out to the entire Unified Field of magnetic energy in the astral plane.

8 degrees Leo - The Angels of Breath message, also known as
The Angels of 'Romasara':
~ spiritus sanctus

spiritus@mindspring.com
www.spiritussanctus.com



Day 4 - CRYSTAL CLEAR



water crystals reveal structural alterations
bent by vibration, being currently
arranged to display Now.

love beats true
within waking waters of time
called You and I.
masterfully guided through Gratitude
this Source force Will create
bodies bent on behaving with
benevolent intentions
designed
to
witness Life as waking Art.

Go Gratitude

imagine a wake of Gratitude, flowing across every beating
heart, re-connecting our water bodies to Love.
Emoto- grab your microscope.

Interview with Masaru Emoto on Gratitude:

REIKO: Have you come across a particular word or phrase in your research that you have found to be most helpful in cleaning up the natural waters of the world?

DR. EMOTO: Yes. There is a **special combination** that seems to be perfect for this, which is **love plus** the combination of thanks and appreciation reflected in the English word **gratitude**. Just one of these is not enough. Love needs to be based in gratitude, and gratitude needs to be based in love. **These two words together create the most important vibration.** And it is even more important that we understand the value of these words.

For example, we know that water is described as H_2O . If we were to look at love and gratitude as a pair, gratitude is the *H* and love is the *O*. Water is the basis that not only supports but also allows the existence of life. In my understanding of the concept of yin and yang, in the same way that there is one *O* and two *Hs*, we also need one part yang/love to two parts yin/gratitude, in order to come to a place of balance in the equation.



Day 5 - LUCID GRATITUDE



consciously directing attentions to Gratitude
during transition from Waking reality to Dream space
will create a bridge allowing intentional exploration,
Divine communion,
and passage to enlightening adventures.

here is how:

1. tonight, as you lie to rest, focus on Gratitude.
2. imagine this symbol over your heart.
3. with each peaceful beat calming waters within,
feel a drift into sleep,
flowing knowing going is NOW -
resting on a ring of Gratitude,
leisurely floating Rivers of Abundance.
rest. soak. splash.
explore shores for treasures galore.
prepare to wake in Gratitude.

Go Gratitude!

to activate Will during sleep excursions,
summon a symbol of Gratitude.
You will immediately connect with choice, awareness, and power!

plus - flying remains an exhilarating option.

" **Lucid dreams** are also symbolic--yet in quite a different way,
...Their symbolism takes the form of beautiful landscapes
--different luminous phenomena, sunlight, clouds, and especially a deep blue sky.
In a perfect instance of the lucid dream I float through immensely wide landscapes,
with a clear blue, sunny sky, and a feeling of deep bliss and **Gratitude**,
which I feel impelled to express by eloquent words of thankfulness and piety.

Sometimes these words seem to me a little rhetorical,
but I cannot help it, as it is very difficult in dreams to control emotional impulses ...
Sometimes I conceive of what appears as **symbol**, warning, consoling, approving.

Flying or floating may be observed in all forms of dreams,
except perhaps the class of general dream sensations;
yet it is generally an indication that lucid dreams are coming. "

- excerpt, A Study of Dreams by Frederik Van Eeden



Kathy Kochevar created this magnificent mandala, titled Rainbow of Gratitude.
many thanks and much Gratitude for this heartfelt creation!
to view more of her magical mandalas, go to: www.earthandsky Mandalas.com

Day 6 - BE A WAKE



As surely as Gratitude returns to Self,
intentioned happynings manifest quickly.

watch for unexpected, serendipitous sequences of events to
wake, roll and buoy current excursions.

in other words:

imagine clearly. love dearly. be Gratitude.
let everything else roll bye.

BE A WAKE IN GRATITUDE

Go Gratitude!

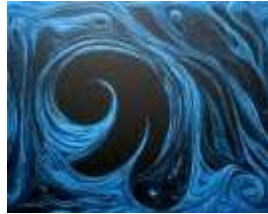
by waking in Gratitude our water bodies will peacefully
shift to NOW realities ~ a circular "see" of possibilities ~
being quickened past light speed, happyning ever so surely.
all is (s)well = waking gratitude

" Consider This: Revise the words, "Thank you," in your internal dictionary. Call upon these words to establish deep awareness of how your spirit touches others and how the good intentions of others stream energy into your experience. Wake up every time you say, "Thank you." Say, "Thank you," often.

Thanking Yourself

Here's a less used phrase. Saying, "I thank me," to yourself means, "I thank myself." Although you may not be in the habit of acknowledging your own efforts with Gratitude, it strengthens your energetic field when you do. "

<http://theyogaofalignment.com>



Day 7 - P.I.N.S. AND NEEDLES



remember the last time a hand or foot woke up?
blood rushing, pins and needles.
temporary, though none-the-less painful.

at times, this is
what happens with NOW awareness
as it floods into our waking reality,
seeking ports for universal understanding,
while naturally creating pressure at point of reception.
temporary, though none-the-less painful.

below is a formula for moving thru
moments of waking pains:

1. *P*ractice patience
2. *I*nspire creativity
3. *N*urture Love
4. *S*how Gratitude

" needles " to say, this works as well as You.
let feelings guide you through
to find peace
in this gathered wisdom.

Go Gratitude!

p.i.n.s. and needles are physical signals
to alter current position in favor of waking Now.
remember - this too will pass thru.

Awakening is a flowering of your innermost being.
It is a revelation of your essence,
hidden by long eons of self-delusion,
ignorance,
unbounded desires.

Enlightenment is an ending as well as a beginning:
the ending of the old, veiled, dark ego,
its longings, illusions, frustrations;
the beginning of a vast expanse,
an infinite field of the Unknown,
an adventure in consciousness.

It is a revolution:
it represents danger to the old way of life,
to old ways of thinking and living.

It is freedom from the known and the unknown;
from the real and the unreal;
from any appearance of division between you and Truth.

It is the abandoning of beliefs, dis-beliefs,
presumptions and stances,
self, ego,
call it what you will,
or call it nothing,
what it is.

It is the Path of the golden Dawn,
the Path out of the Night of Time
into the Bursting daylight of Eternal Now...

- Petros



Katherine Herbert - kindred spirit, mother-extraordinaire and mystical muse - shares
this P.I.N.S. technique as her ace in the hole for moving through waking challenges.
thanks, luv.



Gratitude begins with G
and ends with



e.

Mirror images of one another,
ALPHA AND OMEGA
are the beginning and ending of all creation.

Notice, I is centered in grat-I-tude...
All by Divine Design, of course.

Go Gratitude!

Gratitude kindly shifts our awareness to a circular perspective,
being transparently aware of what's beyond the bend...
a glimpse beyond now by mirroring ends!

ooohhh ... let the chills move up your spine,
tingling truthfully as past notions fade, opening space
for everything between Alpha and Omega.

I am Alpha and Omega, the beginning and the ending, saith the Lord,
which is, and which was, and which is to come, the Almighty.
Revelation 1.8

It is here in Revelation 1 - the **first** chapter of the **last** book -
that we meet the **first and last** letters of the Greek alphabet.
The beginning and the end are united in the Alpha Omega as a symbol of the
Everlasting God.

The integration goes deeper with the verse index corresponding
to the (small) values of the Letters Alpha and Omega.
They are calculated by summing the digits of the
Base Ten representation of the Number.

These are also known as the digital roots.

Thus, the Numbers 1 and 8 - the digital roots of Alpha and Omega -
give the index of their debut in Scripture in Revelation 1.8,
which means that the revelation of the divine title Alpha Omega
is integrated with the numerical values of the letters
(where RC indicates the Reduction Class value):

Revelation(1, 8) = Revelation(Alpha_{RC}, Omega_{RC})

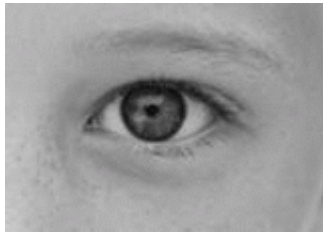
The Alpha and Omega are intimately associated with the Creator.

As discussed at length in the article called Gematria,
these letters are numerically equivalent to the Greek phrase "The Creator."

We have the identity:

Alpha + Omega = 801 = The Creator (Ο ΚΤΙΣΤΗΣ)

source: <http://www.biblewheel.com/InnerWheels/Revelation/Rev01.asp>



Day 9 - SPEED



speed of nerve impulse = 136 meters per second
speed of sound = 340.29 meters per second
speed of light = 186,000 miles per second
speed of thought = will
speed of intention = discipline
speed of acceptance = grace
speed of release = compassion
speed of Love = You
speed of Gratitude = Now

Go Gratitude!

various time-frames give boundary,
insight, and relation.

"multi-ness", one may say.

enjoy!
be excellent!
party on!

... In other words, though invisible to the human eye, we seem to be immersed in a sort of universal ocean of interconnectivity. Just as all creatures in a sea are connected by the cohesive body of water, so the entire world/universe is interconnected in a kind of cohesive psychic sea. There is nothing to which you are not attached in some way.

Evidently, even our thoughts are not just isolated ideas waiting to be acted upon, but are actually linked in some fashion to the object(s) of the thought. Shel Drake goes on to say, (1) "Our intentions stretch out into the world around us, and also extend into the future. We are linked to our environment and to each other." If, as Shel Drake says, we are linked to the future, then our thoughts effect what is coming. This means that our mental intentions, or stretching our thoughts outward, actually link to objects and draw them toward us.

--With kindest regards, Barry Carter
www.subtleenergies.com/ormus/index.htm





in
t.h.h.g.t.t.g.
~the Hitch Hikers Guide to the Galaxy~
you will remember
our planet comes
due to be demolished by way of legislation.
blown up. bye-bye. hasta la seeya.
sound familiar?

don't panic.

You Will witness worlds dissolving to reveal
alternative reality as happyning Now.

remember ~
time is Now to govern self as sovereign State of Gratitude,
for our coming transition will happen
as surely as finding Self in knew territory.

it's all good.

Go Gratitude!

t.h.h.g.t.t.g. records a tale of a universal computer
returning this answer: '42'.

as in THE answer.
of ALL questions.
ever.

knew views on Gratitude x 42, eh?
of course.

"When you accept changes in your sovereign reality
as the shifting persona of the Universal Soul,
you live in greater harmony with life itself.

Life becomes an exchange of energy between you
and the Universal Soul that is allowed to play out;
without judgment, and is experienced without fear.
This is the underlying meaning of unconditional love:
to experience life in all its manifestations as a single,
unified intelligence that responds perfectly to the projected image of each soul.

It is for this reason that when you project Gratitude to the Universal Soul,
regardless of circumstance or condition,
life becomes increasingly supportive in opening you to activate your divine imprints.
This feeling of Gratitude coupled with the mental concept of appreciation
is expressed like an invisible message in all directions and at all times.

In this particular context, gratitude to the Universal Soul
is the overarching motive behind all forms of expression to which humanity aspires.

Every breath, every word, every touch, every thought, every thing
is centered on expressing this sense of Gratitude;
a Gratitude that you are sovereign and supported by a Universal Soul
that expresses itself through all forms and manifestations of intelligence
with the sole objective of creating the ideal reality
to activate your divine imprints
and transform your entire being into Divine Essence.

It is this specific form of Gratitude that accelerates
the activation of your divine imprints
and their peculiar ability to integrate the disparate components
of your body, mind, heart, and soul, and to transform them
to the state of perception and expression of Divine Essence....

Establishing a relationship with the universe
through the outflow of Gratitude
also attracts life experience that is trans formative -
experience that is richly devoted to uncovering life's
deepest meaning and most formative purpose."

(Wingmakers) - www.wanttoknow.info/wingmakers2



Kucinich and Williamson are right on! with creating a department of peace.
consider this - we're preparing now for then.

<http://www.thepeacealliance.org>

Day 11 - FLUSH WITH FOCUS



meditation is a single point of focus.

simplify by choosing Gratitude to shift current focus into
a pure, nothing-is-everything-is-something state of awareness,
allowing feelings to flow, gracefully immersing Self into NOW.

intentionally create in vivid detail every aspect of Gratitude.

see it from multi-verses,
beyond centered nothing-ness
to exist at being
imagined
by
YOU.

as distractions surface
flush through Gratitude
returning Lovingly to Source
as Gifts of NOW.

just and pure.

Go Gratitude!

those distractions?

wish-ing away.
down the bowl. flush, flush.
grateful to know you...done your job, now bye-bye.
closing the lid. stepping away. later.

Spiritus Sanctus writes:

"When a person uses the power of their quadrapolar magnet, the fourfold power of desire, thought, flowing feeling, and sensation to seek (Gratitude) above all else, these powers penetrate through veils of obscurity and distraction and attune the individual consciousness to Divine Consciousness and Feeling.

"Where the attention goes, energy flows."

If a person focuses on the problem itself and continues to give it powerful mental and emotional energy, especially if the mental and emotional energy is negative, then the quadrapolar magnet creates attracts exactly what is not wanted.

By focusing on (Gratitude) instead, at the same time that the problem is being confronted, a person connects to Omnipresent, All powerful, and All knowing Divine Mind and Feeling, and to the heavenly hosts.

In this way help and instruction is attracted, manifesting solutions to any and all situations.

In attuning to Divine Mind, the Theta brainwave state of deep inner thought opens the Book of Life and regains understanding of the original purity of all ideas. Gifts of eloquence, artistic talent, clairvoyance and other occult powers are regained.

"All that I do ye shall do and more."

Once (Gratitude) is found through one pointed focus of the powers of consciousness and feeling, all other gifts and delights are added in a way that is in the highest good of all. we are one (in Gratitude)."

spiritus@mindspring.com
www.spiritussanctus.com



Day 12 - QUICKENING



notice presently amplified power
to draw intentioned events to Now.

this is hour Quickening,
an opening to manifest choice,
revealing our creative-ness
as present, powerful and ever-so-potent.

remember:
in order to thrive,
allow Self to be guided by Gratitude.
be clear, concise and collectively aware.

simply
appreciate and ye shall receive -
quickly.

Go Gratitude!

hooray!

let us give thanks for this
'serendipitous-by-choice -of-passionate-nature'
gathering of Gratitude,
witnessing collective change x 42 days !!!

namaste.

*** The resonance of Earth (Schumann Resonance)
has been 7.8Hz for thousands of years. Since 1980 it has risen to over 12Hz.
This means that 16 hours now equate to a 24 hour day. Time is speeding up!
- Gregg Braden**



Kara Kincannon has created a powerfully simple set of keys
to manifesting abundance in every area of life.
Through discipline, awareness and intent these tools may be
used to quicken, enliven, and support your magical dreams.

http://sourceoflightportal.com/hand_book.htm

Thank you, Kara, for your friendship, guidance, and dedication
to creating an abundantly peaceful world through living
Love and Gratitude!

Day 13 - NOTE OF GO



all notes recorded in Gratitude
will energetically gather
as saving Grace for
up-coming opportunities to play.

record daily Gratitude as matter of discipline ,
cultivating safe haven for
Now aligned
happynings, harbingers and ground crew alike .

consider wisely
true matters at heart,
as time will remember Now hence.

Go Gratitude!

by recording Gratitude Now, You Will
instantly receive an energetic boost of Universal proportions

translating into super-charged support for current endeavors.

sandy grason has this to share on recording Gratitude:

"when you slow down long enough to notice the details around you
you will be awed by the beauty and abundance in the world. This is a good time
to
express your thankfulness for all that you have and all that you are going to create
in your life. keeping a Gratitude journal is nothing more than writing down a few
things
each day that you are grateful for, yet this practice holds magical powers....you
will begin to look for things throughout your day to write down....once you get
going, Gratitude will over flow from your journal because there are so many
things to be grateful for.

Therein lies the magic of expressing Gratitude in your journal.
It connects you to a state of appreciation that
spills over into everything you do and experience. It inspires you to view
your life through a state of grace,..."

'journalution - journaling to awaken your inner voice, heal your life, and manifest your dreams'.
www.sandygrason.com

*

* sandy's book, journalution, is a handy tool for refining the art of recording creative life.

~

the pen gains ground! the pen gains ground! it is Now mightier than the
sword!!!aaahhhhhhhhhhh....at last.

imagine...all this through one simple stroke of Gratitude. *



Day 14 - CODED FOR CREATION



note
Divine Coding
contained within Gratitude:

egg = beginning = creation
spiral = journey = discovery
circle = completion = return to Now

this formula,
held sacred for all creative purposes,
Will Divinely structure Now
to
support
all generations Living in Love.

Go Gratitude!

one coded key to living mastery, unlimited creative license
and Divine Will...You are soooooo prepared.

A Sacred Geometry Experience

Introduction :

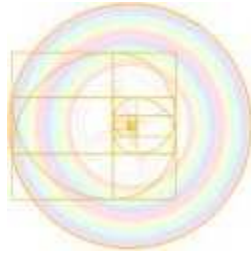
Sacred Geometry is the blueprint of Creation and the genesis of all form. It is an ancient science that explores and explains the energy patterns that create and unify all things and reveals the precise way that the energy of Creation organizes itself. On every scale, every natural pattern of growth or movement conforms inevitably to one or more geometric shapes.

As you enter the world of Sacred Geometry you begin to see as never before the wonderfully patterned beauty of Creation. The molecules of our DNA, the cornea of our eye, snow flakes, pine cones, flower petals, diamond crystals, the branching of trees, a nautilus shell, the star we spin around, the galaxy we spiral within, the air we breathe, and all life forms as we know them emerge out of timeless geometric codes. Viewing and contemplating these codes allow us to gaze directly at the lines on the face of deep wisdom and offers up a glimpse into the inner workings of the Universal Mind and the Universe itself.

The ancients believed that the experience of Sacred Geometry was essential to the education of the soul. They knew that these patterns and codes were symbolic of our own inner realm and the subtle structure of awareness. To them the "sacred" had particular significance involving consciousness and the profound mystery of awareness the ultimate sacred wonder. Sacred Geometry takes on another whole level of significance when grounded in the experience of *self-awareness*.

<http://gogratitude.com/sacred-geometry.html>

(when visiting above site, take some time to poke around. prepare yourself. you will be blissfully altered in a multi-trans-techno-divine sort of way! enjoy!



many thanks to Ormungandr Melchizedek for use of this beautiful image

<http://www.spirit-of-yggdrasil.com/page93.aspx>

Day 15 - GO



Spell GO in one motion...

notice GO in Gratitude, a 'g' in front of a BIG 'O' .

Go Gratitude!

a direct connection exists between the big O in Gratitude's GO
and finding one's G spot. it is simply a matter of skill and interest.
no less, know more!

more...more...MORE....

to go into a space of creation simply flow through Love
to Gratitude. imagine Gratitude, spinning through your heart,
drawing in and pulsing out the energy of creation,
beat by beat, minute by minute, flowing through you
as a wave, meeting both your head and feet simultaneously.

Now feel this energetic flow returning to source, only to
be quickened once more by the spirit of life, each beat building
upon the last creating more, more, more Gratitude.

this place of creation, this heart center, this G-spot within the
space of our human frame is our connection to divinity
and our source of creation.

simply know to Go and it is so.

-





lay head to hands, supported by solid surface. be still.
listen. listen again. listen deeply.

behold,
waking Gratitude
returning to Love YOU ~
every pulse flowing at heart's beat
greet a return wave,
bent back by guiding valves,
meeting each following generation of waking Life.

this meeting, this moment,
this standing wave of
past presently proving
a future moving Now
whispers,
'listen...

all is well
all i swell
all i's well.'

Go Gratitude!

play with your pulse ~ slowing, drawing and quickening the beat.
listen as you Go to Gratitude.
listen again. now listen deeply.

beyond listening to your own heartbeat, Wild Divine offers an exciting way to explore cause and effect through biofeedback.

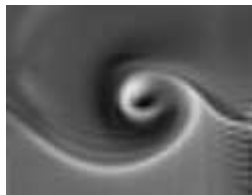
Biofeedback is scientifically proven to have a powerful, positive effect on your emotional and physical well-being by teaching you to alter your brain activity, blood pressure, muscle tension, heart rate and other critical bodily functions.

Wild Divine is designed to allow users to virtually experience the cause and effect of thoughts, feelings, and intentions while simultaneously cultivating personal discipline in order to translate the game into waking reality.

wow!

click here to discover what Gratitude will do in the world of Wild Divine...

<http://www.GoGratitude.com/wild-divine.html>



Gratitude is shape and form, flowing as divine mirror of the human ear.
check this out: **G R A T I T U D E** - an echo whispering hidden truth's of
Gratitude!

thanks, mom, for teaching me to listen, listen again, listen deeply!



look for divinity in simplicity
to find God in Gratitude.
~ hidden yet openly revealed ~
as One is willing to
knew-ly view
Go
as
God

ok, luv.

what does simple Gratitude reveal
on the up-side of Go?



G - o

lift the veil, flip it over.



- d

of course! Go-d...

inverted as transparent spheres' mirror,
reflecting messages of Gratitude prove
believing IS seeing.

Go Gratitude!

as above, so below
so within, so without
Go Gratitude, so know God

" Gratitude arises when you accept the Wisdom of All That Is, and that the God Essence lives in All Things, no matter what appearances may be. Even times experienced as difficult, such as now, are bridges to Higher Levels of Consciousness, and so carry their own blessings. Be grateful that you may experience these deep changes that are bringing great blessings to the Planet. The Love of the Source moves in All Things - even Now! And then, as you are able to feel gratitude for All That Is, you will find Serenity and Peace. You will feel a deep calm, and instead of fear and anxiety reactions, you will begin to perceive the Great Mystery and Wonder at the Heart of the All. You will feel the Great Love in the Heart of the

Universe and you will know that All is Love, and that everything in your life is an expression of Love in some way. When you have allowed that recognition to open your Heart - then you will accept the Gift of Joy. And will be able to transmit it to others. It is within you, in your deepest Heart, waiting to emerge and be expressed! "

(Archangel Michael through Celia Fenn) -
<http://www.starchildascension.org>





remember the toys -
round with a wheel centered
atop a turning post...
a disk to on which to
sit and spin.

a simple, youthful aid
to changing one's outlook on life.

remember:

it IS just as easy
to shift Now by spinning into Gratitude...
feeling every pull, tug, churn and chug
along this turning ride.
exciting, yes?

Go Gratitude

BE
fountains of youth,

standing waves
whirrrling, swirling to sur-face
shifting slightly...
just enough to
make wakes of Gratitude.
dizziness optional.

"the miracle of changed consciousness
comes from placing the attention
above the difficulties of the day.

with deep Gratitude
comes true humility,
a key to the Fountain of Youth.

Gratitude lights the way to enthusiasm.
enthusiasm clears the path to Love.
Love is the key to freedom."

- Sandy Paris





GROW.
REMEMBER.
ACCEPT.
TRADE.
INVOKE.
TREASURE.
UNDERSTAND.
DELIGHT.
EXPLORE.

Go Gratitude!

hey! you can play, too.
ready? go.
spell it out now.

or perhaps you wish to take time
to consider a perfect arrangement for Gratitude.

in every event ~
just do it.

an excerpt:
(see photo below for reference)

"while spelling ourselves into GRATITUDE
many questions popped up,
revealing simple instructions to be
insufficient for such a grande undertaking.

Q: how big shall i make my letter?
A: belly button to chin...then our
efforts are centered in the Heart.

Q: whose view are we using,
ours or the cameras?
A: draw so others will know
gratitude when they see it.

Q: capitals or lower case?
A: let's capitalize on Gratitude..."

for an inside peek at the beginnings of Go Gratitude,
follow this link: staceyrobyn.typepad.com



for a fresh, spunky view on Gratitude, check out
this acrostic poem written by ms. Diane English -
marvelous...simply marvelous!
www.g GRATITUDE.com/dianeenglish-gratitude.gif

to discover more uplifting, vibrant art created by Diane,
visit her at: www.DianeEnglish.com



practice is the art of learning
Mastery is the art of living
Gratitude is the art of Loving.

Go Gratitude!

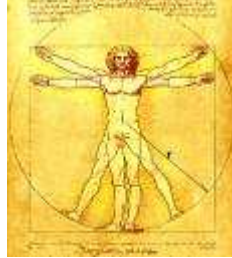
by daily endeavor one discovers life is
simply an adventure in levels of Self.

imagine mastering Now.

WOW.

"...a basic law:
the more you practice the art of thankfulness,
the more you have to be thankful for.
This, of course, is a fact.
Thankfulness does tend to reproduce in kind.

The attitude of gratitude revitalizes the entire mental process by activating all other attitudes, thus stimulating creativity."
(Norman Vincent Peale, American pastor, Author 1898-1993)





remember a moment of true Gratitude.

Now
breathe deeply this powerful memory,
a charge of energetic elixirs
delivering perfectly mixed messages
to fully appreciate this past moment
of
You.

so it is to Create, as well.

simply remember Gratitude to
draw this creative elixir by Will,
as it flows on notice
and command.

remember to structure activities
in order to prepare
to artfully receive all you conceive.

breathe deeply once more...
exhale pure essence of Now
to
acknowledge, accept, and appreciate
knowing You know
Gratitude.

Go Gratitude!

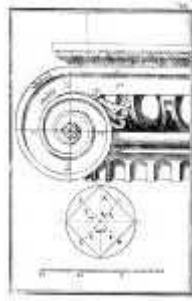
it sounds so simple, and yet...it IS!

let's put it this way:

1. Gratitude 2. Will 3. Deliver

"The more gratefully we fix our minds on the Supreme when good things come to us, the more good things we will receive, and the more rapidly they will come; and the reason simply is that the mental attitude of Gratitude draws the mind into closer touch with the source from which the blessings come. If it is a new thought to you that Gratitude brings your whole mind into closer harmony with the creative energies of the universe, consider it well, and you will see that it is true. The good things you already have have come to you along the line of obedience to certain laws. Gratitude will lead your mind out along the ways by which things come; and it will keep you in close harmony with creative thought and prevent you from falling into competitive thought."

~The Science of Getting Rich by Wallace D. Wattles



"The Science of Getting Rich", by Wallace Wattles is available for f*ree download from <http://www.consciouslivingfoundation.org/ebooks-inspirational.htm>, as well as a number of other online sources. This source offers a generous collection of inspirational titles, as well. Enjoy!



i am centered in Gratitude
as a hurricane gathering rain

peaceful
to be at the
heart of Now.

imagine ...
our shower of waking whirled peace
Will flow through Now
easing thirst
clearing space
activating abundant seeds
gathered
as blessings of time.

Go Gratitude!

as order to chaos
one witnesses' change.
remember...
even
Gratitude
lives through hurricanes.

Each situation in your life exists for your spiritual growth and evolution and when you are ready to acknowledge the wisdom with which you organize the scenarios of your life, you will learn to love each situation. Then you can become aware of its lessons, know and learn them and love them free.

Once you learn to love the experience, it has fulfilled its mission in your life and can depart from you. But as long as you continue to hate, judge, resent, run away from or ignore it, it will exist and even intensify as it mirrors everything you dislike about it. Is it good or bad, right or wrong, beneficial or harmful, short term or permanent - all of these are judgments that will only result in the continuation of the circumstance.

Instead, ask your Self, 'what do I need to learn from this' and you will take the first step on the path to freedom. Each difficult experience that you have is a mirror of a fear in your life - discover the fear and the reason for its existence and it has no power over you and then ceases to exist unless you allow it to. The more dire the situation, the greater your need to learn and appreciate its lesson and heal that aspect of your belief system.

Once you acknowledge that you created the reality, it loses its power because it is the paradigm that you built, not the result of someone else's actions against you. Then you can love it free and move on to create other realities that are more peaceful, joyful and fulfilling. No matter what the circumstance, if you can learn to love it, you can free yourself from it and move forward on your journey.

(Archangel Uriel through Jennifer Hoffman) -
<http://www.urielheals.com>



Many Thanks to Carol Hansen Grey for her ability to translate a vision of the Gratitude Symbol into creative reality. Carol is a living example of Love, a catalyst for Peace and an all around brilliant gal... I am honored and blessed by her presence and contribution to Go Gratitude! Thank you, Carol!

<http://www.carolhansengrey.com>
http://openheart.com/lu/lu_cd-pr.html

Become a Catalyst for Peace ~ Join the World Peace Experiment
<http://www.openheart.com/peace>

Day 23 - STAIR WAY TO HEAVEN



imagine Gratitude spinning
~ centered on axis ~
by 90 degrees each turn

opening,
by entropy's call,
a way to reach any chosen space...
to give lift to any focused charge, intention, and command...

an on-demand
stair way to heaven.

Go Gratitude

90 degree turns may also re-present
earth's four directions, a cross, and
humanity's four appendages.

turn to Gratitude in times of intentional living,
rising to meet each challenge as Gratitude
lifts US to heavenly heights of earthly ecstasy.

notice the 9-0 in Gratitude ~
merely a turn of perspective, yes?

"Let me emphasize here that while Gratitude is
the keystone, it's desire that gets the arch started.
Without desire, entropy would end all life.
The desire for 'more better' is embedded in life,
driving innovation and transformation.

Gratitude is the keystone in the arch of prosperity.
To the person who knows nothing of the construction of arches,
they could appear to be held up by 'invisible means of support.'
Likewise, someone who knows the process of making arches
need not understand how it all works to construct a functioning arch.
By making gratitude the center of my relationship with the universe,
I am placing the keystone where it belongs.

And like an arch, I too have invisible means of support "

~ the Milieu



arriving serendipitously to offer a collection of gathered quotes
on Gratitude, Steve Marsden exponentially quickened my ability
to create '42 knew views on Gratitude'. You, too, have access to
his vast collection of inspiring quotes on Gratitude, found here:

http://groups.yahoo.com/group/DailyDose_Gratitude/

and here:

http://www.saviourbehaviour.com/gratitude/Gratitude_Quotes_1.html

thank you, Steve!

Day 24 - THE ART OF GRATITUDE



follow three rules to artfully create a masterpiece of Gratitude:

1. All shapes are self contained. Beginning to End. Seamless.
2. Space exists between all Shapes.
3. Go with the Flow.

Go Gratitude!

the art of gratitude is respecting natures laws to
create inspired time with flow and ease.
In one motion, Gratitude honors all three rules above. amazing.

"The essence of all beautiful art, all great art, is Gratitude" - Nietzsche



above is a personal piece of "Gratitude Art".
upon closer examination you will discover space between
each completed shape, whether simple or intricate.
my secret? go with the flow of Now and let the message emerge. enjoy!
as you feel inspired, take a few moments to create a masterpiece of your
own!
be centered in Gratitude and remember -
1. shape 2. space 3. flow...now GO!



follow a path of Gratitude to loosen
neck and shoulder muscles.

begin by dropping shoulders to rest lightly below
your ears. now gently allow the head to follow gravity's pull,
falling to curve round, forming a center of gratitude.

continue to release stored tension
by flowing slowly, deeper into the spin
ear drawing near the shoulder
making a complete journey to meet
full circle
while mindfully stretching
body to soul
spirit to source
self to now

in order to honor balance
bend your brain round this:

reverse this exercise to draw a mirror
image of Gratitude activating Alpha and Omega within.

repeat til you feel complete.

Go Gratitude!

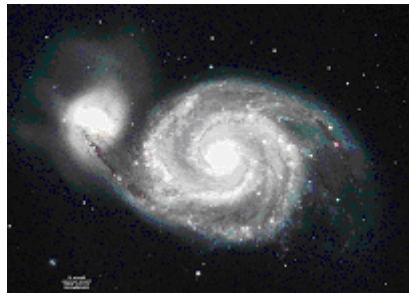
"You must approach your yoga practice with reverence and gratitude and love.
It's very much like entering a temple."
- Amrit Desai

for additional exercise, suitable for computer users
everywhere, go to:
http://www.yogaeverywhere.com/keyboard/keyboard_4.html

a loose neck allows greater mobility for
glimpsing present opportunities.
using Gratitude as a pattern Will align Self
to notice, follow, and enjoy Divine promptings.

for your consideration:

what opportunities may be just out of view,
accessible by stretching your mind-body-spirit-essence
through an exercise in Gratitude?





the art of Gratitude
+he art of Gratitude
+ heart of Gratitude

IS

YOU

Go Gratitude!

through time, translation and change
meanings will be rearranged -
simply seek to be heartfully centered in
Gratitude and all possibilities will be revealed to YOU.

Neale Donald Walsch in the 'Conversations With God' series
artfully displays various ways to change old views into new knows.

remember = re-member

intimacy = into-me-see

re-member too real-eyes what's happyning NOW as YOU Be Come Gratitude!



Day 27 - SPACE TO CHOOSE



Gratitude creates space to
wholly-holy-holey
perceive Choice

as it swirls in levels of Self
offering knew views of whirrleds within worlds.

Beyond Self is Present Matters,
happynings near you offering you-know-what.

Using Gratitude
to guide encounters of Choice
Will easily allow One to be perfectly positioned for
accepting returning blessings
and
unexpected treasures.

Go Gratitude!

imagine Gratitude as periscope, portal, and peep hole...
allowing you to immediately
focus, magnify, explore and perceive Now.

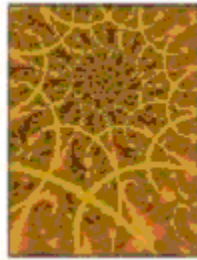
choose-a-way!

" It is only by honoring your own creational being that you honor all that is holy,
all that is divine and all that is earth. Do not wait,
hoping someone will give you what your heart seeks... Give yourself
what others in your life have not been able to give you.
Do not shun them for not bringing you the gifts.
The gift you give is the gift
to yourself, of yourself, for yourself, and by yourself.

That gift is the remembrance that you are holy and born from the heavens...
Through honoring yourself you enter into the Christ heart within
your being and you will then rise to the next level of your light.
But it is only through honoring your own divinity that you will be
able to access this portal.

The portal of the Christ awaits you within. Will you enter ?"
(Sananda through Gillian Macbeth-Louthan) -

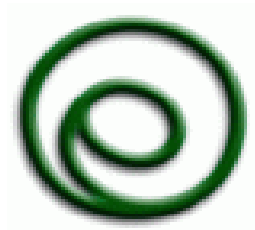
<http://www.thequantumawakening.com/>



Day 28 - BEYOND EGO



move beyond ego
by simply flipping to Gratitude.
like this, for instance:



e -

*

*

*

*

* *

*



- go

flip side of ego is Gratitude or...GO!

as a sentry keeping watch to give notice
of change, Ego covers our backside.

always present by design

~ on the Other side of Now ~

simply discipline Self
to focus on Go.

how?
ask ego anything...
in Gratitude.

Go Gratitude!

You will receive answers. be prepared to accept what is given.
daily engage with Self and re-member, too,
Listen... Listen again... Listen deeply.
questions, of course, will elicit true response. ask well.

" So, the path of the co-creator is to be awakened spiritually
within, which then turns into your own deeper life purpose,
which then makes you want to reach out and touch others in a
way that expresses self and really evolves our communities
and our world. Certainly, we can't do that unless we activate
ourselves first. That's why, for me, emergence is the shift
from ego to essence. That is so important." - Barbara Marx Hubbard



Sheila Finklestein weaves her eye for capturing nature's light with an exquisite talent for asking questions that lead to self-reflection - opening "knew" views of the inner you. check out her glorious collection of photographs as well as her almost daily ezine, A Picture to Ponder. <http://www.eteletours.com/ptpintro.html>

Thank You, Sheila, for shining your bright light for all to see!



think outside the box.

where to go?
go to Gratitude.

circular, transparent, open to interpretation.

in short, forget limits.

allow universal deliverance
to appear
as uniquely designed
to meet current timing
by opening portals of possibility.

Go Gratitude!

"the box" indicates boundaries, limits, blind corners.
just glance at Gratitude ~ graceful, open, go , Go, GO!
deliverance, indeed.

Gratitude unlocks the fullness of life.
It turns what we have into enough, and
more. It turns denial into acceptance, chaos
to order, confusion to clarity. It can turn
a meal into a feast, a house into a home,
a stranger into a friend. Gratitude makes
sense of our past, brings peace for today,
and creates a vision for tomorrow.

~ Melody Beattie



Day 30 - SEED MAKER



imagine Gratitude
as a knew~ly planted seed of wisdom,
created wholly by choice.

tenderly remember
to seasonally adjust sowing of seeds
in order to
lovingly manage space
for waking realities
to grow
naturally.

remember -
old, un-intentioned, rotten seeds
will waste away
returning
to
Source
as matter in time
to
nourish
Now.

let these Go - focus is energetic flow.

BE current.

Go Gratitude!

plant wildly with passionate pursuit.
all Will gather, as imagined.

Sow a thought and you reap an act; Sow an act and you reap a habit; Sow a habit
and you reap a character; Sow a character and you reap a destiny.
- Samuel Smiles



Day 31 - WHOLE NOTE



egg-ly shaped,
centered on vibrations line,
is a note held whole.
supported by time as symbol of Go,
flowing vibrations creating
scores of living Light.
musically inclined by nature,
use whole note as an indicator,
timing gaps to accent Now...
...lingering long to center Self
by
quickenning linear arrangements
with flair, style, and grace!
Gratitude supports notes by turns
of agreement with natural law,

symbolizing inner support of outer presence.

note worthy, indeed.

Go Gratitude!

muse-i-call-ye...how does Gratitude sound to You?

Aqua Vitae Quabbalisticae :

'In this step, the elemental power of each letter
is enlivened through feeling.'

'...Each letter is pronounced as a color in any shape
that inner guidance directs, and is also toned to a musical note
that enlivens the color on an emotional level if toned inwardly,
and in the physical if toned out loud.'

G-R-A-T-I-T-U-D-E

*

'G, emerald green, Grace and Mercy, is subject to the water principle of feeling
and the exercises have to be combined with a feeling of chill,
which has to be increased to a feeling of iciness.' [musical note F]

*

'Letter R, golden, inner guidance, is subject to the earth principle
and the feeling of weight.' [musical note C]

*

'umlaut "A" , transformation and the mysteries of life and death...
he must have the feeling of a leaden weight, and stand it through.
He must be able to extend the feeling of weight to the whole universe, and vice versa,
pass through this feeling of weight,
represented and effected by letter umlaut "A: from its expansion over the whole universe
down to a very small dot. [musical note C]

*

'Letter T, dark brown, high inspiration, appertaining to the fire principle, too,
is connected with a feeling of warmth.' [musical note F]

*

'Letter I, light opalescent, cause and effect, is a letter of the earth element
and must therefore be practiced with a feeling of weight.' [musical note G]

*

'Letter T, dark brown, high inspiration, appertaining to the fire principle, too,
is connected with a feeling of warmth.' [musical note F]

*

'The U, velvet black, the act of creation and its ongoing effects,
is analogous to the pure akasha principle and, when practiced,
is connected with a feeling of penetrating everything.' [musical note B]

*

'Letter D, dark blue, the mysteries of love in creation,
is controlled by the pure element of fire, or will,
thus the quabbalist must have a feeling of warmth when he utters it.
Depending on his ability of concentration and imagination,
he must intensify this feeling up to a sensation of heat.' [musical note C]

*

'The deep purple E, omnipresence, has the specific characteristic of the akasha principle,
of pure being and oneness with the Unified Field,
which is revealed, in its elemental effect, in a feeling of
power of penetrating all.' [musical note C]

*

notes of Gratitude:
F-C-C-F-G-F-B-C-C

enjoy this musical arrangement...you simply add meter, voice and feeling
to sing your own song of Gratitude.

Information of the divine virtues and the letters
are referenced from THE KEY TO THE TRUE QUABALLAH,
ISBN 3-921338-12-4]. Publisher is Dieter Rüggeberg, Wuppertal/W.



Day 32 - BALANCE



give too receive
receive too give
balancing Gratitude equally
in favor of collective
abundance .

giving presents an opportunity to be open to all
sources for offering a justly-tailored trade.

receiving allows us to gracefully conduct exchange
in order to accept what is presently offered
for mutual benefit.

Go Gratitude

blessed be to give and receive,
balancing Divine law of Reciprocity.
it's all circular, my luv.

"There is not a common denominator here, although I must say, there was a shift when I deliberately began to feel love, joy and Gratitude for the ABUNDANCE I ALREADY HAD in my life, which included the love of self, family and friends, a safe and nice home to live in where I set my energies of peace and harmony, a good job I enjoy (I work weekends only) that is well paid and I have loving interaction with everyone I meet...that enable(s) me to enjoy my perfect health to continue my Spiritual work. I have personally found that the ATTITUDE OF GRATITUDE works a powerful magic energy and therefore I attract what I am giving out. THANK YOU"

Love and light to you and yours,
Pam Lau



Keith Varnum, creator of The Dream workshops, shares this story on the power of Gratitude as a manifestation tool:

The Physics of Gratitude

"I panic! My 5-year house mortgage has only three months to go. I just get off the phone with my current mortgage holder. They can't simply give me another loan. Company policy stipulates that I have to apply for a new mortgage. I don't show nearly enough income to get new loan for my house. And my credit has been ruined by a bad investment...

I resign myself to giving up my little piece of Heaven on Earth. I let go of the memory of all the electric gatherings of like-spirited souls that filled my spacious home. For the next three months, I say goodbye to the views, the hues and the muse that this setting provided for five exciting years. I thank God for the joy and love that has filled this space each day. I open to possibility

that I can find another magical hacienda.

But wait! Hold on! Someone, something, hears me, feels me, responds to my outpouring of appreciation! A few days before my 5-year loan expires, I receive a brief form letter from my mortgage company. The memo announces a new general policy of extending current mortgages without income qualifying or credit checks. I call. They say "Sure." I get to keep my little bit of paradise for as long as I want!

Wow, I flash on my daily activities for the previous three months.

Every day I fully enjoyed the divine gift of my home as if it were the last day I would have it. I realize that my innocent outpouring of deep gratitude each moment has attracted this extension of my experience. Like vibration attracts like vibration. By the physics of gratitude, the house couldn't go anywhere. The experience had to stay. My appreciation in each moment is the magnet, the creator, of my space."

www.TheDream.com

(Keith offers an ezine that absolutely rocks! Packed with real world insight and timely tools for living the life of your Dreams. I've appreciated receiving this gift for a number of years - you may, too!)



*

pre-sent

*

present

*

Present

*

now say Gratitude after each one.

a simple shift of emphasis, tone, tense
-with added focus on Gratitude-
will reveal knew meanings Now.

Go Gratitude!

open sesame = open says me

"We can break the cycle - we can break the chain
We can start all over - in the new beginning...

We learn, we teach, We share
the myths, the dream, the prayer
The notion that we can do better
Change our lives and paths
Create a new world

and

Start all over
Start all over
Start all over
Start all over

We need to make new symbols
Make new signs
Make a new language
With these we'll define the world

and

Start all over
Start all over
Start all over
Start all over ..."

-Tracy Chapman, 'start all over', *New Beginning*

check out this fabulous collection of
moving music ~ feel it's message wash over you
as waves of Gratitude!

oh, and when you do - note the CD cover art...

Gratitude? absolutely!



The energy of Gratitude is an essential element
in the Great Shift in Consciousness
that is now unfolding on Earth.

What is this Great Shift and what role do you play in it?
The key is healing.
The result is world peace.

Visit www.Kirael.com/GoGratitude/ to shift into
a new view on Gratitude.

Mahalo!



energy flows in waves
following fractals to pattern order in chaos.

ideas channel in this same manner,
prompting receiver to translate, record, organize, and share
inspired time.

at times, a vortex forms
~ too powerful for a physical body to orderly process ~
causing energetic outbursts, friction
and chaotic happenings.

by drawing Gratitude, a physical opening is created
for this abundance of energy to flow.

1. grab a writing instrument.
2. doodle gratitude
3. continue to doodle thru Gratitude
til a feeling of order presides.

remember ~ follow this simple process
to direct creative energies thru physical channels
into viable endeavors.

Go Gratitude!

over time you may be drawn to turn these therapeutic exercises into art, amassing a collection of intimate creativity born of Gratitude.

on using spirals (Gratitude) to pass through energetic blockages:

"That night, after seeing the attractor vortex in the water,

I was worried when I saw too many tics in the face of my son.

I suggested he make scrabbles and lines on a paper.

I said to him: "try to feel the energy that is inducing you to make grimaces with your facial muscles."

He drew spirals at the same rhythm that he was moving his lips, his eyebrows, and his nose.

He passed those energetic forces from his face to his hand by drawing, until he became conscious of the field that was disturbing him.

My conclusion is that his tics were like an attractor, a spiral, a pulsating vortex for his muscles;

they were like a probability wave that made him execute a Fixed Action Patterns-- FAP;

those tics disappeared when his hands and his gymnastics absorbed the energetic "spiral"

that before were expressed as tics (unconscious Gymnastics).

To draw lines and scrabbles on the paper was another pulsating spiral that absorbed the force of his hand."

<http://www.sensoterapia.com.co/qbits.htm>





circular thinking creates structures for
receiving abundant returns.

in order to receive stored blessings,
one must believe it possible, conceive a plan
and follow this journey to Source.

full circle. complete.

imagine - creating 'then' *Now* by
simply believing, conceiving and receiving...
all in the name of Gratitude!

Go Gratitude!

"old school karma" got all twisted up
in an illusion of eternity.

nowhere to go? now here to Go.

twisted how simple it is...
write before our eyes spelling space
into for-ever...

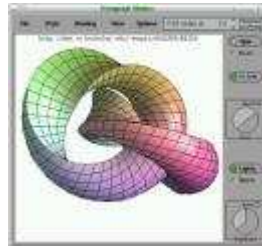
"Karma illustrates the circular energetic nature of the universe. Energy doesn't move in a linear format, but rather arcs back to itself as a vibration in an ever widening, narrow and concentrated circle.

(editor's note: sounds like Gratitude)

Every energetic impulse that the self projects eventually returns to the self, precisely the way it was issued out."

"Karma, a gift from the universe, provides a guideline for the Soul's evolutionary curve. It is the road map through which the self describes the specific journey of the Soul in this particular lifetime. Ultimately fair, karma establishes cosmic justice. The Law of Karma is EXACT... Karmic Law dispenses the lessons which are uniquely tailored to the individual student."

- KARMA' the Soul Connection By: Elizabeth Joyce





challenge: write Gratitude 100 times .
hint: write ' Gratitude 100 times ' .

challenge: spell Gratitude in one motion
hint: draw above symbol

Gratitude is as complex as a Symbol
or as simple as remembering
to quickly think
outside the box.

Go Gratitude!

think this one thru: 9 letters or one - you choose.
time is of the essence.

get this:
the Word Gratitude has Nine Letters
Nine is a number of Completion
(note Nine in above Symbol)
our ability to express Gratitude has just taken a quantum leap,
joining all races, nations and tongues.

Now everyone can spell Gratitude easily!!!

write on...



Julie Jordan Scott - life coach, writing muse, and passionate fan of Gratitude - offers transformational tools to translate your inner voice into infinite choice by providing structure, guidance and support!

Julie is an example worthy of emulation - one who thrives by living a passionate life.

i am soooooooooo grateful for Julie's influence, expertise, and unwavering belief that every dream is possible! Thank you, Thank you, Thank you.

<http://www.g GRATITUDE.COM/julie><http://www.g GRATITUDE.COM/julie.html>



imagine Gratitude as a ring
designed to
- buoy spirit, give lift, aid shift -
for
rest on waking waters.

in event
of turmoil and trial
simply send an
S. O. S.
call
in order to

Serve Our Self
Sense Our Source
Support Our Soul

re-member:
our SOS call may be altered
in honor of Gratitude
to reflect, empower, and support
us
Now.

Go Gratitude!

to use Gratitude as life saving device,
simply remember to toss troubling thoughts

and center self - floating gracefully through
rough waters to peaceful shores...
giving thanks for ever more.
for sure, for shore.

Beliefs have the power to create and the power to
destroy. Human beings have the awesome ability
to take any experience of their lives
and create a meaning that disempowers them
or one that can literally save their lives.

- Anthony Robbins





imagine Gratitude as an ionic compass.
all ways pre-sent, always present, all ways Present.
simple to grasp, easy to use.

compassion ~ an ionic compass ~ will offer direction
as skillfully employed,
transparently utilizing intentional mastery
to direct our waking reality in
passionate pursuit of abundant
Peace, Love and Gratitude.

compassion points out unique opportunities by
reading current streams of Waking Dreams,
directing attention to influential matters,
while providing a reference to gather
a true sense of NOW.

Go Gratitude!

guided to serve, many will thrive with Gratitude as a
Divine partner in compassionate communications.

can you hear me now?

When we develop a right attitude of compassion and gratitude,
we take a giant step towards solving our personal and international problems.

~ *H.H. Dalai Lama*





considering justly
time spent on givings gifts,
one is well to re-member this:

think outside the box.

use
Gratitude
to
heartfully choose
which gifts Will benefit whom.

always and in all ways be prepared to share.

Go Gratitude!

present Gratitude with intent, intuition, and insight
opening Now to Love.

Feeling gratitude and not expressing it is like
wrapping a present and not giving it.

~William Arthur Ward





as told,
current brain mass being accessed
is
ten percent.

that's it.

so, what's present in the other ninety percent?

pure Gratitude.

by simply giving
ten percent in all matters
~as attention, effort and tithe~

You Will complete
circular appreciation
by simply offering a return of shared abundance.

note figures below:

you @ 10 %

+

Gratitude @ 90% =

100 % paid in full

Go Gratitude!

nice set up. neatly arranged. simple to figure out.
notice a nine before zero?



now go...
tithing as inspired.

"Many people have had a psychological block against tithing (giving), because so many theologians have stressed what tithing would do for the church rather than what it could do for the individual."
- Catherine Ponder, Open Your Mind to Prosperity





in order to
create
flowing Grace
to
wrap time warp
as
alpha omega
space

Gratitude

IS

Now

GO

Go Gratitude!

green means Go by collective agreement,
so relax...
it's all timed for a smooth ride. enjoy.

"...Green is...unconditional love, inner healing and self-love. So now is the time to use Green energy to boost your love of self and assist you as you work to focus your mind in the direction you want to go. Bring some Green into your wardrobe and your home environment. Maybe a Green tablecloth would be great, or you could place some new Green plants on the porch this month? Toss a green scarf over a lampshade or put in a green bulb. Utilizing green energy will also help you to let go of your attachment to old behaviors, and help you to remember to give yourself a break as you work to create new behaviors and habits that will improve your ability to create the life you desire. Green will heal your heart and help you maintain a positive frame of mind."

<http://www.wisdomcrystals.com/crystalstaroraclebackissues.htm>





imagine arriving at a
Universal Well of Gratitude,
to discover instructions for use.

perhaps one might read this:

Well Come All
this Source is pure, draw with pleasure.
Self reflection is highly encouraged,
as calm waters offer clear views.
peer deeply into watered wells -
you may cast change to invoke chance
or chant charms for Love's romance.
remember to heartfully pour forth
all gathered blessings
so others will benefit, as well.

Go Gratitude!

tossing change is one way to make waves.
Now be silent to hear whispers
rippling from well tossed offerings of Gratitude.

have you seen this?

WOW!

Carmen Colombo shares this on wishing:

Do you realize that if you Wish ONLY Well,
you can create your own world into what you wish?

And what is your own world?

It's the place in life where you are:
your present conditions, circumstances, family, friends,
work, environment - in other words, your LIFE.

By Wishing ONLY Well, you make your own world

AND

the whole world better.

It's neither altruistic nor selfish....it's logical!

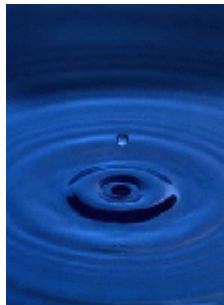
You reap what you sow. Of course that doesn't mean that
exactly what you did will be done to you.

That would be too easy. It means that you will never know
the exact moment that you will shine or will fall,
depending on how you live your life.

Choose the high road, and expect the best.

You create your own world, and by extension the whole world, every minute.

<http://www.wowzone.com/wowintro.htm>



Congratulations!

**You are a Master of Gratitude,
embodying the key that opens all doors of possibility!**



Has it really been 42 days? Yes, Yes, YES!

Amazingly, over the course of the past 42 days, through direct attention, collective connection, and divine intention you created a world wide wave of Gratitude!

Prepare for the ride of your life! Whohooooooo!

You see, by nature of your participation, you are positioned to ride this world wide wave of Gratitude. By being connected to a large group consciously focused on using the divine tool of Gratitude, the powers of manifestation are amplified, a connection to the creator within is present, and our collective consciousness is swimming in this source force energy.

Simply amazing!

Through your commitment to creating a world wide wave of Gratitude, we are now forming the tides of change that will form the foundation of future generations living a life of Love and Gratitude. Imagine the possibilities...

Now ...

In honor of this experiment, to appreciate what has passed, remember an experience, an idea, a single moment where you know Gratitude is making a difference in your life.

As you tap into this pocket of time, connect each and every drop of water in your body to Gratitude as a living essence of Love. Let this memory flow gracefully through your body, giving thanks to YOU for making a conscious choice to heartfully connect to Gratitude.

As you go forward, use this connection to immediately return to the center of Gratitude, drawing on the power of your personal experience to propel current possibilities into waking reality!

Remember, as well, each and every one of us will come to this moment having a vastly different experience, one uniquely suited to our personal journey yet universal in truth -
we are one in Love and Gratitude.

Now, to answer a few questions ...

Many of you have requested information on the structure of the series, so here is a bit of insight into the formulation of the Go Gratitude experiment.

To begin, you might wonder why we chose 42 days as a number for the 'Knew views' series.

You see, it takes 21 days to create a habit - this number is doubled to 42 in order to flow through to a level of Mastery. As you revisit the past 6 weeks you will surely discover instances where Gratitude altered your experience, appeared at precisely the right moment to assist a shift or perhaps open previously hidden doors of possibility.

Additionally, each message in the '42 days of knew views on Gratitude' were designed to align the hemispheres of the mind by offering both art with fact, idea with possibility and represent a balanced approach to life by following a structure, created by Carol Hansen Grey, called the Wheel of Transformation. This wheel consists of twelve unique arenas of Life arranged to create balance, wholeness and a multi-dimensional perspective.



Each section is represented by at least three messages in the series, to further integrate Gratitude from a universal perspective with a wide variety of applications.

Finally, this symbol of Gratitude is with you as a way to recognize ever present truths - a great unifier emulated in every facet of life through art, nature, ancient civilizations and modern day revelations. Consider the symbol as a guide bringing recognition of what is present Now. In its' highest form, **the symbol is YOU** - as a living, loving Ambassador of Gratitude.

Remember - you are a Master of Gratitude. You are the Key.

Now open all doors of possibility by creating a vision within your Heart and allowing your feelings to flow to your consciousness, creating a doorway for ideas, opportunities, people, and adventures to enter your life. Be grateful at every step knowing you are creating this experience and may change course at any time.

As you are presently awakened to this power within, you are able to consciously create your daily experience. Being centered in Gratitude is empowering, enlightening, and ever so exciting!

Perhaps you realize this is only the beginning...
From here we will be sharing with you the precious treasures, divine endeavors and serendipitous opportunities arising as a result of our collective efforts.

Our goal is to highlight, motivate and support the passionate pursuits of our growing family of Gratitude, creating a way for each and every one of us to move from surviving to thriving by living the principles of Love and Gratitude.

Thank you for your presence on this amazing journey into the heart of Gratitude and for your belief that one person makes a difference.

That person is YOU!

Welcome to Now!

in Love and Gratitude,

Stacey Robyn
and the ground crew of Go Gratitude

Express Your Gratitude at
www.ExpressGratitude.com



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contact us: 42@GoGratitude.com