

Gratitude

One of the faces of the Source energy is Gratitude.

It is one of the most coherent energies.

It triggers the Law of Supply and Demand.

As you cultivate Gratitude:

“The Cosmic Creator is ready, willing, and eager to bestow
untold blessings on man, for giving us His very nature.”

–Paramahansa Yogananda

When we are around people who are gracious it is immediately uplifting. We feel appreciation. We feel like a well-taken-care-of guest. I have noticed that people who are giving are wealthy in many ways: spiritually, financially, emotionally, and mentally. They give back. They are able to let go. They are grateful for what they have and what is coming into their life. There is a knowing awareness of a spiritual Law of Gratitude.

My best friend Angela is one of the most gracious people I know. I have observed her over the years, and one of the many gifts that she has given me is gratitude. She would have me over for dinner and sure enough I would be leaving with leftovers! Going to her home for a dinner event is a feast on all levels, emotionally, mentally, and physically fulfilling. After all, the dining room table is a raised altar.

“...there shall meet you a man bearing a pitcher of water; follow him
And wherever he shall go in, say ye to the Goodman of the house, The Master
Saith, Where is the guest-chamber, where I shall eat the Passover my disciples?
And he will show you a large upper room furnished and prepared:
there make ready for us. “ *–Mark 14:13,14,15*

She is grateful for all in her life. She lives her life from that knowing awareness. As a host she makes everyone feel like royalty. In the early years of our relationship, for me to receive this gracious generosity was like ointment on a wound. She gave from a place of knowing that by giving she would receive. By the sharing of herself with others she would get back even more. By her attitude of Gratitude, she knew there was plenty for everyone. She emulates one of the teachings of how Source Energy works.

"According to your belief be it done unto you." –Mathew 9:29

"The " attitude of Gratitude" keeps prosperity coming to you from every direction."
Catherine Ponder

"Give, and it will be given to you. A good measure, pressed
down, shaken together and running over, will be poured into
your lap. For with the measure you use, it will be measured
to you." -Luke 6:38

Mistrust , Hostility
Guilt , Self-Pity

“Thinking follows the tracks laid down in one’s own inner conversations.”
Neville –SeedTime and Harvest

In the soil of my mind was planted the seed of scarcity and thus a lack of gratitude. In the roots, fear. And, in the branches, were the beliefs and attitudes of the victim mentality.

I am a breath-work facilitator, and creative life coach, and in the training we had to raise our vibrations to a certain point in order to facilitate awareness in others. One of the wonderful parts of the training was working with Intention. My teacher, Kathleen Barratt, intimately studies the work of Edgar Cayce. The corner stone of the Edgar Cayce readings is the importance of cultivating character in the everyday life through setting our personal Ideals or Intentions. What a person holds in his or her heart and mind will become manifest.

What she teaches is that as we set a personal ideal for a breath-work session, the breath will release the blocked energy that is associated with an aspect of ourselves that keeps us from experiencing the intention. The breath will release the blocked energy in accordance with the ideal that has been set. For example, if we work with cultivating the intention of gratitude in our life, any energy, any attitudes and beliefs, that are rooted in ungraciousness will come up to the surface to be alchemized into Gratitude. The breath is linked to the intention held in the mind. The vibration will be raised to the energy of gratitude.

One of the natural states of the Higher Self, or the Inner Being, is Gratitude. So, we can connect to that authentic experience of gratitude. Expansion. Giving. Fullness. If we work with the intention of cultivating gratitude, then the ungracious part will be revealed. As is it revealed we are given an opportunity to alchemize immediately. As the ungracious part comes to the surface, we are taught to be grateful for that!!! Gratitude and lack of gratitude, is the same energy on two ends of a continuum. As you are aware of the ungracious part of the continuum, you have the opportunity to switch the flow of awareness to the other side of the continuum. Gratitude.

If you bring forth what is within you
What you bring forth will save you.
If you do not bring forth what is within you
What you do not bring forth will destroy you.

--attributed to Jesus in the Gnostic Gospel of St. Thomas

As you cultivate Gratitude

it becomes your point of attraction

In cultivating Gratitude in our every day life it is important to understand a few things about Source Energy. The universal energy is abundant. It is not being hoarded. It does not discriminate. The supply is unlimited. Since we are an aspect of Source, then there is a part of ourselves that experiences a connection to this energy. As we cultivate Gratitude we immediately raise our vibration to the Inner Being. As we actively cultivate Gratitude we initiate the Laws of the Universe. When we begin to behave in gracious ways we begin to align with the energy of the Source, of God. The energy that Gratitude creates is the soil in which we plant seeds of intention. It is a magnetic force. As we engage thoughts, words, and actions from the place of Gratitude, we begin to initiate the Laws of Prosperity. We begin to engage Source energy in a positive way. We activate the Law of Supply and Demand.

We are challenged daily to continue to raise our vibrations through Right Thought, Right Spoken Word, and Right Action. All to reflect the personal ideal set to cultivate Gratitude in the everyday life, to meet ourselves in the everyday life!!

It is a privilege to operate within this law, and it should be used to bring about good for yourself and others. The Law of Gratitude by itself does not demonstrate abundance for you unless you co-operate with it by right thoughts and actions. It is akin to the Law of Supply and Demand. As you focus on it, it expands.

“Gratitude shifts our perception from what we don’t have to what we do have. In shifting our focus this way, we increase our sense of abundance and appreciation. In turn, this attracts more abundance to be appreciative of. That is what Jesus meant when He said, “to him who has, more shall be given.”

--Katherine Woodward Thomas

Daily ~ Doing Your Part

Healing the Mind, Empowering the Spirit

As you increase the feeling space of gratitude within you, you will increase the feeling and tone of abundance. And that vibration will attract more abundance to you.

1. Establish a relationship with the Cosmic Creator. Learn to meditate. Cultivate activities that connect you to the inner world. Nature. Creativity. Activities that create a meditative state.
2. Set an intention each morning to cultivate gratitude throughout the day.
3. Tune in through right thought and actions when you seek to operate the Cosmic Laws.
4. Learn to recognize and receive goodness when it comes to you.
5. Open your eyes to the good that you have now. This can help shift victim mentality. Take time to observe how much you DO have. Not what you DON'T have. This will raise your vibration. Step 6 will help you with this.

6. Every day, for 30 days, get up early, and journal 3-5 pages on things you are grateful for. You will be amazed at what comes out as you journal!!! Stretch your mind in this exercise. Be grateful for everything. Include the material things in your home. Friends. Family. The body. Health. And then go on to the more difficult things. This can help shift victim mentality as well as belief in the Scarcity Principle.
7. If you desire to create something in your life. Tune into the Source Energy. Thank God in advance for bringing it into your life. ACT AS IF. Reflect on this daily.
8. Practice thinking in Gratitude. Watch negative thinking. Alchemize it immediately. Bring the mind back to focusing on the attitude of Gratitude! Even if there are things in your life that you are not wanting, things that appear to be less than your desire. Learn to be grateful for all of life's experiences that have brought you to this point. They do have a purpose.
9. Speak from Gratitude. Speak graciously to people. Our words are extensions of our thoughts. This will raise your vibration.
10. Act from Gratitude It is important to ACT and not sit idle. Do something today that is a physical extension of your thoughts, of the feeling of Gratitude itself.
11. AGAIN, be thankful *in advance* for the things that are coming into your life.
12. *If there is someone in your life that you are having issues with, do this exercise:* Sit comfortably. Close your eyes. Take a few deep breaths to relax the body. Put your mind in the heart space. Hold your mind there and become the heart. Focus the breathing toward the heart. Become the heart center. Now hold this individual in the mind and heart. Send as much loving vibration to this person as you can. If negative feelings come up, take a few breaths and let the breath alchemize the emotions that bring cleansing. Reflect on one thing, an attribute that you may appreciate about this person. Perhaps they are teaching you patience. Perhaps you like the way they dress, or that they have style.
If they are doing something that you do not like, do the mirror exercise. Look to see if somewhere in yourself, you are behaving similarly. Consider that what you do not like in them is something you are not willing to look at within yourself. Or the behavior that scares you or intimidates you is something that you need to bring forth within yourself. This will bring deep insight, humility, and clarity. Always close this meditation in a space of sending the individual love without expectation ~ recall the Law of Detachment.
13. Take time to be grateful for our planet, for Nature. What an extraordinary home we have.
14. Learn to be grateful for the body in which your soul resides this lifetime!! What a magnificent creation!! As you become more grateful for the body, you may take better care of it mentally, emotionally, and physically.
15. Beauty is everywhere. Practice seeing what is beautiful. This cultivates Gratitude.
16. Live as if you were going to die next week. You WILL become aware of what you are grateful for.
17. Be joyful. Watch for thoughts that negate. If you have forgotten how to connect to joy, journal about the times that you have experienced the inherent state of Joy. A memory may invoke that for you. Think things that bring you Joy. **A joyful and grateful attitude will bring into your life the good things you desire.**

18. Switch the flow: Gratitude and lack of gratitude, is the same energy on two ends of a continuum. As you work with cultivating an authentic relationship with Gratitude, remember that you are flowing your energy from “bad” habits toward “positive” ones. As you are aware of the ungracious part of the continuum, you have the opportunity switch the flow to the awareness (the mind, the energy) toward the other side of the continuum, Gratitude. Do not beat yourself up when you see the ungracious side of yourself emerge. When it surfaces, simply switch the flow!!
19. Breath. As much as you can!!!!

The Tree of Self-Realization

In the Branches: Purposefulness
 Health joy
 Self - Motivation
 Contentment
 Acceptance
 Fulfillment, Creativity

In the Roots:
 Charity Friendship
 Forgiveness, Love
 Gratitude, Kindness

"As a Man thinketh in his heart, so is he. " –*Proverbs 23:7*

We are all guests. In our essence we are all royalty. Let us treat ourselves as such. Let us treat others as such. Let us treat the earth as such.
 With Gratitude and with Respect.
 Gabrielle

About Gabrielle Gerard
 Breathwork/Bio-energy Facilitator & Creative Spiritual Life Coach
 Yoga & Meditation Teacher
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Gabrielle has studied with a variety of teachers who have introduced her to principles that form a strong foundation in the expression of movement, and an understanding of breath and meditation. With this foundation in place, Gabrielle is able to safely explore many aspects of yoga, breathwork, and meditation. Her ideas encourage exploration and play within each practice.

Gabrielle’s approach to teaching yoga comes from her exploration and personal practice. She has a unique, playful and articulate way of guiding people into the understanding of asana with a strong emphasis on the principles of movement. Whether it is flow class, therapeutics, bliss or alignment, she draws on the many areas of study to guide the class.

She teaches weekly classes, privates, and workshops.

An accomplished musician, Gabrielle also holds a liberal arts degree from Radford University with a focus in Religion, Philosophy, and Communications. She began her studies of yoga, breath, and meditation in the early 1990's, including her apprenticeship with Kathleen Barratt at the Subtle Energy Institute in Virginia Beach, VA.

Through the years she has had the opportunity to bring forth her talent in supporting individuals in the process of setting ideals and discovering the negative beliefs that keep one from realizing his or her personal intentions, desires, and dreams. She is recognized as an advanced teacher in facilitating breathwork and meditation with groups and individuals, and she continues her studies through the Subtle Energy Institute. She has also completed her training in Basics through Level One in Bio-energy as taught by Margaret and Mietek Wirkus.

Gabrielle Gerard is currently Director of InsideOut YOGA Center in Norfolk, Virginia and has a strong private practice in yoga, breathwork, spiritual mentoring, meditation, and creative life coaching. She is also available to lead workshops throughout the community and has co-taught a course through Atlantic University in Virginia Beach.

KaliRay - Creator of KaliRay TriYoga ~ Basics through Level 2
Kathleen Barratt - Breath, Meditation & Spiritual Mentoring, Life Coaching, Bio-energy
Margaret and Mietek Wirkus – Bio-energy
Mary Elizabeth Marlow - Mystery School Studies and Spiritual Counseling
Gabrielle is also pursuing Life Coaching Certification

On A Personal Note

It is a passion for me to support others in seeking what they desire to create in life and to discover what attitudes and beliefs are not in alignment with that desire. It is a creative and exploratory process that allows us to align ourselves with the soul's purpose. I have explored the concept of living from intention, and I know its importance in supporting, shaping, and transforming consciousness. I teach what I practice, and I realize that my life is a work in progress. I continue to study, explore and share with other teachers and truth-seeking beings. I am a student of life, continually striving to obtain spiritual awareness through relationships and through my intense personal desire for happiness, health, wellness, wellbeing, freedom and joy.

In my yoga center, we are ALL heart-fully dedicated to providing a warm and inviting environment for students to discover consciousness through the body. We honor the union of body, mind and spirit as a sanctuary to which we turn for peace and equanimity and a deeper connection to the authentic Self.