

# *The Fifth Principle:*

## Love's Power Thrives Through Gratitude

### CHAPTER SIX

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*I celebrate my life. I meet it with praise and affirmation. I stand ready to say, "Yes!" and I know that in all things there is Love. So in all things, I am grateful. Where there is Love, there must be gratitude. And Love is everywhere, in every moment, present in all things. Gratitude shines from me—in my acceptance and in my anticipation. In my celebration and my admiration. I breathe in gratitude. I walk in gratitude. I play, work, speak, embrace, and release in gratitude. Praise is the soil into which I plant my seeds of joy, my sprouts of greatness, and my saplings of glory. Affirmation is the water with which I nourish my garden. Appreciation is the sunshine with which I warm and encourage the growth of Love in my life. All is well.*

*And so it is.*

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## HOLDING THE CHARGE

Gratitude is the most creative energy that you are capable of courting and holding. It has the power to prime your circuits to carry the maximum charge of Love. It can also expand your channels exponentially and create limitless amounts of new ones. It has the ability to quicken the pace of healing and manifestation. It is the nutrient rich soil into which you plant your seeds of Love. Without it, you cannot thrive. I doubt that there is a single self-help, spiritual development, or truly inspired success coach out there who does not mention gratitude as being vitally important to the process. Everyone who is writing or teaching about happiness, fulfillment, healing, and transformation is going to talk to you at some point about gratitude. Many of them will tell you how to use it and what it can do for you. Few of them will tell you why it works.

Gratitude is the frequency of limitless abundance. Remember, that we have spoken about vibration. Everything is resonating at a certain frequency. We have also spoken about how things are created within the rich and dynamic movement of our subconscious awareness. The energy that emanates through us as Love drops an impulse into our subconscious—like a pebble in the water. The impact waves spread out throughout our entire being and interact with our belief systems. This interaction then creates patterns (at the frequency of our beliefs) that serve as the blueprint for what Love can manifest through us. It works in reverse as well. When we send impulses from our conscious experience resonating through us at a particular frequency, our belief system will either find itself in natural harmony with what it is receiving—and therefore be reinforced—or it will sense that something is out of alignment (in either a positive or negative direction) and seek harmony.

Our belief system, just like all other aspects of our being, is not static. Many of us live as if it is, but in reality it is constantly seeking. It seeks reflections of itself and it seeks harmony. It will work hard to

smooth out the rough edges of discord between perception and experience. It does this in the direction of sameness, not change. It will vibrate hard in favour of an old way of doing things when change begins to happen. Humanity suffers from a funny little condition called emotional inertia. Once we have established ourselves in a certain pattern of behaviour, we are very likely to continue in that pattern. It takes an extreme upsurge of emotional energy to stimulate and effect a change. That's why the field of personal coaching has become a multi-billion dollar industry—because we just aren't that good at changing on our own. We need direction and challenge.

We have no real understanding in this culture of what it means to live a transformational lifestyle. Transformation requires that we pay more attention to the present moment, practice release of the past, and follow the creative and intuitive impulses that Love lands in our subconscious. Those of us who cultivate this way of life often get labeled with words like erratic, inconsistent, or flighty. None of those things are true. We are just listening for a deeper voice than most people and we don't tend to care as much about what our choices look like to others. We live our lives inspired and free. We don't stand on social protocol, hold ourselves to obligation, and our greatest allegiance is to Love. Love calls, remember? And practicing the art of Thresholding commands us to a life that follows the flows of the cosmos. We are a star in a universe of brilliant light, vast open spaces, and energy that radiates from and within us. We are called to shine. We are called to emanate a gravitational field that will summon entire worlds to us, and weave an immense pattern of graceful luminosity that holds us, each to the other, in ever-shifting waves of Love. We know our place in the universe and our movement is orchestrated by forces so much bigger than us and yet perfectly suited to the individual subtleties of who we are. We are not flighty. We are free.

So while our belief systems are not static, until we truly learn to practice Thresholding they can seem that way because they resist change.

Our belief systems resist change as a way of keeping us safe, strong, and ready to grow. Continuity is a pattern that supports growth. When the psychological side of who we are feels safe, we are able to relax. No one truly thrives in chaos. Our wounds may be fed by living in that kind of unpredictable whirlwind of energy, but it is part of the natural order of manifestation that to flourish, we require stability. Do you remember our crop of carrots from the last chapter? Can you name a single plant that could do well if the soil was overturned at random and on-going intervals after planting? Is there a life form born healthy and robust into this world without the steady nurturance of its gestational environment? In terms of how we create and recreate our life experience, our subconscious *is* that gestational environment. It is the place that grows the seeds of our beliefs and dreams (our hopes and our fears) into something capable of expressing in this world. It does so with grand sweeping miracles and in accordance with precise laws of creation.

So the oppositional instinct of our belief system when faced with change is a good and beneficial thing. Can you imagine what life would be like if every time we encountered a circumstance or idea that ran counter to our beliefs, we shifted to reflect it? Internal chaos. Our personalities would never develop any strength or conviction. Every natural system has safeguards against the unexpected built into it. Our immune systems, for example, are designed to fight off foreign invaders. There is always room for re-establishing harmony as long as the system has not been bombarded past the point of recovery. Every virus or infection that our body resists and transforms strengthens the system for the future.

There is one simple difference between the belief system of someone living a transformational life and someone who is living with emotional inertia: the identified source of energy and power. When we are rooted into our core, being fed from the Creative Source and living in Love, our belief system exhibits healthy resistance to change without becoming intractable. When we believe ourselves to be separate, our

subconscious uses the natural doggedness of our belief systems as a way to protect us from overbearing outward influence.

Every energy pattern will seek to perpetuate itself. It will seek energy to reproduce more of itself into expression. When we combine that with the human instinct to protect ourselves we end up with a belief system that digs in deep, hard, and mulish. It takes some powerful motivation to convince us that we need to move in a different direction. It is why I often say, “It is a funny, funny thing about human beings. We never allow ourselves to be clear about what we do want until we are done being really, really clear about what we don’t want.”

So, what was my point about gratitude? You vibrate at the frequency of your belief system. What we vibrate, we create. The more entrenched your beliefs, the less receptive to Love and all of its good you are. Gratitude is neither an attitude nor a belief, it is a vibration. It is a sensation generated in the human experience by the frequency of limitless abundance. Do you remember the second principle? Wherever Love is, *all* of Love is, and Love is everywhere. Love is infinite, whole, and complete and it is who you are. Love is the substance and supply of all life. Life is infinite, whole, and complete. The glory of Source is everywhere—in its fullness, in every moment and in all aspects of experience. One of the essential characteristics of divine energy is that it is limitlessly abundant. It has always been and always will. It cannot be created nor destroyed. It is unending and eternal. That quality of unlimited abundance is present all of the time, without hesitation and without exception. It is living fully within you *right now*. It is living fully within your life *always*. It has a frequency. Gratitude is the human experience of that frequency. It shows up in our emotions and perceptions, but it doesn’t emanate from there. It emanates from everywhere and is experienced by our human psychology as feeling. It is a sensation in the human experience that mimics the frequency of limitless abundance.

Guess what happens when you start deliberately courting and holding that frequency in your mind, heart, body, and perceptions. Your

entire subconscious and conscious self begins to hum with abundance. You begin to harmonize at the frequency of limitless abundance. This sends a direct and undeniable signal to your belief system that you are, and always will be, safe. You are a part of the cosmic flow, an intricate and important part of the whole. Deep within, you begin to relax and know that you are inseparable from Source. You are one with all life and the universe simply could not go on without you. You begin to connect deeply (or more deeply) with your purpose. Your passion takes on a glow that can warm an entire solar system. You become a creative engine, an open vessel, and a responsive channel.

Gratitude allows us to do this. Take a moment and ask yourself how life would feel if your entire personality (every tiny aspect of your psychological self) was soaked in limitless abundance. How would you feel if you really *knew* that infinite prosperity and well-being was coursing through your veins and breathing in your breath and that there was nothing that could stand in its way? All of your thoughts, every one of your feelings, even the cellular memory stored in your body, humming with the full and present awareness of endless possibilities and inexhaustible bounty. Wouldn't that make staying in Love a lot easier?

This would be a good time to honestly assess where your belief system is at when it comes to limitless abundance. As you read the above questions, what was your response? Were you thinking to yourself, "Nice concept, Arria, but ..." If you were, that is fine. Just be honest with yourself about where you are and how you feel. There is great power in authentically owning your current consciousness. Please know that wherever you are, whatever frequency you are currently vibrating at, it simply does not limit your future possibilities. The key is to decide whether you are filled with unwavering faith or endless doubt. Know that you have the power to shift your consciousness to a higher vibration. You always have this power. It is, in fact, the only real power any of us have as human beings. Everything in this life is a matter of consciousness. Taking full responsibility for the content of your consciousness

means taking full responsibility for the content of your life. Raising your vibration to a frequency of Love (which is possible no matter where you are starting from) is a lifelong process. Love never stops evolving. When we dedicate ourselves to living it, we never stop evolving either.

Once that process truly begins, we open our lives for Love to thrive. The limitless abundance of Source is already within us. When we align our lives with it, day after day, its vibration manifests everything around and through us in its image. Love will and does guide us every moment of every day. It calls to us and moves us in the direction of our highest good and our greatest truth. It is a creative energy. And when it is unleashed in our lives, our entire lives become creative. Endless patterns of Love's light weave themselves through our words, intentions, silences and actions.

This literally happens each and every time we experience gratitude. In a life of craziness and pain, even the smallest moment of appreciation will send cascading waves of limitless abundance through your entire being. If that is the extent of the experience, it may not have a lasting impact in terms of the shape and quality of your life. However, it will leave an indelible mark on your belief system and a seed of healing will be planted. The stronger and more consistently you cultivate the vibration, the more pervasive will be the effects. Gratitude harmonizes us with the fabric of the universe—the composition of the cosmos, right down to the quantum level. From this place, we can create everything with Love.

## EVEN WHEN IT IS HARD

If you wish to live a life of Love and allow that power to guide and support you, you must develop an active and robust practice of gratitude. I cannot say it more plainly. If you want to live Love, you must also live gratitude. This means you must be grateful in *everything*. I'm sure you have noticed how very difficult it can be to train your attention away

from lack and struggle and onto peace and Love. Our human selves can take a beating in this life. Even those amongst us who have lived comparatively charmed lives have experienced pain. It is part of the journey. No spiritual practice or enlightened discipline will be able to keep that from being true. For the rest of your life (no matter how much you meditate, visualize, or release) if you stub your toe on your way to the bathroom in the middle of the night, it's going to hurt and you will probably hop around for at least a second or two, stifling a few choice words.

And that's just the smallest of details. There is a story I read about a great yogi and mystic who ran an ashram in India. People traveled from all over the world to receive his teachings. Late in his life he contracted cancer and began the process of leaving this worldly experience. He was in excruciating pain. During the day, he would go about his work as he could, shuddering at the slightest touch. Yet never once did he mention his pain nor make one comment about his situation. At one point a student remarked that he must be practicing a deep form of yoga that allowed him to bear the pain without complaint. "There is pain," the master replied "but there is no suffering."

Could you do that? Stay fully present in the face of a brutally difficult situation, absorbing and releasing pain from the body of your experience with honesty and dignity, and yet not tell one story about it? The practice of Thresholding holds the seeds of such discipline. To function at this level of practice we must disengage our psychology from the experience of the world and place it completely within the service of Love. We must understand that all of who we are is designed to serve a higher purpose. Nothing is capable of interfering with this truth—unless we allow it to.

(For the sake of simplifying things a bit, I am going to speak about emotions. Please know as you read the rest of this section, that everything I am saying applies to your thoughts and attitudes as well. Our psychological make-up consists of our thoughts, emotions, beliefs, and

where we spend most of our time—past, present, or future. We are speaking here of your entire internal atmosphere, but focusing on emotions as a metaphor for the whole system.)

Pain will happen. Shock, trauma, fear, doubt, sadness, anger, and grief—they are all part of being human and should neither be shunned nor diminished. Every response is a colour on the canvas of your life. Each one is a stitch in the tapestry of what you are living here. In Chapter Two I said that all emotions are temporary, fluid, weightless impulses of energy that are entirely under the influence of conscious determination. Temporary, fluid, weightless impulses of energy. That's it. We ascribe meaning to them. We decide that some are bad and others are good. Some are supportive and others are harmful. Here's what I think: some of them *feel* good and others ... not so much. It is absolutely true that all of the emotions we label as “negative” have a different biochemical composition than those we label as “positive.” Did you know that tears of sadness are chemically distinct from those of happiness? Every emotion has biochemical equivalents called peptides. It has been proven that the chemical blend for anger or stress has a deteriorating effect on our tissues and cell development. Happiness and appreciation chemicals, on the other hand, increase immune response and can reverse damage to bodily systems. Common sense tells us that living with on-going happiness as opposed to anger is going to make for a more enjoyable life. This is the very reasonable foundation for the argument that some emotions are life-affirming and others are damaging. But that, in of itself, is not the whole picture.

To say simply that anger is destructive and happiness is beneficial is to ignore the deeper wisdom of vibration. In many shamanic traditions, emotions are considered in terms of being light or dense. All of the feelings that we would label as negative are simply denser forms of energy. Those that we think of as positive are lighter. The physical realm is a very dense realm. It is vibrating at a much slower rate. Gamma rays (very high frequency light radiation) for example, vibrate at a speed of

300 EHz. A hertz is a unit that equals one cycle per second. An exahertz (EHZ) equals one quintillion hertz (that's 18 zeros.) So gamma rays have a frequency of 300 quintillion cycles per second. That's a *lot* of cycles per second! By contrast the items in our physical world (like the living room furniture, the mailbox on the corner, or even our bodies) only vibrate at a frequency of a handful of cycles per second.

Anything in the realm of our human experience is going to be vibrating at a very slow frequency. Our emotions are currents of energy, but they are still well within the realm of human experience. They will have slower vibrations than light waves, for example, but faster rates than your kitchen table. Each emotional impulse of energy has an exact physical equivalent in the form of its biochemical signature. Your emotions (or your thoughts, beliefs, attitudes, and perspectives) are literally real, physical, tangible *things*. When I think of how emotions come into physical form, it helps me to think of snowflakes. There is a reason that every snowflake is different. Each tiny droplet of water that becomes a snowflake is vibrating at a slightly different speed. The snowflake forms in direct correlation to the vibration of the water molecule it once was. Crystals forming on a cold windowpane will do the same. Our emotions are the water (fluid and changeable) and what they become in our bodies (chemical components that hold the same frequency in a physical pattern) are the snowflakes. Once the water becomes a snowflake that vibration is "captured" into the world in solid form. But this solidity is only temporary and dependent entirely upon vibration. If the atoms in the water molecule speed up, the snowflake will melt, and return to a fluid state, ready to become something else.

We are not strictly physical beings. We are not the snowflakes. In actuality, we are not the water either. We are the vibration. We are energetic beings producing a quantum field that can vibrate at slow enough frequencies to take on physical form. Go back and read that statement again. As energetic beings, we are capable of holding frequencies that are both lighter and denser in comparison to each

other. (We can go from liquid to solid and back again.) We can choose to identify with the physical realm and experience only the denser vibrations. But this is not our true nature. We came here to experience more life (more growth and transformation) than the coat racks of this world. We are meant to live with lighter, more quantum frequencies than the inanimate objects we interact with. Lighter frequencies feed our field because they more closely match who we really are. When we soak ourselves in dense energy, our field slows down (we become trapped in the snowflake) and our tissues begin to deteriorate. When we invest in denser frequencies (anger, frustration, limitation, or unhappiness) our subconscious awareness registers that investment by sending signals to our body to become more finite and temporary. When we expose ourselves to dense vibrations over time, we become depleted and exhausted. However, lighter vibrations (happiness, fulfillment, freedom, and appreciation) resonate at a higher frequency and keep us in a resonating field that is much more in alignment with our truest nature—changeable, malleable, and limitless.

All energy is useful on some level. And our emotions are vitally important to our growth and evolution on this planet. We don't want to stay in anger, but when it comes up it always signals that something has gone out of alignment somewhere and is therefore important. Constantly paying attention to how you feel is the key to properly identifying your vibration. If what you are focusing on brings you joy and enthusiasm, that's a good sign that you are moving in the direction of your next great adventure. Keep going! But don't hide from your denser emotions when they come up. If only because what you resist persists. Bring movement to the denser aspects of your internal atmosphere by surrounding them with Love and let them heal over time. I call this "throwing Love at it." With practice this process becomes smoother, faster, and more elegant. Sometimes, however, life will really hurt and the worst thing you can do to yourself and those around you is get angry or frustrated with how long it is taking to transform.

When our heart is breaking, it is not our emotional nature that is under pressure and threatening to shatter. It is our defenses and our coping mechanisms. The size and extent of the Love we thought ourselves capable of living is calling to expand. When our heart is hurting we are pushing hard against our perceived limits and standing right at our Love Threshold. When we live with our discomfort in a Loving way, we practice vulnerability. Our hearts expand to encompass more Love than we thought possible. If we give into the pain and become rigid in the face of it, our defenses strengthen and we do not grow. In other words, the pain comes and our belief system resists. If we are practicing Thresholding, our beliefs about the Love we can offer in this situation will expand. If we listen to the pain, walls go up and we do not evolve. Our belief system holds tight. So when we are in pain and practicing Love, our hearts don't break, they break *open*.

The death of a child is probably the worst pain anyone who is a parent will ever have to face. Thresholding, in this case, would mean staying present in the pain and bringing courage to it. In this way, the parent consistently chooses to stay in Love. It then becomes possible to keep focused on how grateful they are for every moment of that child's life, without ever denying or repressing the grief. The child's legacy then becomes a living commitment to Love. Those parents will become capable of a Love they truly didn't think was possible. Walking a child out of this life (or accepting that exit when it happens without warning) takes more Love than welcoming him or her in. Growing to encompass a relationship with that child that is not dependent upon their physical presence, but one that is eternal and boundless, will make a person's internal atmosphere bigger than they ever wanted to stretch it. Screaming in rage, weeping in despair, and writhing in pain over the loss does not need to stand alone. It can be wrapped up in Love, held in peace, and infused with deep gratitude.

Not for the experience itself. Don't let anyone tell you that hell is somehow beautiful. It is one of the biggest fallacies of the spiritual

development movement that every thing we experience is somehow “good.” Well-intentioned teachers will endlessly quote people who say, “Cancer was the best thing that ever happen to me!” Maybe, but not because of the cancer itself. We are capable of growing, learning, and evolving from every experience. That doesn’t mean we should sprinkle happy thoughts over each one we have and say, “Thank you for all this crap.” One of the most powerful teachings I have ever been given by Source was this: the worth of that pain cannot be found in the pain itself. The value of what you have gone through lies not in what you experienced, but in what it prepared you for.

Some pain is just too much to contain a silver lining. It’s just pain. Some terrors are simply not blessings in disguise. They are just terrors. Sometimes crap is just crap. Fertilizer for a future with more Love in it, yes, but in the moment—pure crap! However, Love never leaves us. The “good” can be experience in the “bad.” It’s not that pain itself is valuable. But experiencing Love in the middle of pain is.

Thresholding does not mean being grateful *for* everything. Crossing over into Love requires only that we practice gratitude *in* everything. What is always “good” is life itself. I can often be found saying, “It’s all good,” and I mean it. Every experience is a Threshold to more Love. This means more of life’s goodness and the limitless abundance of the universe. When we can stand in our pain with dignity and honesty, absorbing and releasing it from the body of our experience without investing in it, it has the power to shape us in the image of untold beauty. The beauty does not lie in the experience itself, but in the Love that becomes possible because of our journey through the experience. When we surrender in the pain (not giving in to it, but giving it and ourselves over to a larger, more meaningful, process) it becomes the Threshold into deeper understanding and greater Love. What is hurting us becomes transformed into a path of peace. In this way, we are growing and learning—not from the pain, but from the surrender and acceptance.

Bad stuff happens in the course of a life that is only ever good. And by “bad,” what we really mean is difficult or painful. The only thing that truly makes it bad is our judgment of it. That judgment makes it very, very tough to bring lightness to the denser vibrations. Judgment turns dense into *stuck*. Only then does anger, resentment, sadness, etc., lose all hope for beauty and begin to eat away at our life.

When the crap storm hits, don't waste a moment in trying to find gratitude for the event itself if it isn't readily apparent. Please do spend time cultivating gratitude in being alive to Love; in being able to take a breath; in the strength and creativity that is available within you somewhere that is going to help you through this; in the friends and loved ones that surround you with support; in the fact that the day is over and you get to put your head on the pillow; in a moment's peace in the bathroom stall—in anything and everything you *can* see and notice and appreciate. When there is a blessing disguised inside the crap and it is obvious right away, by all means raise up your appreciation in that as well. But if it is hidden, don't go looking for it. Your gratitude will reveal it if and when that revelation will move you forward into Love. It may take years to reveal itself. It may never make sense on a human level. The real power of gratitude is not in the flow and progress of the details of life, but in the flow and progress of your soul through life.

## THE THREE FACES OF GRATITUDE

Gratitude comes in three primary expressions: celebration, acceptance, and anticipation. Thresholding requires that we develop our skills in all three areas. Gratitude is where practicing the art of choosing Love in every moment leaves the realm of theory forever and goes straight into action. Understanding that choice is Love's activator is what sets you up to live it, but gratitude is what sets you free to follow it wherever it may lead.

## *Celebration*

The first and most straight-forward of gratitude's three expressions, celebration, is the unguarded appreciation of what is currently going on. If you have a success, throw yourself open to it with joy and delight. Have you noticed how reticent we are in this culture to give compliments? Spread the joy around! I make it a regular practice to stop women outside of restaurants or on the streetcar just to say, "*Fabulous shoes!*" or "*Fantastic dress!*" I've stuck my head out of car windows and yelled compliments across a crowded street. I'll go out of my way to catch up to someone just to say, "You have the best laugh!" Only a few weeks ago, I grabbed the attention of a guy on a bike to say, "Loving the colour coordination!" (His outfit was out of this world in purples and hot pinks!) I once followed a woman around a grocery store just to listen to her sing and talk to her kids with an indescribably easy grace that filled her energy with a golden glow. After about the fifth aisle, when my own tasks really did need to be taken care of, I stopped her and said, "It's so wonderful to stumble upon someone who is so freely able to express happiness. I want you to know that you have made my day better and I have watched as other people all over the store have smiled as you walked by. Thank you for being you."

Social protocol has no place in a Loving consciousness. Neither does self-conscious repression of spontaneous joy and praise. If you are more introverted than I (which, let's face it, you probably are), please take heart in knowing that Love is really not a question of personality. Love calls us to share. It moves us. Gratitude is the frequency of limitless abundance. It doesn't matter how shy you are, if you are called, you will share. It will feel great and it will be your unique expression. Your fits of celebratory whimsy won't look like mine. They may be more quiet and reserved. The irrepressible freaks like me make a big space for other people to express themselves. My friend MaryBeth, a calm introvert, uses her dog as an intermediary in the process of celebrating life with total strangers. The key is to be genuine, amiable, and receptive.

Magic happens in the presence of sincere celebration. People's lives are saved. Days are made better. Smiles move from face-to-face and heart-to-heart. Love thrives.

Find something every day in which to be grateful. Actually, find as many things as you can throughout the day. Keep a daily gratitude journal. At the end of every day, write down at least five things that you can experience gratitude in. On a hard day—especially if this technique is new to you, the first thing on your list may be, “I am grateful that the day is over.” That’s okay. Likewise, if your first two weeks of gratitude lists look pretty much the same, trust me and just keep going. It may take that long for your perspective to expand. I have recommended this countless times to clients when they get stuck, to my students, and to friends and family when they call feeling overwhelmed by something in their lives. I use it regularly myself if I find my vibration is drifting too long in a direction I am not comfortable with. It can do amazing things to remind me how blessed I am.

Once you get good at this, I recommend being very aware of your gratitude language. Instead of saying “I am grateful for ...” say, “Today, I celebrate ...” or “Today, I experienced gratitude in ...” In Thresholding, we want to move our focus away from the details to the energy behind them.

When we say “I am grateful for ...” we are placing our gratitude on the detail. Our celebration is dependent upon the experience. However, when we say, “I am grateful in ...” we are placing our gratitude within ourselves. We become the experience of celebration and that frequency influences the details of our lives instead of depending upon them.

Celebration causes Love's power to thrive because it aligns us completely with limitless abundance. We vibrate at a frequency that is compelling to good, inspiring to dreams, and open to grace. It makes us ready to hear Love's call and elated to go wherever that call leads.

### *Acceptance*

This is probably the most difficult application of gratitude. I covered the ins-and-outs of it in the previous section, but acceptance is so important that it is worth a second mention. When I was twenty-one years old, I was terribly ill. I was losing my academic career (for the second time) to a disability that no-one seemed to be able to understand or really help me with. I struggled to maintain any sense of hope for a productive future. Then my world was broken open by the concepts of mind-body medicine and healing on a quantum level. I began soaking up everything I could find on this miraculous subject. I started reading the works of Deepak Chopra, Bernie Siegel, and others. Now, if you remember, I used to have a very strongly entrenched belief in fighting for my life. So let me tell you that it was extremely frustrating how often and how urgently every book I picked up recommended gratitude. I was well into my fourth book and there it was again: cultivate gratitude. I believe “Crap!” was my first and only response.

The following morning I was journal writing. I thought that I had better give a little space to reflecting on gratitude and the fact that I wanted nothing to do with it. It is fair to say that my life was had fallen into a deep and mucky ditch at the time. All my healing gurus were saying that I needed to practice gratitude for what I had. I didn’t want to. Plain and simple. I didn’t want to like what was happening. I did not want to accept it. I wanted to fight it! I wanted to dig in tooth and nail and pull myself out of the ditch and back onto the road to health and happiness with all the strength and power I could muster. I wanted to “beat this thing.” I was pissed.

I don’t know about the rest of you, but I used to yell in my journals. It was easy to tell when the yelling would start because my writing would get “louder.” Bigger, scrawlier, and more fervent. I still remember the look of the page I was writing on that day. I made a simple statement that crescendoed across the piece of paper like a tidal wave. “I don’t understand how I am supposed to feel grateful for what I’ve

got *when what I've got is SHIT!!!!!!*"

Resentment, anyone?

In *A New Earth*, Eckhart Tolle says, "To be in alignment with what is means to be in a relationship of inner nonresistance with what happens. It means not to label it mentally as good or bad, but to let it be." That is acceptance. It allows us to embrace the need to grow more completely because it diffuses the fight. We can then connect with the unlimited abundance of the universe because we're no longer resisting the current circumstance. Acceptance is one of the most important tools we have to look through the details to the Love within.

Again, this doesn't necessarily include celebrating uncomfortable or painful experiences. It may be completely unreasonable to expect a person to praise and appreciate certain circumstances. But it does mean stopping the resistance and resentment. It means relaxing into the situation, trusting that your soul and the Creative Source know what they are doing, and finding some gratitude for the experience, not for it. I had decided to give it a whirl.

In one of Bernie Seigel's books he recommended the philosophy of twelve-step programs to those living with illness. One day at a time, baby! One day at a time. He tells a story of receiving a letter from one of his students suggesting he make it more immediate by letting people know that they may need to go ten minutes at time.

Shortly after I began to cultivate gratitude through acceptance there came a defining moment in my life. I had gone down to the basement to put in a load of laundry. The effort of carrying my clothes down two flights of stairs and standing long enough to get the washer going had taken its toll. I started back up the stairs and felt my body screaming in pain and exhaustion. I was concentrating on every step just to keep my legs working. Every physical instinct I had was telling me to sit down and rest. Every ounce of resistance and resentment I was feeling was telling me to fight. A crazy voice was shrieking through my consciousness, "No! Damn it! I am twenty-one years old! I should

be able to climb up a f\*#\*#\*#\*g flight of stairs!!” But I had already begun to shift my perspective and expand my understanding. In a flash of courage that I can still feel as I write these words, I let myself collapse onto the stairs. For a moment, I collapsed into despair as well. Then all of the talk about gratitude came floating up into my consciousness and I heard the words from Dr Seigel’s book ring through my heart and mind, “ten minutes at a time.” I had a startling thought: If this is my last ten minutes on this planet, do I really want to spend it in anger, resentment, and despair? If this is where I have to be for this moment, is *this* how I want to spend it? The answer was so clear. “No.” I focused on my breathing and began to count my blessings. I cannot say that I was celebrating. I cannot even say that I was hoping for anything in the future. I can tell you that I felt a warm glow of gratitude and I opened to Love more completely in that moment than ever before. I was able to get up within a minute or two. As my day continued, I felt far more positive, hopeful, and capable. That one moment of gratitude didn’t heal my body, but it did open me up to more Love. The seeds of a healed future were planted on those stairs. Watching my entire attitude and experience change in the moment helped me to believe that anything was possible.

Acceptance brings softness to the sharp edges. It makes it possible for the lightness of peace to harmonize the denser vibrations of anguish and resistance. It is our best hope for release, change, and being able to move on into something more. And it does one thing that nothing else can do; it allows us to hear Love’s call over and through the pain. Without it, we are lost.

### *Anticipation*

I think this just might be my favourite form of gratitude. It’s so much fun! It’s almost a little ridiculous until you learn to practice it with joyous abandon. And that is precisely what I recommend you do. You see, the Creative Source doesn’t create on precedent. It doesn’t care

what happened five minutes ago, let alone five years ago. It doesn't care how many times you have been hurt or how much struggle you have had. It hasn't been paying attention to how trapped in the past you are or how overwhelmed by the present you feel. It knows that you are a vessel of unlimited abundance and possibilities. It wants to know what you desire. And it brings you that desire in accordance with your beliefs. *Desire* is the answer to "What is the Loving thing to do?" and learning to expect it is outrageously powerful.

Here's the thing I haven't mentioned yet: Love is calling you from the future.

Love is the energy of the divine in human form and experience. It is the way humanity experiences the Creative Source. That power is all about evolution—it *grows*. We have talked about the constant movement towards *the more*. It is constantly calling us to expand into our greatness, into our *moreness*. How could the Creative Source do that if it didn't already know what that greatness is? How could it know our *moreness* if it wasn't at least a few steps further ahead in time than we are?

This is a HUGE, exciting, and miraculous subject—backed up by the science of consciousness and quantum physics, but it is also too much to cover here. We explore it in the deeper levels of Thresholding. You don't need to know how it works or why. Just that it does. (Okay, I recognize that some of you believe that you have to know, but seriously—just go with it!) We are living in a multi-dimensional universe with multiple "nows" co-existing in the same quantum space. Tilt the hologram just a little in one direction and the image can change. When you open yourself up to the guidance of your greatest desire, you are signaling *the more* to directly inform your current experience. Asking "What is the Loving thing to do?" sets off an impact wave that is registered by your soul as a signal to evolve. The wave that comes back at you is not from your current experience. If it was, you wouldn't even be asking the question. You would just be plugging along in your usual way. Building a Loving consciousness means opening to a guidance

that is beyond the limits of this existing reality (and everything you are clinging to within it).

Love is from the future. Your future. Your destiny. Your evolution.

Now *that* is something to be grateful in. I want to have a party right now! Who wants to join me? I knew you would say “Yes!” Love told me you would, and it is from the future.

Every single teacher that speaks about the law of attraction will tell you that the key to unleashing its power in your life is gratitude. Gratitude for what you desire *before it actually shows up in your physical experience*. Feel and be as if it is “on its way.” It is the most potent and efficient way to create a massive and high frequency field of expectancy. Remember the biochemicals? If your body believes then you are already resonating with that vibration. Your heart produces a field of energy that reaches up to eight feet away from your body. (And that is only what we can measure. Who knows how far it goes on a quantum level?) If it reaches across space, you had better believe it reaches across time.

The trick is not to get hung up on details. The details help you generate your field of expectancy, but it is gratitude that allows it to thrive. Details are just stimuli for feelings. They are what your thoughts use to focus your attention. Important tools, but don’t close yourself to Love’s bounty just because it shows up differently than you expected. You are not here to be willful. You are here to be willing. The life of Love that is calling you from the future is often challenging and sometimes messy, but it is always rewarding and never less than spectacular. Anticipate greatness. Anticipate that Love will always answer. Anticipate that you are about to become more than you ever dreamed possible. And thrive.

Be grateful. Let Love thrive. You will soon discover that life can’t get more wonderful, but there can always be new and different things to wonder at.