



Sacred Anatomy Energy Medicine

Cultivating Gratitude

Cultivating Gratitude is more than a spiritual practice. It is also valuable for the health of your Sacred Anatomy as it generates well-being and encourages a sense of spaciousness within the structure. Gratitude and the sensation of feeling grateful brings you present in your physical body as a spiritual being.

Cultivating Gratitude allows us to enter the physicality, to be alive and in the experience of physical life. A grateful heart in the arms of a true friend can give you that feeling of being loved, seen, and deeply appreciated. The love of a new parent freely given will help a baby to thrive in their little body.

Being a grateful being, in gratitude for being alive, thankful for all that you are expands your awareness of what you might be, who you are paving the way for and who you will become. Cultivating gratitude for the gifts you have been given by Source, heightens and brightens everything in your world. The creative impulse, the need to show up, to be, and to do only expands and becomes more powerful with a grateful thought. All of life's magnificent potential is couched in a beautiful silken pillow of gratitude. Because when we feel grateful we are stepping into relational connection with the creation of life itself.

When I am grateful for you, you can feel me. When you are grateful for me, I can feel you. Gratitude is a door opener and a strong container for what we strive for as spiritual people. Living a spiritual life, is augmented and invigorated by living an embodied life. The power of spiritual embodiment is that it ensures you will live a conscious and awakened life.



What does it mean when you're not able to embody your spiritual self? What is happening when you're not able to be grateful, when anger or bitterness keeps you from feeling your own spirit rise within your heart? What does it mean when that happens?

It's about your disconnection from the Source. The Source of all things, that creative inspired Source. The spark of life in you, right there at your core that powers every single cell in your body inspiring you to move forward in your life. That spark is something to feel deeply grateful for. In fact, that spark is fired by gratitude. We're not fired by love, we're fired by gratitude. To be aware enough to notice:

"Oh, I'm surrounded by beauty. I am grateful for that."

"I have come into this life in a human body. I am grateful for that."

Babies feel gratitude. One thing that is really important for little babies is to accept their gratitude. To accept their thanksgiving for being present in the life with you as a mother or a father. So allowing them to be grateful for you for the experience of coming into a body. How profound is that? Imagine what it would have been like if your mother or father had expressed that kind of gratitude to you.

"Thank you for making me a mother."

"Thank you for teaching me how to to be a father."

"Thank you for giving me the passage in life that this is."

We all can be that for each other, can't we? We don't have to give birth to a baby or fall in love to know that gratitude is in **every** relationship. The moment we meet people- that's the opportunity. Right then. Being grateful for that initial connection. Seizing an awareness that helps us step inside of the kernel of what gratitude is and expand it.



Just imagine how incredible it would be if **whatever** you had happen between you and another person whatever conflict or disagreement, you could say to them:

“I am so grateful for the opportunity to learn this, to know this , to know you.”

Can you imagine what that kind of world would be?
Heaven on earth, I think,

So between you and me, if we can be grateful for each person we know. For every moment of every day, to experience gratitude, not just as a *healing practice*, not just as an *exercise*, but if we can experience gratitude as the opportunity of the moment? What do you think that does to your spiritual embodiment? What do you think it does to the opening that you feel that? What do you think it does to the Divine Light within you?

--- Powerful expansion and open-hearted beingness. ---

More than that... a purposeful and focused activity which takes you forward into the next moment where you once again can practice gratitude.

Cultivate it.

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Like a little plant rooted in the soil of your spirit.