



Launching into Wholeness

Living in Gratitude

When we first hear of gratitude, it sounds silly. We think gratitude is just saying “thank you”; it seems obvious on the surface. Of course I am grateful! But what does it mean to be grateful? Or, how does one feel living in gratitude?

Gratitude Brings More

Living in gratitude leads one naturally to abundance. Because one who lives in gratitude consciously knows that what they have - here and now - is enough, they live in the vibration of wholeness & timelessness. Neither fixating upon desire nor comparing their circumstances to others, they are centered in satisfaction. They understand and know everything is a gift, and that the day will come when everything is taken (death). That is, everything that we have accumulated over our lifetime ultimately is transitory; one day, it will have to be let go of. Why not make that day, today? That moment, here, now? Letting go of our accumulations, what is essential will be revealed.

One who is constantly searching and seeking more, perpetuates a state of lack, while one who is in a state of wholeness, gratitude & abundance will be given more of it. Where we place attention is where energy flows.

As Jesus says in Matthew 13:12 —

SCRIPTURE — MATTHEW 13:12

“For whosoever hath, to him shall be given, and he shall have more abundance: but whosoever hath not, from him shall be taken away even that he hath.”

Reading the Verse

Remember: when reading any ancient document of wisdom, it is essential that we ask how it applies to us, our conscious mind, directly, here and now. Do not take the words literally; for there is always an underlying, hidden metaphysical meaning underneath them. (Galatians 4:24 “Which things are an **allegory**...” and Matthew 13:3 “And he (Jesus) spake many things unto them in **parables**”) This particular verse is saying that a consciousness that is abundant (“I have...”, “I am...”, “I appreciate...” “I am enough”) (whosoever hath) naturally brings forth more abundance, while a consciousness that is in lack (“I want...”, “I need...”, “I don’t have...”, “I’m not”, “I can’t”) will generate more lack. It makes perfect sense: an abundant and fulfilled state now unfolds into an abundant state later, a state of lack & unfulfillment now creates more lack later.

Wealth Without Peace

This is why there are rich people on paper that are so anxious and stressed about money: despite the number in their account they still feel a need to acquire more and are not satisfied, for they fear losing it. They are operating from a state of lack, competition, and separation. And, they will lose it when they die, so why cling to it? Why obsess over it when it’s never really ours to begin with?

Apply this to your own life: have you ever noticed that the harder you want something, the further it gets? This is because the stronger the desire, the more “I want” “I need” thoughts being generated, the more lack is reinforced, moving what we desire further and further away from us.

The Ego's Endless Game

Living in gratitude shifts our consciousness from a state of lack to a state of wholeness and oneness, providing everything we'll ever need. Regardless of what we currently have or do not have, we know we are enough, always have been enough, and always will be enough. In other words, living in a state of gratitude has nothing to do with external circumstance, and everything to do with our state of mind: our perception & beliefs we cling to of ourselves.

The ego-mind, if we identify with it, is never satisfied with it's current circumstances, and will tell you anything to acquire more because it lives in a state of lack, separate & competing with other beings. However, if you watch it, you'll realize it's an endless game: the ego-mind resists & avoids satisfaction here and now so it can survive. So as soon as it arises, as soon as it starts spiraling, capturing your attention, watch it with the loving eye. Let it's energy rise and fall, while you remain, noticing, fixing your conscious light upon it, knowing it is not you, but the product of conditioning, the garbage that has piled up since your childhood. It is time we empty the garbage that has piled up, and enter a new state of being in love, in peace, in gratitude, in wholeness, in bliss, in perfection.

We own nothing: Everything is a Gift

What is ownership, anyway? To own something implies permanence, but we know, upon death, we keep nothing of our physical possessions, relationships, money, or even the physical body we inhabit. So why cling to them? Knowing their temporary nature, we can let them be as they are without trying to control them, without trying to constantly change them or acquire more of them. We can accept them (and us) as gifts here and now and participate in mystery of creation.

You Are the Gift

Wherever you find yourself today, know you are a gift. Know the gift of life you have been given, and honor it. Know every experience, every emotion, every moment has something to offer you. When you begin to notice the simple pleasures of life, the little gifts you are given each day, you'll be living in alignment with your highest Rocket nature. Know your needs are provided for, always.

REFLECTION PROMPTS

1. Write 3-5 things you are grateful for. How can you show them appreciation now & moving forward?
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2. How can you incorporate gratitude into your daily life?
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3. How will living in a state of gratitude alter your launch trajectory, transform your perception, & create new opportunities?

ZEN WISDOM

As the zen masters have said: 'If you die before you die, then when you die, you will not die'!