

# Gratitude

'gratɪtju:d/  
noun

the quality of being thankful; readiness to show appreciation for and to return kindness.



As always in this new time, this new reality, it is, as I see it, very important to be conscious of the difference between the New Energy and the Old one.

In the Old energy, it is clear to me that Gratitude is turned outside of me, showing appreciation to somebody else or the unknown.

In the New energy comes in the consciousness that I Am the Creator of my life, and that changes the whole perspective of Gratitude. It turns itself back to Myself, appreciation and kindness comes back forward to Me like a wave. It doesn't mean that there is no more Gratitude towards peoples or situations in my life, it is nice to express and manifest Gratitude toward others.

Never the less, in the New energy, I think it is very important to be conscious of all the Gratitude coming to Me from Me. To allow the essence of this experience wash over Me, to allow this love embrace Me, penetrate Me, to Be in Me. My own Gratitude coming to me with a boomerang effect.

This is really the core of the love of Self, being in the Gratitude of the fact that I Am, that I EXIST

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03/21/15