

Reconnection with My Purpose and Soul Family

Dear Stacey and Ken,

When you first started World Gratitude I remember joining filled with wonder and without expectations. I was not sure at that time what my purpose might be on Earth based on 3D needs and demands. Like a child I crawled in WG's loving arms and I have reconnected with my Soul Family.

I have been touched by the grace of many, many beautiful People. So much healing and growth followed. Then I started to make a purpose everyday to give love unconditionally. Out of this wonderful habit my heart expanded and I grew to know my own multidimensional self.

Creativity flowed from every corner of the Universe and I gave birth (encouraged by few WG members) to a little web store at Cafepress.

Meanwhile I am working to build my own website.

Besides all this, the greatest Miracle is that in a world in which I couldn't find my place I found a Garden of Hope, Unconditional Love and Sheer JOY.

Much Love, eternal GRATITUDE and Light



Key to Spiritual Enlightenment

The essence of gratitude in my daily life has transformed my attitude in such a profound way, that I know it is the key to spiritual enlightenment.

My journey through the dark to the light was filled with pain but by applying an attitude of gratitude I have been able to renegotiate my soul contract and I know that I am in charge of my life, so long as I AM Grateful!

By choosing Light over Dark in every experience, I showed dedication but by choosing Gratitude as a way of Life, I gained power and I feel my strength within growing daily as I glow with an inner light never to be dimmed because I AM GRATEFUL!

Thank you for your service and dedication.



Gratitude Sets Me Free

Hi Stacey & Ken,

Thank you for reaching out to each and every one of us that makes up our world with your light-filled, joyous and uplifting messages. Focusing on Gratitude is a daily habit for me. In the past year, I have overcome my second experience with breast cancer. Reading your daily thoughts on Gratitude helped me feel connected to the Truth of my Being.....Light & Love.

I continually thank God for my healing on all levels...and it is so. I have forgiven, let go of anger and affirmed that I am the Presence of God, happy, enlightened and prosperous.

The Power of Gratitude opens up channels of new ideas for creativity when life presents financial challenges. The Power of Gratitude opens me up to Divine Guidance in my life with regard to my gifts and talents. I am currently working with a singer/guitarist (I play piano) and we are inspired with music that we plan on recording and sharing with others. I am also an artist, a painter, and I am painting from my heart and my soul.

Gratitude opens up doorways of self-confidence and sets me free!

Thank you, Thank you, Thank you!!!



A Homecoming

It's tremendous to be part of a spiritual movement that proves what I've believed for a long time-we're more connected, more alike, more parts of the bigger whole, than individuals.

Many times the daily messages related to a happening of the day, reminding me of how much I am glad, grateful to be alive and of how much spiritually positive energy surrounds us, yet is in us.

It was a homecoming. For years I have treated those around me like I like to be treated, with thanks and appreciation for their gifts and acceptance of where they were in their own spiritual journey. I manage a staff of 4 women and am responsible for the day to day running of a Curves for women in a small town.

Our membership has stayed strong(320), while those towns around us have wavered. I firmly believe its because I express my gratitude to my staff continually (for doing their jobs!) and on to our members (for being here) everyday.

We hear back from our members as they travel and guests with us that no where do they feel the respect, warmth and appreciation for them as they do when they're with us.

I bought two of the books, thrilled to have the messages in print, and shared one with a friend in need. A go gratitude bracelet will go on to my sister who shares my spiritual connections and those in the Go Gratitude. We've both enjoyed the new messages from Peggy.

Just a miracle that so many others believe and can put to words to spread, the positive repercussions that happen when you express your gratitude to those around you.

THANK YOU!!

With love and gratitude



Celebration of Oneness

I have known my whole life that we are all connected, no one told me. I just knew. And your program has helped me express my thoughts and feelings DAILY. How grateful i am to be aware of and celebrate the oneness.

THANK YOU !!!!



Connection to a World of Enlightened Souls

The Go Gratitude experiment began for me as an e-mail passed along from two different sources. I opened it, became inspired and said "yes" to it. Go Gratitude led me to the World Gratitude forum which connected my heart and spirit to a world of enlightened souls.

I have made honest intimate connections with people from around the world and have had myself mirrored by two amazing women in particular who have become close friends. This forum has allowed me to show my true self and to be encouraged and appreciated by gentle and loving people far removed from my community.

I have learned to say "yes" over and over, trying new things, daring to succeed, encouraged to expose myself in my learning process. My business of creating therapeutic gemstone jewelry has expanded and become even more satisfying and I now write a blog to reflect the gratitude I experience in every day I am alive.

Go Gratitude has transformed my life and I am committed to passing it on in the form of love, appreciation, nurturing, humor and humility.

Thank you Ken and Stacey!!



From Exhausted to Energized

Yesterday, I got up at 5:00am and spent a long day in various meetings and stressful situations. At 5:00pm I was exhausted and not looking forward to the hour-long drive home.

Then it occurred to me to shift my focus from the fatigue and the stress to GRATITUDE. I began to THANK GOD out loud for all the blessings I had in my life.

Over and over again I worked with the power of the "I AM" by giving thanks for the gifts of LIFE. My thoughts turned to all that I AM grateful for: the opportunities to be of service through my work, my friends and family, my health, my car, the sun, the clouds, trees, grass, music, love, colors - the list was infinite!

Within a few minutes, I felt energized and happy.

My long drive became a joyous opportunity to give and receive the blessings of Love and Light. The fatigue disappeared. I arrived home feeling renewed by the power of the Holy Spirit. The gift of energy and joy that I received from this exercise lasted all evening!

It was my participation in the 42 Days of Gratitude that changed my way of being in the world and allowed me to have this experience. I am proud to be a member of the World Gratitude Family and delighted to share the blessings of Gratitude with my beloved brothers and sisters.

THANK YOU!!!!!!!!!!



Chain of Awakenings

Your gratitude wave has set off a chain of awakenings within me that have been deeply rewarding. By continually re-shifting my focus to Gratitude, I witnessed a flurry of inspiring information and connections furiously flooding my way.

I learned very deeply to begin my day by holding onto something that warms my heart, and this will allow my thankfulness for that manifestation, or that creation, to increase exponentially.

By purposefully keeping my focus on whatever shreds of gratitude I could (can) find, be it my thankfulness for my healthy children, my deep love of art, my ability to create serenity and beauty in my surroundings, my faith in myself to grow into a better manifestor day by day, etc., my daily level of happiness or as Esther Hicks says, "emotional set point" has most definitely shifted from an undercurrent of a low level depression to a state of "vibrant inner smile", as if I am waking up for the first time!

The links that you included with each message were WONDERFUL and helpful in finding new inspirations and learning more about our family of thankful hearts.

I am an artist and art teacher, and even my middle school students are affected. When their conversations easily wander towards criticisms and gossip, we have a rule. Someone says, "positive please!" and it's now a class mantra.

Gratitude Crop Circle

For me, a highlight of the world gratitude series was someone's suggestion to create a go gratitude crop circle. Subsequently this circle appeared in the crop fields of England North Farm, West Overton, Wiltshire. Reported 9th June

How empowering is that?



Easing the Transition Into the Infinite

The first round of Go-Gratitude began at about the same time my Beloved was diagnosed with a swift moving cancer. Each morning Johnny and I read aloud the GG message. We meditated many times during the day and especially before sleeping, tracing the (k)new symbol upon his heart to open to remembered emotions, upon his forehead to encourage (k)new ways of looking at his life, and upon his lung and his spine where the health challenge was located.

He would tell me all he was Grateful for in his life: his six children, his twelve grandchildren, and me... he was especially grateful I had come into his Circle, as I was that he had come into mine, if even for a short time, oh, how I appreciated him.

I was his care-giver as he eased toward his transition, sleeping fitfully, dreaming, piercing The Veil ever more, and when he could no longer speak and could barely move... still he traced the Go-Gratitude symbol upon my hand, my cheek, my lips.

And then he slipped through the GO of it all, peacefully, fully and gratefully. His earthly family formed a Go-Gratitude Circle around his bed, joined hands and delivered him into the arms of his Heavenly family. It would have been a difficult journey had Johnny not had your help.

Thank you.



Heaven On Earth

I originally followed the 42 days of gratitude a few months back the first time around. I couldn't wait to get to the computer for that day's message.

I felt as though the messages were speaking to me personally. At the end of the 42 days I felt inspired to start writing my own book. Stacey Robin's website changed my life. I now see with new eyes. Symbols are the Universal language and gratitude, compassion, forgiveness, and living in the Now are tools to soar!!!!!!!!!!

Thank you to Stacey Robin. You have allowed me to find my life purpose. You go Girl. Heaven on earth IS possible!



What Joy!

I am still wearing my gratitude symbol, in the form of a snail shell found on the beach in Naples, FL last January, with the hole already in it for a string! My other jewelry has been sitting idle for almost a year, as I cannot bring myself to take off my shell. I even wear it in the shower!

Each time I remember to be grateful, I touch it; it is such a powerful reminder to give thanks each day for all of my blessings. I have shared my story many times with many groups, both children and adults.

Here it is again:

It was the last day of our two week stay in Naples at our son's condo. My hubby and I had just had a terrible fight, and I went storming off for my last walk along the shore. It was almost sunset, and as I sat, waiting for the sun to kiss the water, I saw a little girl running up the beach towards an older man, her grandfather I'm sure.

As she approached him, she flung herself with abandon into his arms, and he caught her and whirled her around. I was so touched by this scene - one of complete joy and complete abandonment into trusting arms. It brought tears.

It was after that, I found the shell as I continued my walk along the beach. What a profound lesson in letting go, and trusting in the Mercy.

What joy!



Taking the High Road

GO Gratitude was a daily reminder to take the high road in my communications and relations. During several challenging events while I promoted greater awareness of International Wilderness Conservation by serving on Wild Foundation and as president of the board for Center for Alaskan Coastal Center, I would reflect on my daily dose of Gratitude.

This search for those things for which I could be grateful consistently brought a deep level of compassion, forgiveness, and creativity in problem solving. I was smiling all the while, as though I knew something the rest of the actors in this drama, in which we were all playing our parts, were curious about how calm I was.



For the First Time, I Feel Authentic, True

I have a story to share: I began to "Go Gratitude" during a tough passage in my life – a protracted divorce: health challenges plus menopause: house move - job changes - and a fabulous new relationship: so many waves to ride - Go Gratitude was both a compass and an anchor.

I feel as though the wave that had me upside down and inside out, has gently raised me to a new view, a brilliant brand new vista, of my next now. I am birthing poetry and prose - giving up all the "plans" little me had for little me, and handing over, surrendering, to this bigger power that sees me as I am.

I can say that for the first time, maybe ever in this life time, I feel ~ authentic, true - really, really, me. I am mindful of Gratitude so often, and it pours out of me in a steady flow - each day is different, magical and miraculous. The scary dramas have less power to hold me now, as I find my voice.

May I share this with you (c2006) - called GIFT.

"Inspired by death,
Allow your dance
To soar above
Dull circumstance.

As arrows fly.
Create your landscapes,
Be your sky.

Stud your heavens
With bold dreams
Vivid rainbows,
Moon-struck schemes.

Dance as Shakit

From the heart.
Know one thing, only~
Make life, your Art.

With infinite Love and Gratitude to Stacey, Ken for reminding me of the power of Gratitude and for every soul who helped me remember my voice and my wings. Blessed Be.



Changing My Experience Through Gratitude

This initial 42 day experiment came at a time when I felt I had very little control on how I could create my life as I wanted and do it in a painless and simple way.

At the same time, I found choosing prosperity site. Through both of these programs I am learning how to shift my perspective and see my life situations differently. I am able to tune into the gratitude of life and change my experience when I chose to.



Gratitude is Real

There are so many stories within the stories to tell, so let's start with this one....

I had put the intention of shambala sanctuary on the miraculous..topic.. setting the gratitude stage of manifesting!!!

Within weeks the dream became reality and we formed a non-profit inc. We are now manifesting the space!!

Also, healing has been through gratitude and wondrous support within the members. . . whom i will say are delightful beings . . .supporting me and my life situations with prayer and online communication as well as off line too!! We all have become such family members within the wave of gratitude.. I have observed soo many transform.

There have been moments, one in particular in which I was in court helping to bring our daughter home... and the ongoing prayer circle and all the prayers on the forum. I printed them all out and took them to court with me...knowing that everyone would be there . . . and the outcome was . . . grandiose needless to say and especially grateful and full of gratitude!!

My daughter who is 4 knows the symbol and she is always pointing it out where ever she sees it and that is in just about everything.

Gratitude is real.. I LIVE IT..SEE IT, TASTE IT, FEEL IT, BREATHE IT, HEAR AND TALK IT every day... and especially believe in it. It works!! It really does!!

An Attitude of Gratitude is the only way!!



Daily Reminder

I like the site and the 42 day as it repetitious in a affirmation daily reminder of the most minor thing you can have gratitude for---there is not a night i go to sleep that i don't say a row of the things i am grateful -when i am in the shower - when i gogle- my bill pay online banking my car- even my drug addicted daughter whom has taught me so much—

i was at a thrift store and there was a cobalt blue like round crystal that had the gratitude symbol - you know i bought it for like \$1.00--i am 60 years old and when I was in my early 20 i met a lady that was from christian science teaching and she said in years to come there would be a new religion called the spiral --which is the gratitude symbol.



Radiant Health

I was desperate to lose weight because I was so morbidly obese that moving was both difficult and uncomfortable. I scheduled surgery to have a gastro-intestinal band inserted, paid the down payment, had a physical, took out a mortgage on the house to finance the surgery, etc. The evening before the deadline to cancel the surgery I got a call from a friend who told me about a nutritionist she urged me to consult who could help me with my pre-surgery diet.

I spoke with him that evening and decided to cancel the surgery because thin and malnourished was not my real goal. Medium and radiantly healthy was and continues to be my goal.

He has helped me connect with a new way of eating and she helped me believe in myself enough to give a nutritional solution a chance to work. It is slower, steadier, and safer. I feel blessed that she called out of the blue with the intention of supporting my plans.

I feel even more blessed that the nutritionist was kind enough to call me back that evening.



I Don't Take Things for Granted

It changed how I went to bed giving a list in my head of grateful things,.ie blue sky, sun, flowers, etc not huge items. it made me so aware of how good my life is.

I don't take things for granted. There is no darkness even though some big stuff as a child badly hurt, I made it in happiness and joy, only looking for grateful pieces.

I will do your course again for sure. Sign me up as lifetime member.



Lighter, More Connected, More at Peace

When I started World Gratitude earlier this year, I was going through a very rough time. My brother had passed on, my toddler niece was in a tough family situation, my relationship was experiencing terminal difficulties, and I was grieving it all not very well.

Getting the Gratitude emails in my inbox everyday was one of the things that helped me get out of the great big emotional pit I found myself in.

I remember printing out several of them, but the one that stuck with me the most, was the three step process: Give Thanks, Ask for Guidance, and Go With Gratitude. I took that printout with me everywhere, to the gym, to the office, everywhere I went, until I had the whole process memorized. Then I used it many, many times a day. It helped me feel lighter, more connected, more at peace.

I am in a much better place now, better even than before tragedy struck, and though my material circumstances have radically changed in ways I didn't anticipate, I am more connected and more grateful than ever.

I am very grateful that you started your 42 Knew Views on Gratitude process just when I needed it most.



A Beacon to Light the Way

Go-Gratitude and its symbol became a beacon to light the way as my Beloved completed his journey on this plane and began his Next Great Adventure.

Afterwards I asked the Universe for my next "assignment" in life. If I didn't continue my work serving families worldwide from www.EmpoweredParent.com I (k)new I would forget to seek my Joy. Life is empty, I discovered long ago, without Joy.

Each night I went outdoors to speak to the Moon and to the stars and to the Universe, and I prayed: "'As Above, so Below, as Within, so Without, as the Universe, so my Soul, as Above, so Below.' I am so grateful for my blessed life. Thank you. What shall I do now?"

Soon the answer came, loud and clear and, yes, Joyfully. "GO in Gratitude to finally write The Golden Birthday Book. It is time."

And so I put aside my sadness and empty feelings and filled my Self with new hope and determination to create a volume filled with fun, fascinating facts and statistics and everything I ever wanted to write about The Golden Birthday, that special once-in-a-lifetime event when your age matches your birth date.

I dedicate the work to all who are seeking a (k)new way to celebrate! I would not have known writing this book was my next step except that I filled my heart, mind and soul with Gratitude and then, the answer came. Easily.

Thank you.



Gratitude Operates Magic

I was in Peru last summer, in an Amazonian town called Iquitos. That night, I went to the central Plaza with a friend where there was a fiesta. As I was taking photos of one of the events, a young boy grabbed my passport pouch and ran away with it. My friend and I tried to find the boy in the crowd, but he had disappeared.

Going to bed an hour or so later, I was extremely upset because every document I owned was in that little pouch. My flight was booked for the next day, and I would not be able to take the plane without proper id. In the midst of my panic, the concentric shape of the symbol of gratitude came to me.

I made an energetic effort, and switched from panic mode to gratitude mode. I thanked the universe for touching the heart of the person who had taken my documents and to have them come back to me.

At 4 in the morning, the phone rang. Someone had brought back my pouch with everything in it. Gratitude operates magic.



Exciting to Help People Find Their Purpose

I went to Unity Village and heard Neale Donald Walsch talk about everyone needing to be a minister...and I came home and heard that my call is to help as many people as want to to become ministers (Internet). I have now created a 5 month program that folks can go through and then become a minister. The focus is on inner work (meditation) and outer work (activism).....e.g. the modern mystic. It is so exciting to help people find their purpose in the world and then to identify themselves as ministers.



Felt Called to Participate

Your daily emails had a very subtle effect. From the beginning, I felt "called" to participate.

I didn't know what to expect and probably didn't expect much. I think it was just your subtle reminders that prompted me to live my life coming from gratitude. I noticed that each day I truly enjoyed living life more from that attitude than I had been without it.

My life was good anyway, and it somehow became more complete by appreciating my blessings even more each day.

When the series was complete I downloaded the pdf and continued to enjoy the reminders periodically.

Thanks for continuing.



Perfect Dream House

Last spring, my wife excitedly told me she had found the "perfect dream house." Negative thoughts about not being able to afford it and not getting a good price for our present home in a cooling market melted away the next morning when I sungazed. They were replaced by the positive conviction that the Source of All Good in the universe had something better in store for us and that we could afford it.

As soon as I finished sungazing, I searched the MLS files for the neighborhood we wanted to move to and soon found our real dream house, which had everything we could possibly desire. But getting it hinged on us selling our present house quickly for a good price. We met with a realtor and he told us not to get our hopes up since it was becoming a buyers market and homes were taking longer to sell.

But I didn't worry.

As our realtor was pounding the For Sale sign into our front lawn, our next-door neighbor approached him and made an offer. 22 hours later, the deal was done for an excellent price. The seller's realtor was flabbergasted. We also bargained down the price of the new home several thousand and got a good rate on a mortgage we could afford.



Traffic Cleared Like the Red Sea Parted

On a recent trip to Los Angeles my husband and myself and my California sister were going to another part of town to visit my two granddaughters who lived some distance from where my sister lives. Of course my sister was completely programmed to experience horrendous traffic on the freeways that we needed to travel and we departed with her in a state of anxiety. I told her that I was good at managing traffic and I could provide clear sailing if she would like me to.

In a state of negative energy she reluctantly complied and I just relaxed into a state of Gratitude and traffic cleared like the Red Sea parted. I am also very good at finding parking places when needed. I celebrate joy at this Highway event totally made possible by relaxing into a state of Gratitude. It has an additional healing for me because the Highways have not been kind to me in the past. I lost a son, grandson and a brother-in-law in traffic accidents.

What a blessing to experience the Highway in a joyous way.

Blessings and Love



Allowing Myself to Receive

I am an older woman. I had an electrical fire in my home this summer. My grown children rushed to help me. Because of my experience in Go Gratitude and in a twelve step program which also emphasizes gratitude, I was open to a most important lesson that I assume I could not have learned any other way.

What I learned by being put in a helpless position where my children had to take over for me and clear my house of my belongings so it could be repaired, make a place for me to stay with them, etc. was that I had always insisted on being the person who did the giving.

As a result, my children had had no significant way to show me that they loved me and to show me that they had become competent caring adults. Despite the fright and the shock of what happened, something in me knew to look for what to be grateful for and to expect that somehow good was buried in what happened.



A Miraculous Change in Me and My Business

I have "naturally" been a very suspicious, negative person - always seeing the possibility for people to let me down, to cheat or steal from me. Since my sister introduced me to the gratitude project, I received a few of the original messages and then your next round I completed fully - this last time you did it.

I have found a miraculous change in me as a person. Just from expressing gratitude for everything wonderful in my life, I see more wonderful things in everyone else. Even my son (age 11) commented that I make strangers feel happy.

My business has also improved remarkably. I handle recruitment - staff placements, and was getting nowhere, continuously. Now I meet the right people for the companies and am at last making an income.

Thank you for showing me that life is meant to be exciting, that blood doesn't just flow through our veins, it tingles and dances its way from your heart, and there are opportunities in every atom.



Made Me Smile

I would just like to say that I really enjoyed the program. It kept me in a positive state of mind that helped every day and it always made me smile and feel warm to read each message as it came through. I am so glad that it is happening again as it gives my life great support and I thank you all.

Love and blessings



Rescued by Gratitude

As I was driving one evening I heard a large pop come from my engine. Immediately I thought I had thrown a rod. I got out, looked under my hood frustrated, knowing I didn't know what to look for and ended up locking the keys in my car.

That just topped it off!

As I walked into the small town nearby, I surrendered. I expressed gratitude for what I was going through. I told "Them" that if the Spiritual Journey I was on wasn't for the highest good, and the amount of traveling required wasn't either, this was a good way to keep me home as things were very limited financially.

I found a phone booth and called home and left a message with my children but there was no one home who could assist me. I sat and thought about my dilemma on the bench next to the phone in front of a little restaurant in the middle of Lehi, Utah. I sat, pondered, and repeated my gratitude for the experience, surrendering totally.

About 45 minutes later, I got a phone call from my children telling me a friend had called and was coming to assist me. I had tried to reach her earlier in the day and just left a message. She and her husband had gone out to dinner and a movie and had decided to skip the movie, imagine that? They arrived home and listened to my message.

He ended up being a mechanic and just happened to have a slim jim with him. He opened my car without difficulty, then looked under my hood and noticed there was a spark plug out of place. He checked things out, screwed it back in and asked me to start the car. Start she did, like nothing had happened.

They took me home and as a bonus, also took my car and changed the oil the next day, and then brought it back to me. I had a huge lesson in the power of gratitude that night!

Friends are wonderful, and miracles do happen especially when we don't hold too tightly to outcomes. The Universe knows what we need and I'm very grateful that "They" have been so patient with me through the years bringing me spaces to grow, to trust and also to "soar".



Go

The go symbol is wonderful and has much energy. I am enjoying including it whenever I talk about symbols.



Transforming Cancer

Hello, I'm Eric Rolf the author of Soul Medicine--The Anti-Medicine of Instant Creative Cause and Inner Perceptive Movement(IPM)..First I'd like to thank you for the excellent virtual body you have give to gratitude, which along with laughter are possibly the most elevated of states.

What I am most immediately grateful for is that I have been able to get in touch with the proper framework or context for cancer and how to transform it in one's life. As part of soul medicine we had indicated the appropriate action some years ago--the need to change one's world.

However, until just recently when by one of those lovely chance/synchronous events I was asked to conduct a soul medicine course for an association of cancer patients in Valencia Spain (I am American but have lived in Spain and other European locations over 25 years)I hadn't really had that much direct contact with cancer patients.

Well the event was truly inspirational for me and resulted in my being asked to present at a cancer congress in Madrid. In preparing for the congress all the material came together including discovering the scientific data that related directly to our concept about what happens inside the person as a new person attempts to emerge.

The details are connected to the work of 1977 nobel winner Illya Prigogine relating to entropy, structures and energy disipation. However, our work is artistic and insightful and what we describe in human terms regarding inner transformative events he describes in terms of scientific research.

What it boils down to is that Cancer is essentially a habit, mostly unconscious of course and what is required in order to bring it all up to consciousness and transform it is a change of worlds--not just a change of life, but a change of worlds since a change of life can be self-defeating.

All of this needs clarification in terms of the individual, but the important thing is that the frame for cancer is now there and the visible manifestation can be transformed. As I described my findings at the congress several people came forward and testified that what I was suggesting was exactly what they had done (none had read soul medicine at the time) and that they were completely without a trace of symptoms.

So I am truly grateful for having been a participant in this creative gift and in the coming weeks I will be putting this all together in some kind of ebook for general distribution.

You and all the others connected with world gratitude Keep Up the Great work.

Love to you all.



Heightened Awareness

I realized that as I centre myself in Gratitude, I also slow down! Not a major revelation, but a tremendous aid in being more grounded and more present in the NOW. Awareness is heightened, of all around me, especially when I am out walking the beach with the dog.

I am dealing with terminal liver disease, and find that focusing on Gratitude helps me release the fears of the future and the worry of uncertainty.



Synchronistic Gratitude

There are many moments. Two things though ...

1. One regarding Stacey and one regarding my mother. I think the most beautiful moment relating specifically to Go Gratitude - and specifically Stacey Robyn, involved the "just in time" message of Stacey which ended up in the publication of Soul Gifts: The World's Self-Help Book. I am still amazed that she manifested the right words at the right time to lead off the Conversation About Evil".

Her text begins with, "Imagine ME standing at the edge of a calm reflection pool. Look into the watery mirror below ... What do you see? ... ME/WE" (the quote is much longer).

2. My mother had to be placed in a nursing home. I was stuck-handling things with the doctor, social worker and the 200 bed extended care facility where I work part-time as a RN. One thing led to another due to paperwork not being in the right place at the right time.

We arrived at a place and time where there temporarily were no beds where I work. So ... "She can go to the little home 49 minutes away then we will transfer her when the bed comes up." EXCEPT that GRACE intervened.

Mom was admitted to the little nursing home ... a double room with corner windows. She is with her COUSIN - whom she always loved.

We planned NONE of this. My mother is happier than she has been for several years. She is gaining weight and has assumed the "job" of looking after her "baby" - her 80 something cousin. She giggles a lot. Mother is an elegant lady and was always a fantastic homemaker. Bedecked in her bangles and jeweled hands, she washes the tables after meals. She sometimes peels the potatoes. My mother enters her state of increasing dementia in a much more joyous way than any of us could have ever believed possible.

Our family is very blessed. I have accepted a couple of shifts a month to be closer to her -in between my visits with her.



Being Grateful for Challenging People/Situations

Ah-ha moments, I've had lots, it is amazing how things fall into place when you are grateful and expect them to happen...But we also must be grateful for trying lessons too... I just finished a wonderful magnified healing class and I think that was one of the greatest gifts. . .

The people/situation that test your patience, love and peace are those where you learn the greatest lessons...Are you aware of that when it happens? I now started be thankful for those who anger me, push my buttons and overall behavior in a distasteful manner... they teach me not to judge and look at the lesson.



MasterKey Is Transforming

I rode the original wave of gratitude and continue to ride the waves of the World Gratitude experiment. To focus internally daily on all that is and all we have is a powerful tool.

Needless to say, The MasterKey, is transforming. I now complete days full of synchronicity, from running into a friends, to finding my car keys (quickly), to performing daily meditations, to participating in yoga classes, to teaching my seventh grade students, to parenting my children, to loving my husband, to starting a business, to training to become a Celebration of Life facilitator, and I am peacefully energetic in my endeavors.

The internal life is the key, and it is so heartening to be connected to this wonderful wave of support and love.

Keep it coming and much love to us all.



Inspiration

Sometimes it doesn't take an ah-ha, sometimes you just KNOW it's right. So right, I created a GO Gratitude file and put your original and World Gratitude emails there so I could always go there for a little inspiration.

Thanks so much!



Gratitude Symbol Appeared Everywhere in Our New Home

My husband and I had moved from Milwaukee to New Jersey in September 2005 for new jobs, and needed to find a new home. We were clear on what we wanted, but were not finding it. We looked and looked over 6 months and our realtor started to tell us we were going to HAVE to compromise - this ideal home was not out there.

Well we continued to go inside and check in, and to be clear together on what we wanted, and KNEW that our NEW home WAS out there.

We took a break in January and then resumed looking in February. We saw a house online in a town we had not been looking in and asked the realtor to show it. My husband arrived first and the minute he walked in he felt that "This was it!" I arrived a few minutes later and as felt the same thing. As we walked around I started to laugh, as I noticed that the cupboard door handles in the kitchen were in the shape of the gratitude symbol!

Then I noticed that the wallpaper in the bathroom had the symbol prominently - then the toilet paper holder too! And on it went - the symbol was everywhere in the house! Everything fell into place and we bought the house, we have now LOVED living in for the last 6 months! I continue to look for and find the gratitude symbol in many places in my life, and it is a very fun way to remind me to stay focused in the attitude of gratitude that brings all things.

Thanks so much for doing this - I will definitely do it again and pass it on!



Gratitude Is What Life's All About

I knew about changing my vibrations from my Buddhist practice. However some people didn't want to hear it from that point of view.

Being grateful is so simple and easy to raise your vibrations. I think for me the best thing is when I am grateful instead of angry. And being able to really step outside myself and see what my world looks like as I am grateful rather than angry. I prefer grateful.

I am so grateful for your site! It has encouraged me to bring gratitude into my life on a daily basis. It has helped my in my creations for my web site. At thanks giving I wrote a little note to each member of my family, letting them know how grateful I am to have all of them in my life!

They were so touched. My niece 10 years old went home that night and wrote me gratitude note WOW! I start my day in gratitude and proceed all day affirming my gratitude for every thing and everyone through out the day and end it in gratitude before I go to sleep. It's what life is all about being thankful for every creation in our lives!

Peace



Ripple Effect

The simple act of taking a moment each day to focus on Gratitude thanks to your emails has had a ripple effect throughout the hours that follow. (K)new ideas, (K)new direction, (K)enjoyment -- and more importantly, a (K)ability to share that warmth with others!



My Experiences Are Miraculous

This Lifetime I have been so blessed to be born into my Life. Everything happens in just the right time and place, although it has taken me years to learn not to only grasp onto the "good" experiences, but to appreciate the U turns just as much.

But, in the past 2-3 years, my experiences are miraculous, I put out an intention and within a week, the path opens up and I go for it. It is now such a part of my Life, that I find myself daily giving heartfelt grace and gratitude for this opportunity to live life more fully. The universe has also provided for me, the strength and courage to face situations I had so exhaustingly tried to avoid, and guess what? It was never as bad as I imagined.

Trust, Faith and Gratitude make my Life complete. So again gratitude rocks, give out, it comes back.



Beautiful Place in My Heart and Life

Although I have been tuning into Go Gratitude for a long time this is the first time I have had the courage to put myself 'out there' to all you unknown beautiful wise and wonderful fellow travelers. So here goes:

I know that focusing consciously on gratitude and receiving all the wonderful art and messages regularly has helped me throughout the last year. During this time I have been working with community groups teaching pottery and batik. I have noticed my whole attitude change to one of positive communication and gratitude and respect with people more and more.

And now just when I need friends and support over the Christmas season, I have been sent invitations to a lot of lovely celebrations and festive gatherings and parties that came totally unexpectedly from these groups, and beautiful letters of gratitude and acknowledgement, just when I was dreading a lonely Xmas.

Now I know I have a lot of new friends around me who care about me and that is very healing. Coming to a place of actually feeling gratitude has been a life-long challenge for me and I'm still learning. Thank you all for helping me to come to this beautiful place in my heart and in my life.



Gratitude Growing Inside Me and the Globe

Since the Go Gratitude wave has started, I have been having so many experiences of, "GRATITUDE", showing up everywhere. In books I am reading, shows I am watching, and just talking to people. I am noticing the gratitude growing inside me and can feel it on a global scale.

Just thinking of this stirs me up inside to expand more gratitude within me, which in turn grows more gratitude globally. What an awesome spiral of gratitude has been created! I just can't say to the universe thank you, thank you, and thank you enough. I have been using spirals in my jewelry creations since I began creating jewelry. It is my main theme. Every time I create another spiral, I am reminded of the gratitude and it is infused into each piece.

Love and Gratitude to All



Everything We Are Waiting For Is Already HERE

Gratitude and Love are the greatest powers in universe. After all the mails of WORLD GRATITUDE and watching the film "the secret" (www.theseecret.tv) we decided to create a German cinema film showing that everything we are waiting for is already HERE.



The Secret of Life

I have finally discovered the secret of life! It isn't what life deals you...it's how you deal with it! Everything has a positive and a negative side. Whatever you focus on, you attract more of the same. If you constantly are in the negative and you don't listen to the whispers and nudges to change the way you think, you get ambushed with problems until you either finally get it or you die.

I've had a rough two years because I was unwilling to take out the trash that was keeping me from moving forward to enjoy the life I was meant to live. Suddenly, it all came crashing down around me and I had no choice but to take it all out at once. It has been a painful journey that isn't over yet but I figure it will hurt less if I pull the bandage off in one quick motion.

I no longer make myself sick with worry and I have learned to let the anger and negativity go. I also put my dreams out to the universe and trust that everything will work out as it's supposed to. I guess the Go Gratitude helped me begin my transformation from focusing on the negative to being grateful for all of the good things in my life.

I have been through a lot. I shattered my leg (tibia and fibula) and have a permanent titanium rod with screws in it, I was out of work for quite some time, I've had to move twice, I was facing foreclosure on my house, I was getting a divorce after being separated for almost five years, I had a painful break up with someone I cared for deeply--and--to top it all off, I just found out my mother has lung cancer.

I've been practicing the Sedona method of letting go of the sadness and depression that used to cripple me and focusing on changing the things I can control. I choose to be happy and to see the beauty of the rain or to hear the sounds of the ocean. I no longer regret the past--it's over and there isn't any way to change it. I have no control over the future.

All I have is this moment--right now. If I keep a positive focus on that, my tomorrows and my past will take care of themselves. I am grateful for the wisdom and spiritual growth taking place in me. That wouldn't have happened without going through what I did. I'm also grateful that I finally get it. If I hadn't, I'd probably still be miserable and bitter.

I am truly blessed by the wonderful people in my life. They are what matter the most. Every time I would open the gratitude experiment email, there was a message on exactly what I needed to hear...Not only that, there was always some goodies attached (I felt like a kid on Christmas morning)in the email on different websites I could explore on the topic that was introduced. That was the most fun and exciting part of this whole thing.

The pictures that came in the emails were absolutely stunning and inspiring. I found many beautiful people and things like Bluestar who makes the most beautiful hand carved flutes he calls his children...he is so precious and gives the gift of music.

This was an opportunity for us all to be connected and remain connected on the level of Gratitude. And still is! I ended up treating myself to two new pieces of jewelry with the Gratitude symbol. I wear my necklace and bracelet everyday. As a matter of fact I never take them off unless I'm treating myself to a massage. They are beautiful pieces of sterling silver and just knowing what they represent keeps me grounded and reminds me to be thankful...even in the most difficult situations. (I've had several compliments on it but I have yet to meet someone who recognizes the symbol... that may just be my ego slipping in...as it matters not.)

I can't tell you what a treat it was to be a part of this. It was all timing meant to be and thanks to Neale Donald Walsh for sharing many freebies when I bought his new book. That is how it all got started.

Of course the creators of Gratitude are so welcoming, so genuine, just the feeling of being connected and feeling their connection to our source reminds me that when you feel and express gratitude, things just can't help but flow in a Universal way. I think that is actually the most amazing part to see unfold!

So as far as miracles go, every single day I can't help but tell my 2 children how lucky I am and thank them for coming into my life. Everyday we see something that is miraculous...whether it be a rainbow reflection on the wall from the sun shining through the window or seeing these two mockingbirds outside my window at this very moment dancing in front of me like they are telling me to 'hey write about us! We're showing you to play' see the timing! They showed up at that very moment to give me something to write about!

Too funny! Thank You!! Now they disappeared. Oh my now there is a beautiful woodpecker outside the window--oh my the stripes on his back are amazing!! Gosh how things are so perfect and beautiful!! Sometimes it just makes you go WOW!

Well thank you Stacey and Ken for being the inspiration in the whole world wide Gratitude experiment and just know you have touched 1 person's life in Houston Texas.

THANK you, thank YOU, THANK YOU!!!!



How Can One Be In GRATITUDE And Be Despondent - CAN'T

I am a Lady of "Seasons."

January 8, 2006 I will be attending college to obtain my degree in Human Relations. I last attended college in "1978" This is such an exciting time in my life and I AM so thankful for the 42 Days of Gratitude. I'm needing to change careers and was despondent about doing so - then the "AHAA" appeared in the form of "Go Gratitude", how can one be in GRATITUDE and be despondent - CAN'T.

Thank You, Thank You, Thank You...



Gratitude was the key to jumpstarting my life

Dear Stacey & Ken,

I joined Go Gratitude during a difficult time in my life. I'm on Total Disability & had run out of rabbits to pull out of my hat. What you gave me was priceless. I slowly began developing a dominant attitude of Gratitude & Love with the support you gave me.

Doing this alone would have been very difficult, especially when your inherent beingness is being shadowed by manifestations you produced that were not in alignment & definitely not for your highest good. Go Gratitude let me focus on the present & correct my intentions daily.

Your work & the joining work of our Go Gratitude family led me to Creating Affluence, The Presence Process, & The Secret. These along with Go Gratitude are my basics. From myself & the tools provides with each I was able to make permanent progress. Now I only attract that which is of my present state.

Everything keeps getting better & better in my life and has led to an opportunity that reflects the values of my inherent self. Their motto is "You can have everything you want in life if you will just help enough other people get what they want."

I feel this is just the beginning & that this opportunity is an example for me, reinforcement to show me daily what is possible when you are in alignment & it becomes your natural state, as it should have always been. My whole life is improving & Go Gratitude was the key to jumpstarting my life, & is my lifelong friend on our beautiful journey.



The Power of YES

The power of YES -- saying YES to all that one resists and has resisted in the past is a great way to retrieve/unblock emotional energy, and to align ourselves with what we have already created (if it is in our experience, then in some way we have brought it to us). I had this AHA reading Larry Crane talk about resistance, that our whole experience is based upon our resistances.

Since then, I have found many sites through Google saying much the same thing. Also, Ho'oponopono is a fabulous way to enter into 100% responsibility for one's world.

Since the first go-run with Go Gratitude I have learned SO MUCH and I KNOW that it is because I was in gratitude. Thank you, I love you.



The Road of Life

Recently, I watched a travel piece on the remaining stone paved roads of ancient Rome. I notice that deep grooves had been worn by the daily use of chariots. For some reason the image of those deep grooves remained vividly in my memory. I could not understand why because the ruins of ancient Rome have so many memorable images.

Then suddenly several days later I thought about the road of life. What if it had two ruts in it? How much more certainly would we arrive at our destination if there were two deep grooves in our road guiding us forward? What would they be?

The answer was a bright light of insight.

The road of life, of course, is Love. The two guiding grooves on that road are Gratitude and Forgiveness. Each one is an experience that lifts us into our hearts and changes us forever. The secret to "groove making" is the daily use of Gratitude and Forgiveness.



Positive Program

I would like to see more of this type of programming. I think that people are tired of fear based "mud slinging". This is much more positive.



Many Blessings Received

I made a huge leap last year when my husband and I sold everything and left the US for the Turks & Caicos Islands. Right after we moved a good friend and healer sent me a Go Gratitude link and I immediately signed on board. I figured it couldn't hurt, so why not?

I found the messages to be inspiring and interesting. I began to slow down and to really explore Gratitude. Suddenly it was everywhere and it seemed like I couldn't turn around without hearing about Gratitude.

In this past year I have learned so much about myself & the universe and how simple it all really is. And in that time so much has happened.

I settled a lawsuit in the US using my home equity and didn't even have to handle selling the house. I met Jane Young through the WGG and now have my Reiki Master certificate and a friend in Spain.

My husband left his lousy job here where he was completely miserable and moved to a much better position with more respect, friendship, and money

I changed jobs here and now have my own space to work, few restrictions, and am also earning more money. A few days ago our landlord handed us a rent increase notice for a 25% outrageous increase with 3 weeks notice (that's legal here). On a small developing island with a tight rental market I was offered perfect Little Pink House in a great neighborhood at a good rent for January 3 move in. I had this offer the very next day!

And today the landowner called me to try to keep me here in this unit!

I began to give more and am in turn getting more. Living in Paradise is expensive, as are my rates for Pilates & Reiki. I lowered my prices for residents and will be on the local TV news Monday doing Pilates & Reiki. I am busier & happier.

Just this week I heard that there will be a Pilates & Fitness related Press Trip next year and they will focus on me and host a Pilates retreat at the same time!

It's all good in Gratitude!



Interview with the Grandfather of the Gratitude Movement

My most inspiring experience this year was interviewing Brother David Steindl-Rast, a Benedictine monk from Austria, whom many call the "Grandfather of the Gratitude Movement."

He spoke about the blessings of grateful living and the importance of being surprised by life. Then, he began to chant...and the Catholic kid in me woke up and went into a state of bliss. I am experiencing the joy of grateful living every day... and am so happy to know that World Gratitude is alive and well.

Thank you, Stacey and Ken.
Love and blessings,



Waking To Gratitude

During reading the gratitude reflections, I realized that they were coming in too fast for me and I struggled to keep up. In fact some times it was all I could do to put it in my journal to read later in case they never came back again. LOL That sounds like lack to me.

Then I started to think about gratitude. I watched The Secret and considered waking up in gratitude. I observed my personal reflections as I opened my eyes and clung to the last sleepy awarenesses. Not thoughts of oh this feels so nice and warm. But more like, What is today??? What do I have to do?? Where do I

have to be??? and When do I have to get up??? Look at the clock and most often it is late.

It was no wonder I woke up feeling bad already. I tried to turn that simple act of waking as a human doing around and it wasn't so easy. I think it must be a habit long practiced and it took some work to turn it over. But I feel lots better and able to be in the day if I gratefully allow the wonder of waking yet another day to fill my senses slowly. It only takes a few more seconds and yet it makes a world of difference in my day.



How We Create Our Reality

Well by being part of the original Go Gratitude brought me into clearer awareness of how we create our own reality, it helped get me out of worry, get me into gratitude.

Thank You and Blessings



Waves of Energy

Hello, my name is David Nayish, and I now live in Bermuda, but when I first connected to 'The Wave of Gratitude,' I was in Israel, visiting my dear friends.

So, the most amazing experience took part in my unfolding world. Shortly after connecting to the wave, I began to experience flushes of energy, throughout my whole body, on a daily basis. It wasn't very strong, at first, yet as the days progressed, and as I continued to have multiple visions, and ideas stream through my consciousness, I became distinctively aware that I was part of a greater mass, and that I was intimately linked with it.

Now, I know I've been psychic, ever since I was very young, and have been a practicing Reiki Master for years now, but this experience has had a profound affect on both my inner and outer worlds.

In response to this event, I've opened a web domain to continue connecting with the many folks who wish to share in my ability to reflect their souls with me.

It all started while I was in Israel, and now that I'm back home, here in Bermuda, I feel it only worth mentioning as you have asked us founders to tell you our stories. I'm truly grateful for the support and blessings that 'The Wave' has, and is continuously providing for me, and all that it touches. I am really enjoying the ride of a lifetime, on the wave of light and love.

With all my love



Wonderful New Friends

Dear Stacey,

The thing I loved best about World Gratitude was making wonderful new friends on the forum. I look forward to the next round.

Thank you so much!



Gratitude Walk

About a week into the first Gratitude experiment and three weeks into a new exercise project centered on walking several miles a day to lose weight, I kicked my toe into a box.

My first thought, even in the midst of flapping my elbows and breathing hard, was "Thank you, God. I know something good is going to come of this."

The toe turned out to be cracked -- the doctor told me I could walk on it if it didn't hurt too badly. I hobbled for a week and a half, then suddenly it occurred to me -- perhaps the majority of the pain wasn't from the bone itself but from the supporting muscles being in spasm, immobilizing the joint.

Using a technique I had stumbled on several months before, I put my hands on the area and said, "Thank you, God." The hands and foot became warm -- almost hot. When the heat subsided, the toe moved freely for the first time since the break, and the pain of walking was gone!

I began walking again, and within a week I was back up to my two miles again, thanking God for all around me.

As the months wore on with the gratitude taking root in my life with the walk at the center of the gratitude lifestyle, I found myself paying more and more attention to what I have than to what I lack -- especially what I have that can never be taken away from me.

My connection with Spirit, the love of friends, the knowledge that God is Love and love surrounds me, having a church family that supports me and allows me to be the zany person I am -- all are worth more to me than I could ever describe.

They had been staring me in the face but it took the Gratitude experiment and a broken toe for me to see them.



Intense Joy Into My World

It was simply magnificent to notice that each day the messages that came through were in the exact same vibration as the days, moments, feelings I was in. It truly reinforced this sense of connectedness and brought intense Joy into my world.

Thank You for Being, Thank You for You :D



The Heart of Gratitude

I am gratitude right to my neurons, through every possible piece of the anatomy and I have discovered and rediscovered so much simplicity with which to touch that phasing in of vibrational resonance called the Heart of gratitude!

I have realized much of my dreams relative to reuniting with my daughter and her partner and those two gems of the dharma known as my grandsons.

Even though times have been in the darkness I sourced those spaces within for which I can only say offered miraculous spaciousness for those beings to make choices that were healthful and therefore more and more helpful to their own advancement.

My practices are now taking on a new form, coaching online is revivifying itself and a website appeared like magic in the etheric realms, complete and multidimensional.

I am now on retreat and going further in to Source more and more of what the world needs now. I hear your inner voice relative to being in the moment to moment presence and cocreative being that I am, I have renegotiated with spiritual forces and resurrected a piece called The Growth Group: The Way of the Cocreators Heart: the path of cocreativitas. I am now emboldening the call for facilitators, consultants, dialoguing within higher consciousness in order to cocreate a body of knowledgeable witnesses for the resurrection of our crucified spirit selves.

This pathway of transmogrification is transpotive relative to what it can now achieve . On this planetary playing field, we are now seeing vis a vis The Secret for example, what quantum and the quorum are really all about.

I am realizing it within my own being and knowing the impact and influence upon a field where many are still in grief.... for their losses have been of the deep feminine and lack of inner connectiveness with their own healthful masculine...

Yin Yang like the two forms of Gratitude that merge and blend cocreators are reborn...

Joyousness is this humor in re-unioning both parts of self . Victorious is the voice that is knowing those reunions to be so very crucial to those who are longing for belongingness.

So I look forward to another forty two days and more! And will link up others to the process!

Joy peacefulness and playing on the field!



Manifestations of Gratitude

After posting the intentions of my non-profit project “AngelFaces,” the next steps to make the project go manifested in perfect pace, time and rhythm. The fears I once held about things taking off faster than I could keep up were dissipated as the happynings for the project were just right for the next few small steps I could handle.

It is my belief that as my World Gratitude family co-created through visualized intentions for the greatest good for the project to grow, it is happyning just so.

Another manifested miracle was for a friend who became ill in the process of a positive transformation toward sobriety. He recovered fully from the brink of death (his MD’s were giving instructions to “make arrangements”) and is still sober.

In Light and Gratitude.



Gratitude Reminders

Both rounds of Daily Gratitude reinforced and expanded my increasing knowledge. New and old flowed together. Though my finances are not what I would wish, I KNOW that all is well in my world. And just when I decide that things are not going right, that what I know is true is NOT, something or someone comes along to remind me why I chose to do the thing (life) my way.

This week, after another round of monthly financial obligations, decisions on what would stay and what would go in my business and my personal life, I got another wakeup call. It came via an email from a fellow SBI'er who had happened on my website, checked it out and was in-spired to let me know how in-spirational he found my site.

Now, my site is dedicated to bring African Americans together-he is neither African American (he is from England) nor single but my site had enough to hold his attention. It was what I needed on a day I felt I should have stayed home in bed.

Yesterday, after living w/out heat since November on my first floor(and replacing 2 valves and a pressure tank), I replaced the thermostat (took an hour and half). But today I have HEAT! I celebrated last night and today with music, dancing, prayer and praise in Gratitude and cleaned house as I sang and danced!

Sometimes we learn slow, sometimes fast but constant Re-mind-ers are what we ALL NEED!

Thanks so much for the love and in constant, eternal and joyful Gratitude



Grateful Hugs

I am a special education teacher at a high school. I teach the behavior disorder students. When they found out that my father died, four of the roughest, toughest kids came to my room to hug me and pray with me. It made all the rough times and headaches worth it for me.



Gratitude for Family Members

There are so many things that I am grateful for, but right now the first and foremost Grateful in my heart and mind is my brother-in-law, Charlie. We got a phone call tonight that he is back in the hospital. 3rd time in six weeks.

Charlie became quadriplegic on Jan. 29, 1996. He was given a less than 10% chance of survival. Not only did he live but he has done it with style. After the first six months of hospitalization and rehab, he moved back into his own home and he has lived on his own ever since.

He has household help and visiting nurses but no full time aide. He manages himself by himself. He is a truly remarkable human being. He will be 70 years old on Jan.3, 2007. I am so blessed to be part of his life and light.



Feeling Peace and Well-Being

A slow warm feeling of well being. Reading the messages every day and really PRACTICING being grateful brings me peace.

Thank you for giving me the tools.



Grateful Endings

As we reach the end of this calendar year and the beginning of our 9 year (2007) 2+7=9, I have been called upon to be extremely grateful of the endings in what were formerly important aspects of my life.

The exercises that have now become integrated into my being, such as my gratitude journal, have made it possible to face these anticipated and unanticipated changes with an open heart and patient spirit.

Thanks to all the souls who have shared their insights, art, music, and stories so that we are all enlightened as we recognize that we are, in actuality, one.



Dancing in Gratitude

Dearest Stacey and Ken,

Following a hysterectomy in January, I began the process of healing, releasing, and renewal. The Gratitude messages have helped me understand humility and self acceptance, and the importance of serving others.

This journey has brought me to a place of recognizing that my gratitude is greater than my fear. When I allowed this to sink into my bones, I began to open my heart and do what I only dreamed was possible before.

In the ecstatic dance community in which I've been participating for 8 years, I began facilitating music programs. The music program I most recently facilitated was about being in the moment. I had bitten off more than I could chew, and it required the assistance of two of our core facilitators to pull together music in the last moments before the dance.

I reminded myself that my gratitude was greater than my fear, trusted in divine guidance, and the program came together beautifully.

As the year draws to a close, I am looking forward to the next opportunity that allows me to delve deeper into my heart and share with those around me.

Thank you Stacey and Ken for sharing the Gratitude messages with the world!



Keep Moving Forward

Go gratitude has become a daily routine in my everyday life and intention process. It has also pulled me in directions I never dreamed of.

It seemed like one day I was stuck in others' realities until I decided to create my own.

By sharing my truth and visions about the "NEW WORLD" which is arriving....Go gratitude inspired me amongst other things to keep moving forward no matter the circumstance or what I had to give up in order to live my purpose.

My love, light and laughter



What a Wonderful World

I started my 42 days last year, December 19, 2005, when unbeknownst to me I would be facing one of the most difficult years of my life. Having lost my husband in August 2002, I had been on a spiritual awakening journey and was sent an email from a dear friend to join the 42 days of gratitude.

Each day I would check my email, get the day's lesson and apply the lesson to my experiences that day. I completed the 42 days around the same time I completed my certification for Reiki II. Imagine my surprise when I learned that the Reiki power symbol has the go-gratitude symbol within it!

I have been applying the gratitude/power symbol to all aspects of my life - health, career, financial, and relationships.

In April, I was told by my company that I would not be included in their proposal for the next contract. After giving them 15 years of loyal and dedicated service, I was shocked. My first reaction was anger and I wanted to strike back. With the help of the teachings of Gratitude and Reiki, I decided to set aside my hurt feelings, continue doing my job as I had always done and wait for the universe to fix things.

The proposals were all rejected and my company was required to submit another one, this time assuring me that I would be included!

In November, 2006 my mom peacefully crossed over to meet my dad who had gone in August 2005. I had spent 2 wonderful weeks with her in July, expressing my gratitude to her for the love she had shown my brother and me by adopting us and bring us into her family. While giving her Reiki sessions to help ease her pain, I was also praying that God would let her come home soon and end her suffering.

Now, although my company has not been successful in obtaining a new contract with the last proposal, I am being considered for several positions where I work. I have found that with gratitude in my heart every day, I walk out my door "Expecting good things to happen" and they do.

I am focused on seeing the good in all events and circumstances of my life - seeing the lesson to be learned, experiencing the challenges, and now I am working on creating the life I want by my positive thoughts!

As Louis Armstrong sings- "What a wonderful world"!



Thank You

Greetings:

Because of you, I begin my day with....Thank you for...

As I begin my day in fullness and end my day in gratefulness.....my letters and emails close with....Love and Gratitude....

As I AM sooooo grateful for the opportunity to share.

Thank you for being you.

Love and Gratitude Me



Bring It On

"World Gratitudeers,"

From awakening on Tuesday 17th October, I went into a meditative state and for the next four days, during my waking hours, I was in a total state of bliss. I didn't even swear once. I have been there! I know now what the future is going to be like as I have already experienced a small window of it.

Bring it on, as I can't wait to be to be in that space permanently.

Love & Light



BUT Gratitude Has Got Me Through All of This.

This has been a very difficult year for me - my mother died a year ago today, I suffered grief and depression. There were trying occurrences in our business. I was unhappy in my marriage and planning to leave it.

In August I had an accident and ended up with a serious injury to my foot - fractures and dislocated. There was surgery and 3 months with my foot up in plaster. Now physiotherapy and 1 to 2 years for recovery.

BUT gratitude has got me through all of this. When I feel grief descending I think or write about all the things about my mother for which I'm grateful. Problems in my business just remind me to be grateful that I have a business and the ability to find creative solutions.

The accident has enabled me to spend more time with my son. It also gave my husband an opportunity to show how much he cared for me and to really help me. That gave me the opportunity to really show him how grateful I am every day to have him as a partner. The pain I encounter in my foot every day reminds me to be grateful that I have 2 feet and can use them.

Your messages and website have made all the difference. You've taught me to see things in a different way.

Thank you, I will always be grateful to you.



Gratitude Weaves Connections

I carry a gratitude stone in my pocket all the time. People appear almost daily from everywhere to share personal parts of their lives, and accept kindness, creativity and encouragement in return.



Amazing Grace

On the day of a formidable snow storm here in the Colorado rocky mountains of Aspen where I live, I realized I would not be able to drive my car without snowtires. After spending an exasperating half of the day on the phone getting price quotes, I decided to just give up and called my local tire store for a quote on 4 new snow tires. I was given a quote of \$700 of which I had none, so I resolved that my safety was most important to me and decided to give it up to spirit and to put the \$700 on a credit card.

About 5 minutes later the phone rang, it was a friend of mine who I helped teach a breathing technique to improve his golf game, the thing was that it landed up improving his life so much that his business, his health and his joy in life were now flourishing beyond his wildest dreams.

He told me that he had been trying to surprise me by ordering me new tires, the same exact ones that I was having put on my car. He tried to have them put on a few weeks before when I had returned from California but the tires did not make it in time.

He said that since that was already his intention, he wanted to give me a gift of gratitude for helping him in his life so much and could he pay the \$700 for my tires.

Once I committed to putting my safety first, the universe moved in minutes to help me.

Amazing grace.



Gratitude Is Home On the Inside

Hello, I'm from Shambala the land of friends from the inner voice speaking all the time through our hearts and it is time to listen and follow its inner voice.

The Gratitude symbol is "beth" in ancient Hebrew and its meaning is "home" for me. And it is easy to understand that home is inside, so we came from within us and we are going back to within us and it is SHAMBALA and it's inner voice.

Shalom Shambala



Listening to Guidance

I was strongly guided to subscribe to your World Gratitude messages. As a writer for Spirit of Maat (Drunvalo's magazine), I was already familiar with most of the material presented in your emails. From day to day, I wondered "why". I wondered "what" I was to discover.

During this time, I was constantly writing and working to create my own website. My site has many articles and several exercises.

One of your messages contained a beautiful angel image with an email address for Spiritus Sanctus. Through correspondence, I "met" Cynthia who provided the astonishingly beautiful art for my website exercises.

We found that we had much in common, including studies, location and interests. Cynthia also creates beautiful daily angel messages that I have shared with my

clients and have found to be an amazing meditation when combined with my own gift of teaching manifestation.

We often are not sure what we are searching for, what we need or how to find it, but when we listen to guidance -- it becomes possible to find it.

MANY THANKS AND MUCH GRATITUDE FOR THIS ONE LINK!



Unmistakable Power of Gratitude

The power of gratitude is unmistakable and this go gratitude program has been such a boon in my life. Just to have the opportunity to be in a community that shares the same gratitude is such a blessing. My life over the past year has been filled with such joy and synchronicities that I cannot really point to any one thing.

I know that i am looking forward to even greater blessings in 2007.

Thank you ever so much. May you enjoy infinite blessings.



It Was There All Along

Dear Stacey,

I look forward to another round of 42 inspiring messages. They had started my day in such a special way that when the first set ended, I was feeling withdrawal pangs - strange but wonderful to feel so heart-attached even in cyber-space.:)

There were many aha moments in the first experience and I saved each message so I can go back especially to the links you shared for further and deeper exploration.

As I logged on to the internet today, I noticed something that may have come to your attention much earlier but I don't remember if you mentioned it in the broadcast messages . . .

That is the "internet explorer "e" logo" itself is a tremendous reverse "g" gratitude sign: to mean that the entire world of cyberspace and internet communication itself can be focused using the old symbol to represent humanity's new direction and will for global harmony and love.

It was there all along !!! Best wishes for your continued work.

Sending Hugs



Accepting With Gratitude

Dear Stacey,

My spiritual journey has taken me down many a path. I was to find out years after starting this journey that my father had molested me. My journey back to God has been fraught with all kinds of challenges.

I am a Catholic and as I grew outside the box I found I was no longer accepted. I needed to find some way of knowing that God loved me. I didn't believe He did for many years. Everything I prayed for as a child I never got.

I used to fantasize that during Mass on a Sunday that God would lift me above the congregation and I would float around for a while and then return to my seat. I would sit there as everyone looked really amazed at what had happened.

One night I was at an all-night adoration at church. I was meditating and closed my eyes. All of a sudden I felt my body leaving out the side of me. I opened my eyes with a start and a gentle voice told me to just relax. I closed my eyes again and felt my body climbing higher up. I looked down and saw my green covered bible down below and everyone who was sitting by me was there.

Eventually I came back into my body. I sat chuckling. God could not do that for me in a large group, but did it for me just to let me know how much He loved me.

I am eclectic. I am in the Catholic Church to help make the changes that need to happen in all religions. I am a published author with a chapter in a book called "Inspiration to Realization." My chapter focuses on sexual abuse and the profile of the sexually abused and how it creates war and violence globally.

I'm revising my first book which is called "The Beginnings of True Love - Through Sexuality into Physical Immortality." It deals with the ability to join our sexual and spiritual selves to make a complete human being.

I am also in the Alternative Health field helping to open up people's minds to the knowledge of how to care for themselves with herbs, homeopathics, etc. I also am clairvoyant and a medium and do past life readings and do energy work and body scans, and also lymphatic cleansings.

My dream is to expand what I am doing and create a movement that will reach across the world impacting many. It is called Project a Safe World and asks people to envision a world where everyone is safe. Everyone has food and shelter and a job. We just spend our time evolving and drawing closer to God as we each see Him/Her.

I am a student of the Course in Miracles and have been for 19 years. I have facilitated a study group for 10 of those years. I ran across a paragraph in one of the lessons which I wanted to quote, "Is it not wiser to be glad you hold the answer to your problems in your hand? Is it not more intelligent to thank the One Who gives salvation, and accept His gift with gratitude? And is it not a kindness

to yourself to hear His Voice and learn the simple lessons He would teach, instead of trying to dismiss His words, and substitute your own in place of His."



Wow!

It helped me to initiate change on all levels.



Subconscious Inspiration

World Gratitude started on my birthday, June 14, an auspicious beginning; I felt very much a part of it as it unfolded day by day. I really like the sense of balance I receive from being reminded we are all one.

Shortly after it ended, I was inspired to start Law of Attraction in Action, a daily mini-meditation written almost daily and designed and intended to bring the reader into this moment, this very moment that is perfect and where all, that is everything, is created. Readers find this a welcome break in their usually busy days.

I am sure Go Gratitude and World Gratitude worked on my subconscious as inspiration for me to share my special gift from the universe with everyone through this almost daily email. I am sure learning a lot while creating it, or is that, "letting it out of the universe through me"? Anyway, I'm enjoying it.

Thank you!



My Life and Soul Are Transformed

My blessing has been the development of a way of being, different from anything modeled for me in the world--which is to simply let go, and rejoice! No matter what exactly is happening.

Others may do as their needs direct them.

It would sound oversimplified to anyone but the go-gratitude group, but the truth is, everything has now become easier to do and also to deal with. I feel wonderfully peaceful most all the time, simply because I have decided to let things be as they are.

My new mantra is: "The sage does not move forward rashly, but easily as the way opens."

In the last several months I have coped with a life-threatening illness, while attending school full time and working full time. And you know what? It was a breeze to deal with psychologically, and my recovery has been relatively trouble-free.

I shudder to think how this very same experience would have gone before I had learned how to simply feel grateful and accept life as it flows toward me.

My life and soul are transformed; I know what I will do with my time in the world--my future is clear and radiant!!



Growing On

My life had become an uncomfortable sort of limbo until a friend directed me towards GoGratitude. I had known for many years that "An Attitude of Gratitude" was all important in creating a life of joy and happiness. I hadn't put this belief in action until truly thinking and believing in thankfulness.

Since the launching of GoGratitude, I have left a job that wasn't uplifting for me, moved to a better location and am being supported by friends and family now.

It is my goal to move to New Zealand and create a community where a major focus will be "easy birthing" for the returning beings that are coming back to co-create our dreams for Earth and to live in unity.

I am so very thankful. Many blessings



A Beacon of Light

World Gratitude is a beacon of light for so many of us. Coming together in Spirit, we've created a sanctuary where we support each other's goals and visions.

We've manifested and co-created several miracles this year.

Eveline Maria Smith, the dynamic artist of SoulArtGallery, graciously connected with my sister, Sue Esserwein of Starfire-Muse Studio Productions and me. Eveline Maria uses Sue's meditation/healing CDs, The Colors of Light: Music for Healing and The Clouds in the Looking Glass, in her art workshops with Camp-Mak-A-Dream (workshops for cancer survivors).

Thanks to Maria, Sue's CDs are now selling in Montana.

So many World Gratitude members have been supportive of each other's dreams/goals.

Jane Young, Cristina van Bladel, Zoe Nishimuta, Rosemarie Bishop, and Eveline Maria Smith are groundbreaking artists who opened up online shops at CafePress.com this year.

They all worked together to find this venue for their life's work, and many of us have supported them by purchasing their creations. All of these artists, along with many more, helped me to give birth to my first newsletter Grateful Manifestations of Artistic Creations in October.

This was truly an amazing feat because my hard drive had crashed not long before the newsletter was due to manifest due to mistakenly booting a recovery disk instead of a software one, and these wonderful people cheered me on, not allowing me to give up on the project. They told me that once my computer was rebuilt it would be better than before, and they were definitely right!

Jane Young graciously created the logo for the newsletter and Eveline Maria Smith contributed her "Spirit Guide" piece for the first edition. Many World Gratitude members contributed information about their businesses and more than 50 additional members are now ready to contribute to the upcoming edition.

I am so very grateful for their loving support of this venture. The mission of Grateful Manifestations of Artistic Creations is to promote World Gratitude members' talents for the greatest good of all.

More than anything the World Gratitude Forum has been a sacred space where we all can connect and support each other. We've learned so much from each other. We pray for each other's needs, and we cheer each other on. We truly are brothers and sisters in Spirit-- connected as divine energy.



**Just the Beginning
NOT the End**