

Tools For Living Free

NUMBER 61 IN THIS ONGOING EDUCATIONAL SERIES

USING THE TOOL OF GRATITUDE

excerpts from *The Money Workbook* - permission lovingly granted by the author, Roger B. Lane, Ph.D.

“Gratitude comes from the same root, etymologically, as the word grace and denotes receiving favors or being favored. When we live in the world we make, is it a favorable one, full of that which sustains us on all possible levels or is it ‘a cold, cruel world’ where we have to scrounge around for the slightest thing? When we look at our perception, we might be amazed to find that it is the later view that prevails in our society. This book [[The Money Workbook](#)] is devoted to examining our belief structures and changing our perception so that we can be open to what is without the interference of conditioned minds.

“Gratitude enables one to be open to the universe, to its constant supply, resting in the knowledge that, despite appearances, it is a kind and magnificent world. The ‘cruel, harsh world’ is no more, it is now a bountiful one, a friendly one where we are an integral, ‘non-alien’ part of it in a nurturing, not hostile, environment.

“Being in gratitude means one is deeply appreciative of what one already has. When you walk around with this attitude you are not lacking anything but are living in the knowledge that all your needs are being taken care of. If such is, indeed, the case, you know that when you need something in the future, it is there. If you are walking around with a reference in the future, it is there. If you are walking around with a reference point inside yourSelf of having your needs met, then you project that thought and, as the powerful creator you really are, you create your environment to match this thought. Voila! It becomes a self-fulfilling prophecy.

“When you live in gratitude you are coming from a place of completeness. There can be no anxiety, frustration or depression about the ‘future.’ As your needs are met

now and in the future, there is no lack, no ‘poverty consciousness’ which says I need now because I do not already know that I have what I need for now and that when I take my next step I have what I need, too.

“To live in gratitude is to live in true abundance consciousness.

“Admittedly, it takes practice. Living in a consumer society that teaches us to be discontent with what we have and to solve that unhappiness by buying the latest products, we are constantly focusing on what we do not have now and what we will need. We believe we do not have the ‘ideal’ apartment or lover or job, yet who was it that chose this for ourSelves? We did.

“Yet we pretend we did not, that it was just blind fate that handed it to us. So we spend a great deal of our lives waiting for the ‘ideal’ apartment or lover or job. Which can be a nice thing to do except that our life goes by while waiting.

“See the job as an opportunity to enhance your skills, or as a way of learning about that particular aspect of business or as a way to pay your rent so that you are not out in the cold.

“When we come to realize that we created the job or apartment with which we are unhappy, we can choose to berate ourSelves for our unhappiness and make ourSelves even more unhappy or we can accept the fact that we did that. The acceptance of that fact clears the air of it and helps to bring in happier situations as long as our thoughts are focusing on more fulfilling ones.

“The importance of acceptance cannot be stressed enough. It does not mean we have to love it or even like something. It merely means to accept it from a neutral space without judgement.

For example, if I am driving along and my

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car gets hit by another driver, I do not like it but I accept the fact that it did happen. I do not have to think it is because I am really a bad person or I need not have been driving around at that time of the night, anyway. Nor do I deny the fact that it simply happened. I merely take care of what needs to be done regarding my insurance company and getting the car to a shop which does good work. Acceptance is a neutral process, like simply turning a light switch on or off.

“To be in gratitude brings about acceptance of what we do not like. If I am grateful to be

Case Study

I have to admit I had trouble with Gratitude. I sat with this Tool and rushed out a Case Study (supposedly because it was due but really because I couldn't be bothered doing the work involved) without having an inner experience of gratitude. Then I had a judgement on mySelf for “not getting it.” So I decided to give mySelf gratitude.

To do that, I began by Calling in the Light of the Most High by saying, “Lord, God Send me Your Light!!” and then asking the Lord, God to take any judgements I have against mySelf and telling mySelf to let them go.

Then I realized that gratitude takes practice. And it is a process. One that seemed to come upon me as if by magic the more I read/worked the Tool. I also listened to the Tape “Meditation of Gratitude.”

After a while, gratitude came to be a place in my heart where I can go - by choice - where the awareness of mySelf as Spirit expands and I am appreciative of everything I have; of everything there is. The process began with appreciation of specific situations or people and then grew to become appreciation of all; of being alive; and knowing I have everything I need.

Then, again as if by magic, I moved into greater and greater acceptance, too. To help mySelf with this I also did the the acceptance exercises in

Try This ...

Write down ten (10) things that you are in gratitude for.

1. I am in gratitude for _____
2. I am in gratitude for _____
3. I am in gratitude for _____
4. I am in gratitude for _____
5. I am in gratitude for _____

alive, I accept the parts of mySelf that I do not like. Paradoxically, as I accept those parts of mySelf that I do not like and they become okay to have, it makes it easier for me to change and become what I had always wanted.

“Acceptance of all parts of your life, together with the knoweldge that you are a powerful creator, attracts a magnificent and wonderful ‘future’ that was busy waiting for you to discover it.”

The Money Workbook. Gradually, I began to accept more and more of mySelf, then of others, and then it became like a switch I could turn on and off. Again, the key was choice. It was my choice to flip the switch.

I got to see that gratitude opens the door to acceptance. As the Tool says, if I'm in gratitude for everything I have and I know I'm blessed, then it becomes a lot easier for me to accept what I don't like. For example, my trying to control things or my perfectionism or my anxiety quotient. And to change them if I choose to, which I have. And, of course, when I'm in acceptance, I'm neutral.

But it's still hard to write about Gratitude because I realized that it is an inner reality. And it does feel like magic. But I came to see that this Magic is God's Grace. And it's no accident that Gratitude and Grace come from the same root, as Our Teacher has pointed out. Choosing into Gratitude is choosing into Abundance Consciousness and is using my power to co-create with God by simply making that choice. Now, I'm living in Grace (the topic of a Class I'm taking and another great Tool). So work the Tools - especially The Money Workbook, from which this Tool is excerpted! It's worth it!

From The Money Workbook; permission granted by the author, Dr. Roger B. Lane.

6. I am in gratitude for _____
7. I am in gratitude for _____
8. I am in gratitude for _____
9. I am in gratitude for _____
10. I am in gratitude for _____

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information.

1. Call in the Light of the Most High by saying, “Lord, God send me your Light!”
2. Inside yourSelf, allow a situation or something in yourSelf you're having trouble accepting come up.
3. Say, “Lord, God please take this lack of acceptance from me!”
4. Then tell yourSelf, “(your name) it's okay to let it go!” Ask the Lord, God to move you into acceptance.
5. If the lack of acceptance returns, take a moment to lovingly repeat the process and allow it to move off of you.
6. Request information on and attend Meditations, Classes, Workshops, Retreats and Video Showings.
7. Call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

For further information or to request other titles in this series contact:

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