

Media Outlet: Gnostic Living Y Sethi

Topic: The connection between Gratitude and Abundance

We are a product of an abundant and prolific universe. Made up of the same stardust that came out of the Big bang and driven by the same expansive, exuberant, life force to experience and express our Being. If as the Bhagavad Gita states, "A man is made by his beliefs, as he believes, so he is," we are fully responsible for what we create. Einstein made the discovery that energy and matter are interchangeable with his famous formula $E=mc^2$. As human beings we are energetic collections of stardust with consciousness and the ability to co create with universal energy. We can create thoughts, be aware of our feelings and create expectations. This gives us great power to create our present and future. If we are full of pessimistic thoughts and feelings this is what we will focus on in the world, even though joy and positivity is also present. What we believe or what we focus on is what we attract into our lives. If we are full of optimistic thoughts and feelings and feel ourselves to be worthwhile and lucky we will notice all of the opportunities and openings in our world and be able to follow them.

Abundance itself is not the problem, it is everywhere. Look at nature and how prolific it is, even when we as human being destroy environments and species, they still come back if given the space to do so or mutate and adapt to new conditions. If we accept that abundance is already present on the planet and in the universe it simply comes down to what we allow into our lives.

Gratitude is a gratefulness for 'what is' and a deep heart felt 'thank you' for all the simple things we have in our lives. This may be a nice hot drink or the invigorating splash of cold water as we go into the ocean to the majesty of the Moon or the warmth of the sun to an appreciation of the people in our lives. Being in genuine gratitude can only enhance your growth