

## March 3, 2017 – Principle of Gratitude

Did you know? [Our heart is NOT a pump!](#) In 1932, blood was filmed in the very early embryo circulating in self-propelled mode in spiraling streams before the heart was functioning. In 1920, in Switzerland this finding had been pointed out in lectures to medical doctors, and that the heart ‘boosts’ momenta to the major organs of the lungs and brain. He also stated that the pressure – the pulse - does not cause the blood to circulate *but is caused by the interruptions of the circulation*. The accepted theory of pressure propulsion accepts that the heart, an organ weighing about three hundred grams (2/3 lb), is supposed to ‘pump’ some eight thousand liters (2,113 gals) of blood per day at rest and much more during activity, without fatigue In terms of capillary flow, according to the commonly understood principle of pressure propulsion, the heart is performing an even more prodigious task of ‘forcing’ the blood which is five times thicker than that of water through millions of capillaries with diameters often smaller than the red blood cells themselves! This misunderstood work of the heart, generating the perpetual and required excessive pressure - so that sufficient pressure remains at the remote capillaries - *in terms of mechanical work, represents the lifting of approximately 100 pounds one mile high!* The medical society has not made the necessary changes, as of yet, to reflect their processes through this adjusted information on the heart because of the enormous cost to the required documented and proven tests, the time it would take, and the changing of generations of textbooks, schooling, and all other factors which would ensue.

For my fellow ‘knowledge buffs’ there is a link to this complete and outstanding article in this show’s text on my corporate website [AmritaNicoleMarketing.com](http://AmritaNicoleMarketing.com).

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Let me alert you once again, that to choose loyalty, diligence, and sincerity to the Path of Right Living is to invite ‘gales of circumstance’ as you ‘boot camp training ground.’ Without such opportunities of battle, how will your new skills grow and how would you know your prowess as a warrior, as a soldier. The Principles NEVER fail you!

There may be periods of calm, peace, and Joy, causing one to exhale deeply, in the premise of ‘I have arrived!’ But, that, in itself, is a warning – a reminder! – to the sincere student, to return to the gates, for you must ever be on guard! That doesn’t mean to live with an element of fear or impending doom, but in preparedness; it means always

to ‘inspect your armor’ in meditation before facing each new day, for the days are intended as your battleground and the enemy always lurks. I speak of this to you now, having just experienced a week of ‘hurricane of circumstances’ which served to show me the level of my endurance in battle. It resulted in a breakdown of my armor, as the onslaught perpetuated incessantly from all sides and I recognized the reality of the importance of inspecting my armor not only before facing each day, but indeed to remain sensitive to the warnings from the soul to do so BEFORE attempting resolve of specific circumstances throughout the day! OMMIGOSH, is that EVER important, I discovered!

And yet, though I felt I had failed in any test of my prowess, I knew, by now, how to gather my wounded Self, how to get centered again on the ‘right’ and cancel the damage done in thought, word, and irritation. The usual ‘hounds of hell’ breathing down my neck was abated and I had to choose to move on past my shame and self-deflation for it is just that...the PAST, which served its purpose as much was learned from it, strengthening me for future advances of the enemy. Thus, was the battle a proven success and only gratitude for the opportunity for growth will solidify the skills and lessons learned from it. The Principle of Release and Repair acts identically in every circumstance and under every condition.

When one attempts to share what they’ve learned about the self-proven infallibility of the Principles, they will inevitably come under special attack, as a magnet to those ‘gales of circumstance’; thus, the ‘fall from grace’ we’ve all witness of ‘men of ‘God.’ When one is exposed as a ‘teacher’ or leader in such a divine field of battle, they MUST be kept encircled with prayer and thoughts of courage, strength, and wisdom, as the RIVETS in their armor!

It is written: “It is a joy to know that our apparatus needs restoration of energy. The fatigue from the past is happiness for the future.”

Thus, through gratitude for the ‘training ground,’ the Principle of Gratitude transforms it to a ‘garden of opportunities.’

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Perhaps that tidbit perfectly prepared your spirit for this weeks Principle on Gratitude!

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Albert Schweitzer stated: *“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.”*

In one of my favorite books, Agni Yoga, it states:

*“. . . Gratitude is likewise the finest purifier of the organism. He who has found the seed and realized the care of the Sender can project gratitude into space. Great is the healing power of the emission of gratitude . . .”* But let me expound on this profound statement: For the one who has evolved in his podvig – spiritual path – and can recognize ‘the Hand of God’ upon his circumstances, however they ‘appear’ as pleasant or not, and can naught but exuberantly project gratitude, it flies along the Akasa, the manifesting substance we previously spoke about, into the cosmos. The cosmos is the perpetual, inescapable, vibrant energies which affect all planets and mankind; without those energies, we are nothing. As the power of gratitude fills and fuels those energies, they reflect down upon all mankind and our planet; NOTHING escapes the all-encompassing blessing and results! All this, from one grateful soul!

I came across this article which *originally appeared on [Goodnet](#)*. Here are a few of their tips on training for GRATITUDE:

## **The Effects of Gratitude Last Longer Than You Think**

Feeling and expressing gratitude can make you happy in the moment and a growing mound of evidence shows that giving thanks can also have a lasting effect on your mood. One study from the University of Pennsylvania found that people who wrote and delivered a heartfelt thank-you letter actually felt happier for a full month after, and the same researchers discovered that writing down three positive events each day for a week kept happiness levels high for up to six months.

## **Tools for Thankfulness**

By writing down positive things that happen to you and actively acknowledging those who have helped you, you become better at recognizing the good in your life, which naturally helps you feel more grateful and thankful more often. At the end of each day,

write down one great thing that happened. Use a notebook, make a 'gratitude journal,' or keep a digital log. The folks who kept gratitude journals exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were generally more optimistic.

Start a 'Blessing Hunting' diary! Here is a short poem I wrote in 2009 to help me get back on track after a bout with PTSD:

### ~ BLESSING HUNTING ~

There was a time my heart was dead and just terror dwelled inside  
The years of betrayal, deceit, and sin no longer could I hide  
It robbed me of the joy meant mine, it blinded me to love  
and stole my mind - intended sound - from the Father up above.

He had tried and tried to get my attention, ached for my return  
but ignorance reigned deep inside and satan's way I'd yearn  
No holy one to pattern myself, I turned to those worldly renowned  
as more and more thoughts slipped away, to hell I was a-bound.

But once upon a moment, a joy-glimmer struck my heart  
I recognized it from before, knew more I must impart  
I set my course to search for more, without it I was nothing  
More glimmers daily filled my bag, as I went blessing hunting!

So vital to my renovation, I dug and scratched for more  
More glimmers of joy to fill the scars of this soul so badly tore  
I slowly saw the miracles in each and every tree and leaf  
and in each face and soul I met, 'til I finally had relief.

Somewhere in the process of restoration, the Lord revealed Himself  
He took me by the hand and gently drew me off the shelf  
Day after day He strengthened me, brought back what I'd been wanting  
Now my life is 'flip-side' from before . . . but I still go blessing hunting!

LadyJaye (c) 5/23/09

Of course, the actual goal isn't to have a notebook full of your declarations of gratitude, but rather to make gratitude a default feeling.

The article goes on to list: 'What Grateful People Have in Common':

People who experience the most gratitude (and therefore the positive effects) tend to:

- Feel a sense of abundance in their lives
- Appreciate the contributions of others to their well-being
- Recognize and enjoy life's small pleasures
- Acknowledge the importance of experiencing and expressing gratitude

### **Train Your Brain for Gratitude**

Whether or not these attitudes come to you naturally, paying attention to life's positives can train you to see more and more of them, which will help you learn to be more grateful. Acknowledging these things—on paper, with words or even in your thoughts—will help you cultivate an attitude of gratitude—and with it, a boost in happiness that will last year-round. One may sign up on the [Happify](#) website for activities and games that help you cultivate gratitude every day.

**Start Today:** Even a Single Act of Kindness Can Go a Long Way; Every act of gratitude counts, and it can be as small as saying thank you or telling someone important how much they mean to you.

Scientists found that a one-time act of thoughtful gratitude produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms. The happy effects disappeared within three to six months which shows that *gratitude is an act to be repeated again and again.*

**It's Never Too Early to Start Practicing Gratitude:** Psychologist and researcher Jeffrey Froh created and implemented a gratitude curriculum for kids aged 8 to 11. The youngsters who received the lessons showed an increase in grateful thinking, appreciation and positive emotions as compared to their classmates who did not partake. The lessons had long-lasting effects, with differences between the two groups at their greatest five months after the program.

Lead by example and introduce the concept of gratitude to young people around you. At your next meal where kids are present, go around the table and say something that each person is thankful for—we bet the answers will move you!

**Gratitude Can Boost a Romantic Relationship:** While being grateful is good for you, being on the receiving end of it can do wonders for your romantic relationships! A recent study found that after receiving gratitude, participants noticed that their partner was more responsive to their needs and overall more satisfied with their relationship. Gratitude was shown to have had a long-term effect that was seen six to nine months later. While mornings can be a hectic time before heading out of the house, make it a point to tell your partner how much you care about them.

**Saying Thank You is Good for Business: Acknowledge a colleague for their professional contributions with a genuine heartfelt thank you**

If you are in a supervisory position, expressing your thanks for a job well done can make your employees feel a strong sense of self-worth and confidence. The study also revealed that being grateful has a ripple effect, leading to an increase in trust between colleagues and more initiative to help one another out.

*Jessica Cassity writes in her first book, Better Each Day: 365 Expert Tips for a Healthier, Happier You, published in 2011, states “Thanksgiving isn't the only time of year we should reflect and take stock of all the positive things in life. As it turns out, there is scientific proof that being grateful is just plain good for you” She lists, on the link in my text, five ways to integrate gratitude into your life.*

Also, in the text of this show, on my corporate website AmritaNicoleMarketing.com, you will see a picture of a frozen water crystal that was subjected to the words ‘Gratitude and Love’ – It is of great splendor!



When the current research into the memory of water is examined in the light of the Ageless Wisdom teachings, we are reminded of the great occult maxim “As Above So Below.” For related to the memory of water and the bloodstream is the whole memory of nature. One of the most intriguing studies including Gratitude, with its demonstrations of the purported effect of human thoughts and emotions on water, were initiated by [Masaru Emoto](#), a Japanese scientist and author who had exposed water in glasses to different words, pictures, or music. He would then freeze the water and examine the aesthetics of the resulting crystals with microscopic photography. Dr Emoto claims that the resulting water crystals will be beautiful or ugly depending upon whether the words or thoughts were positive or negative.

If corroborated by mainstream science, this would be a powerful testimony to a Plan of love and light based on divine geometry, as represented in the picture. Its immediate effect is to serve as a reminder of the responsibility we have for our thoughts. *Through the practice of self-forgetfulness, harmlessness, and right speech, a redemptive geometrizing power obtains unimpeded access to the watery nature of the bloodstream; thus is created "a vessel meet for the Master's use."* As we are often reminded by Ageless Wisdom Teacher, the Tibetan, "The blood is the life", and through it the living Christ steadily reveals Himself and pours His blessing on the world.

Another great article on [Gratitude](#):

## GRATITUDE AND THANKSGIVING: GRACING THE MELODY OF LIFE –

THE DISCIPLINE OF GRATITUDE is surely one that all people can recall from even the earliest age, for parents the world over are known to instruct their children to say “Thank you” for gifts and favors received. Indeed, the parent-child interaction that sounds something like, “What do you say? – Thank you!” is perhaps a universal experience. Gratitude, the feeling of thankful appreciation for benefits received, is an expression of the soul, the spark of divinity within each person. To offer gratitude is, in reality, to recognize that inner spark of divinity in our fellow human being and affirm its presence within oneself.

Giving thanks is also a healing act – healing in its original sense of making whole– because gratitude re-connects us with the wider whole of which each of us is a tiny but significant aspect. Most people can probably recall special moments when they felt the uplifting and deeply reassuring energy of grace. Whether induced through interaction with a revered individual, a deeply loved friend or relation, by witnessing indescribably beautiful scenery, or perhaps through hearing a sublime passage of music, experiencing the touch of grace is another of life’s universally shared moments. In music, a “grace note” is one added for creative embellishment and the phrase “to grace a melody” describes its role. Yet this phrase carries a deeper meaning that is applicable to qualities such as gratitude and thankfulness which do indeed grace the melody of life.

GOODWILL is both the mother of gratitude and its child. No heart can be uplifted in thanks, except it be imbued with goodwill. And no true thanksgiving can fail to awaken goodwill. Giving thanks is also a healing act – healing in its original sense of making whole– because gratitude re-connects us with the wider whole of which each of us is a tiny but significant aspect.

The Great Invocation: Service in a Changing World The Great Invocation is a world prayer which has been in use for over 55 years and is now translated into almost 70 languages. Its extraordinary appeal seems to lie in the fact that it speaks to a universal spiritual urge in every human soul: for Light to illumine the way forward; for Love to bridge differences and create the human unity essential for the reappearance of the World Teacher, known to Christians as the Christ; for Purpose to guide human wills in their plans and goals; and for the working out of the divine Plan on earth. *“It can naught but lead to a sublime state of Gratitude.”* (VivikaQi)

Regardless of race, culture, religion, or social status, these hopes are universal to all human beings of goodwill, even as the Great Invocation makes its appeal according to the spiritual comprehension of the individual. Some people use the Invocation as a prayer to God Transcendent: God, the Father, the cause of all creation yet above and apart from it. Others work with the Great Invocation as a meditation exercise, employing visualization techniques to plumb the deeper implications behind the words – words which encompass seven basic thoughtforms or concepts. Through this approach God immanent – the fragment of divinity within the human soul – is recognized. And there is still another level on which the Great Invocation is used – that of the spiritual Hierarchy, Those Who have mastered the world of human life and Who now stand behind human affairs and stimulate human evolution through the responsiveness of those servers who are committed to world betterment.

One reason for the potency of the Great Invocation is that it stimulates that which is highest and best in every human being. Rather than attacking the evil in the world, it seeks to mobilize human goodness in the urge to goodwill, sharing, and the establishment of a true peace.

I read it to you now, but you may copy it from the text of this show on my corporate website [AmritaNicoleMarketing.com](http://AmritaNicoleMarketing.com):

## THE GREAT INVOCATION

(adapted version)

From the point of Light within the Mind of God

Let light stream forth into human minds.

Let Light descend on Earth.

From the point of Love within the Heart of God

Let love stream forth into human hearts.

May Christ return to Earth.

From the centre where the Will of God is known

Let purpose guide all little human wills—

The purpose which the Masters know and serve.

From the centre which we call the human race

Let the Plan of Love and Light work out

And may it seal the door where evil dwells.

Let Light and Love and Power restore God's Plan on Earth.

### Gratitude: The Adamant of Existence

The energy of gratitude has existed since the dawn of time. Being energy, gratitude or thanksgiving can be seen manifesting not just within the human. "It is important to understand the quality of gratitude. It is the adamant – the 'cement' - of existence."

All genuine demonstrations of gratitude are rooted in love and conveyed through the heart. Gratitude is associated with contentment and understanding. Spiritual gratitude requires identification with the goodness, truth, and beauty behind all we see and recognition of the law which says each will be given what they need, nothing more; nothing less.

In the writings of Alice Bailey, gratitude is spoken of as being deeply scientific in nature, and as being related to the Law of Cause and Effect. This is perhaps most clearly seen manifesting in the subhuman kingdoms. In the vegetable kingdom can we not say that a plant expresses gratitude for care and feeding, for sunlight and soil and water, by blooming, growing and bearing fruit? The beauty and fragrance of a flower are its way of expressing thanks for the gift of life. The cause (nourishment) ultimately results in the gratuitous effect, (the unfoldment of beauty) which is life itself. Hence gratitude's closeness and connection with the Law of Cause and Effect and one reason why it can be proclaimed the "adamant of existence."

In the animal kingdom, gratitude manifests as loyalty. If considered closely, all loyalty is an expression of gratitude on one level or another, for "gratitude is the sister of loyalty." For domesticated animals, loyalty is the highest expression of gratitude for the care, comfort, feeding and safekeeping provided by their owners. Consciously directing energy within the human kingdom, all of these manifestations of thanksgiving appear as well.

Life, growth, and loyalty can be seen manifesting on all levels of human interaction as the result of physical, emotional, mental and spiritual support. Within the human kingdom, owing to the proximity of the soul, we can also add gratitude's power to heal, to purify, and to strengthen. It is important to recall that all energy is impersonal and can be used for good or ill depending upon the intentions and motivation of the

one who sends it forth. *Humanity, unlike the subhuman kingdoms, has the power to consciously control the direction of energy.*

Therefore, it is important to remember that, in relation to the human kingdom, every expression of gratitude, even the most sincere, is not necessarily of a spiritual nature. All of us can recall some example in our experience where there occurred an expression of gratitude in reference to the failure or misfortune of another individual or group. People may secretly give thanks for the demise of another, particularly if the misfortune results in a perceived gain or promotion, economic or otherwise, for themselves. History provides countless examples of selfish and evil expressions of gratitude where armies and nations bent on territorial conquest, rape and plunder routinely gave thanks for the success of their campaign.

Spiritual gratitude is expressed in response to the selfless acts and sacrifice of others. All war monuments and memorials are examples of national gratitude for the sacrifice of those who gave their lives in support of a cause.

If we visualise the traditional thanksgiving scene where the family has gathered in thankfulness for the bounty of the harvest, we see the spontaneous and natural sharing of the gift of abundance which has been bestowed. Gratitude spiritually expressed results in sharing, and it will be in the gathering of the human race around the table of economic prosperity to share in the abundance of the world harvest that world peace will be found.

It is written that the current cycle is one of “growth through sharing,” in which all people can play a part, whether through simple economic sharing or through sharing skills and talents in serving others. Therefore, peace will be the result of understanding and sharing and not the origin of it. True peace will not occur until all the peoples of the world are invited to gather at the world table in thanksgiving for the planetary harvest. Although we live in an age of great economic disparity, the principle of sharing is slowly gaining momentum within the hearts and minds of people everywhere. There is a growing interest in the subject of gratitude and numerous examples exist in the world today of the growing spirit of thanksgiving.

Gratitude is a powerful spiritual energy. Gratitude for abundance and prosperity bring with it the propensity for sharing. We strengthen others with expressions of gratitude. “Gratitude only exalts, purifies; it attracts new energies.”

All genuine demonstrations of gratitude are rooted in love and conveyed through the heart. Gratitude is associated with contentment and understanding.

### *Some ponderous tidbits about Gratitude:*

...**gratitude**, of appreciation for each moment of life and the ability to strive for full expression. This in itself might hopefully lead to the desire to make a fuller contribution, and to develop the faculties through full exercise of opportunity.

...**gratitude** is the heart of prayer. Thus, **gratitude** is the key to any spiritual action because it leads us to treat every moment or situation as a gift which we welcome as fair and appropriate or because we have an opportunity to respond creatively to need.

...**gratitude** and joy that, being qualities of the eternal Soul, transcend time and place altogether. Such qualities as these are an indication of essential truth emerging from an ephemeral world of illusion.

A search of the Internet easily identifies close to a half a million references to gratitude. Numerous books have been written on the subject of thanksgiving and the power it has to transform lives. Thanksgiving and gratitude are also the theme of lectures and sermons everywhere. For those who are dealing with the challenges of substance abuse, gratitude has long been seen as a vital tool in recovery. Narcotics and Alcoholics Anonymous routinely hold gratitude meetings to focus on the gifts we have been given rather than bemoaning what we do not have for *“ingratitude constitutes sinking into darkness.”*

This has been LadyJaye, with warm regards. We're delighted you've joined us here on Mighty Spectrums on Voice America.

You will find a transcript of today's Principle of Gratitude Attitude, along with its audio and other blessings, on my corporate website [AmritaNicoleMarketing.com](http://AmritaNicoleMarketing.com). There is also, with the text, a poem I coincidentally wrote exactly eleven years ago today! Not surprisingly, it's called: ~ **AN ATTITUDE OF GRATITUDE** ~ Lol

I will be sharing the Principle of the Cause and Effect next week. I send you off to a peaceful weekend with this nugget of wisdom from dLee:

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"Look closely in your daily moments. Be aware of what is really there; Abundance and hope show up without a sound. Smile. Pass it on." dLee

### ~ AN ATTITUDE OF GRATITUDE ~

If the time ever comes to lay me at rest  
there'll be one thing most said, more than just a platitude  
All will agree, from day of birth to the end  
my most obvious trait was . . . an attitude of gratitude.

Taught as a child to always say 'thank you'  
when gifted, complimented, or maybe just give a sweet smile  
I learned the rewards of this practiced kindness  
and how it always seemed to take me that 'extra mile.'

But when Christ touched my heart, took my hand, set me free  
my thankfulness was changed, given wings, infilled me  
It encompassed my soul through the longitude and the latitude  
and gave me sincerely and deeply a new attitude of gratitude.

As time has passed, in God, my spirit growing ever true within  
and for the explicit purpose of ensuring I would spend eternity with Him  
I'm made keenly aware the 'refiners fires' are all part of each beatitude  
So I can eagerly embrace my trials, now . . . in a sweet attitude of gratitude.

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(MORE): <https://1viveka.wordpress.com/Gratitude/>