



A GRATEFUL HEART

The Key

This practice does not change the things or people around you.

"It changes you, your thoughts and feelings, and the consciousness you project into your world." ~ Eric Butterworth

Required

A quiet undisturbed place and a willingness to practice opening your heart.

When to practice

This is practice that you can do at any time of the day and anywhere you find yourself.

It is especially useful to practice when you are feeling lost, hurt, angry, or just blah!

Practice Details...

The idea for this practice has come from *Spiritual Economics* by Eric Butterworth.

He said, "giving thanks is an important state of your consciousness that keeps you in an awareness of oneness with the divine flow." What this means is once you develop a grateful heart you realize that you don't need something to be grateful for. You simply feel grateful and it flows out from within you. Your Divine Presence doesn't need you to be grateful. Why would this creator, ruler of our universe need to have our thanksgiving? It wouldn't. However, you need to feel gratitude in order to keep your connection with the Divine open. This is another door to peace.

Remember, if you see lack in your life, in whatever form, there is some subtle, or maybe not so subtle, resistance in your way of thinking. You are blocking the good from coming to you. Time to turn on the gratitude.

Here's the caveat. Do not "mistakenly start with the perspective of inadequacy and insufficiency, and thus ... simply become more conscious of limitations." What happens then is that you count what you are missing instead of counting your blessings. For instance, you look at John next door and see he has a fantastic house all updated, beautifully landscaped, and gorgeous. Then you look at your own house and see something less but you decide you need to give thanks for it anyway. If the thanks comes with a feeling of inadequacy – do your body check-in here and become aware of just what you are



Side Note

How to practice:

- Sit quietly
- Become aware of the center of your chest - the heart area
- Notice a warmth being generated in your heart area
- Know that the warmth you feel is gratitude
- Feel the warmth spreading from your chest throughout your body
- Sense the warmth as it flows down your torso to your legs and out through your feet
- At the same time you feel it moving out the top of your head, along your arms, and out through your hands and fingers
- Enjoy that feeling of gratitude as it grows within you spilling out from you and spreading to the world outside of you
- Hold that feeling as long as you can and come back to this practice everyday

feeling – you have the wrong perspective and what you will develop are feelings of resentment and that will only compound the problem.

Eric Butterworth says, “The grateful heart draws to itself great things. The ungrateful heart, the discouraged, complaining, covetous level of thought, will draw to itself limited things.”

Begin with what you have. If you have a job give thanks. If you have some financial resources feel grateful for that. View them as evidence that your connection with your Divine Presence is partly working. You have a connection. Open the connection even wider with your grateful heart.

Sit quietly and feel the center of your chest (your heart center) fill with warmth. Feel that warmth spread through your chest out to your arms and through your fingers. Feel that grateful warmth flow out through the top of your head and down your torso, legs, and out through your feet. Feel your gratitude growing from within. Hold that feeling as long as you can and come back to this practice everyday.

Remember: These blessings do not change the things or people around you. “It changes you, your thoughts and feelings, and the consciousness you project into your world.” That is the purpose of a grateful heart.

Use it as another layer on your foundation of peace.