

Unity Center for YOUniversal Prosperity™

Walking the spiritual path on practical, positive, prosperous feet

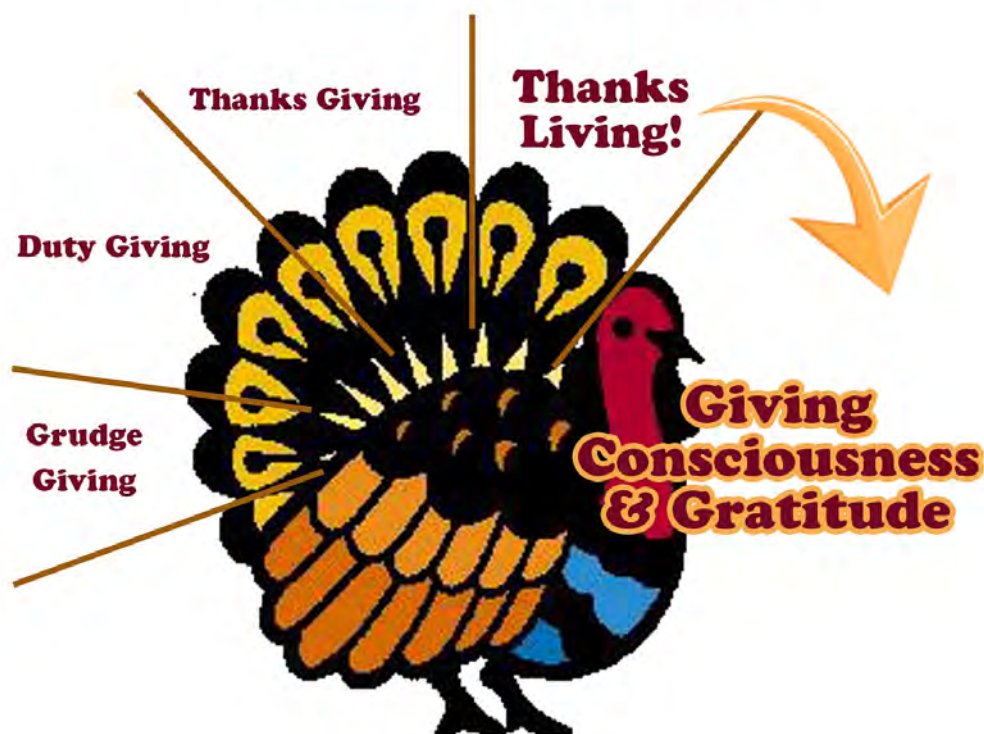
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How to Be “Thank Full” ~ Giving Consciousness & Gratitude

Turkey Talk-Ometer

Where is YOUR level of Giving Consciousness
and Gratitude? How can you raise it?



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Rx for Grudge Giving: Release resentment; practice forgiveness.

Rx for Duty Giving: Apply the Indiana Jones Principle! When faced with something you dread, approach it like an adventure! Spend time in your Spiritual Headquarters, strengthening Love and Understanding. Identify gratitude in the situation.

Rx for Thanks giving “See-Saw Gratitude”: Reaffirm your awareness of “No Separation.” Spend quality time in the Silence, and put the Principles you know and believe into practice.

How to Stay in Thanksgiving, as you walk the Spiritual Path on Practical Feet: Live to Give, Focusing on Others, not yourself; focusing on Joy, not outer circumstances; focusing on Abundance, not the appearance of lack.

Gratitude ~ Spiritual Practice

Using the word GRATEFUL, identify something for which you are grateful that begins with each letter. BONUS: Go for 3 items per letter!

G ~

R ~

A ~

T ~

E ~

F ~

U ~

L ~

Spiritual Practice

5 WAYS TO CELEBRATE BEING GRATEFUL!



1. GRATEFUL WORD ACRONYM

Using the letters in the word “GRATEFUL,” identify something for which you are grateful that begins with each letter.

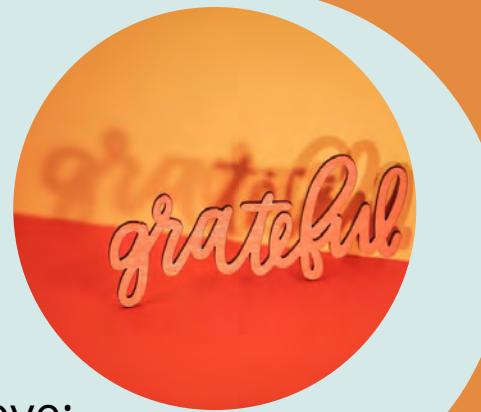
BONUS: come up with 3 items per letter!

2. GRATEFUL SENTENCE ACRONYM

Create a sentence where each word starts with the letters in GRATEFUL.

Examples:

Giving **R**eally **A**ccelerates **T**he **E**xtraordinary **F**orce **U**nderlying **L**ove;
Give, **R**elease, **A**llow **T**ruth, **E**xpect **F**abulous **U**nexpected **L**earning!



3. 50-WORD GRATEFUL STORY

Create a 50-word story focused on the word Grateful.

4. OVERCOMING ISSUES WITH BEING GRATEFUL

Become aware of any concerns interfering with feeling Grateful (i.e., loneliness; travel problems; family feuds; cooking; etc.) Send love and light to the issue(s). Call on Powers, Principles, Abilities, and practices to help you rise above your concerns.



5. CHOOSE OTHER WORDS RELATED TO THANKSGIVING, AND USE THESE SAME SPIRITUAL PRACTICES.

Thanksgiving

Thanksgiving places you above the ups and downs of everyday living. It's a life in which you are not held captive by outer appearances. It's a life of perpetual gratitude. A life of being grateful for what you have. A life of great fullness.

Thanksgiving means you are the curator of your own soul when you elevate your thinking to a higher spiritual octave. It means allowing your inner priesthood to guarantee safe passage through the crucible of your skin school experience—no matter what happens to you down here. Your thoughts, intentions, beliefs, cells and molecules are monks, nuns and priests. Your body is your monastery and your consciousness is your cathedral.

Be 'thanks full.' It turns a meal into communion, an ordinary moment into an extraordinary moment, a house into a home, a stranger into a friend. Being thankful turns unemployment into redirection and the unknown into an adventure. It turns disappointments into acceptance and confusion into clarity. It turns hard times into the best of times, a handshake into a hug, a smile into laughter, being scared into sacred beingness, anger into forgiveness, unhappy employment into ecstatic other employment, relocation into opportunity, illness into illumination.



(Excerpt from Rev. Bil Unplugged and Unedited, by Rev. Bil Holton — Pgs. 181-182)



*Be
Extraordinary!*

Bil & Cher