

Gratitude: The Great Connector

Let gratitude be the bridge between what you thought was not, and what can be.

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There is a process that can bridge the gap between where you are, and where you are going. That process is gratitude. Gratitude has been defined as the quality of being thankful, appreciative, or beholden. It helps you to understand the graces and gifts which have been bestowed on you, helps you appreciate the little things in life, and lets others know that you are not taking them for granted. When it comes to being a good person, gratitude is something you want in your process toolbox. Most of us are grateful for those people, possessions, and events in our lives, some of which are happening, and others which have already occurred. This is what we might call *retroactive gratitude*. We are expressing our thankfulness, albeit it after the fact.

I am focusing on a different type of gratitude, a process I refer to as *proactive global gratitude* (proactive because it is self-initiating; global because it attaches itself to everything). As opposed to being an expression of thankfulness and appreciation for something we have already experienced, proactive global gratitude does not require a person, place, or wonderful event to be expressed. Retroactive gratitude waits for something to be grateful for, while proactive gratitude is always available for us.

In typical retroactive gratitude, something occurs, and then we respond. In proactive global gratitude, there is no triggering event, or special deed performed by another person. It occurs because we are making a conscious effort to be grateful for all the moments of our life. It's a process that is constantly operating, so what occurs in the external world is received, and absorbed internally, finding its way into an environment which is already steeped in gratitude. The following shows the difference between retroactive and proactive global gratitude.

Retroactive Gratitude

Reacts to something good
Appreciates specific moments
Is short-lived
New external Needed
Always comes from the outside

Proactive Global Gratitude

Always active internally
Appreciates every moment
Never turns off
Self-generating; excitement not eeded
Born and lives on the inside

Comes from external events
Experiences gratitude interrupts
Waits for something to be
thankful for

Comes from internal processes
No gratitude interruptions
Seeks out something to be grateful for

Magnetic Personality

Proactive global gratitude is a positive internal state that is always operating, and attaches itself to every part of life. External events are channeled to a positively charged, gratitude-infused repository that is always ready to receive them. It needs nothing from the external world to ignite it. You can be grateful when you get what you want. There is no power in that, and the energy source is short-lived. However, those of you who elect to attach gratitude to every part of your journey, invite a new energy source into your life which binds your processes with all that lives, and all that is.

To examine one of the more important differences between proactive global gratitude and retroactive gratitude, consider the destination-versus-journey paradigm. Retroactive gratitude is expressed when you reach a destination. Something occurs, or someone does something nice for you. When this happens, you become grateful. You are thankful, and you may express your gratitude to another person.

Another form of retroactive gratitude is when you work hard to achieve something, and at the end of your hard work you are rewarded. You express gratitude because you have been blessed with something that you have been working hard to attain. In each of these cases, you arrived at a destination. Something changed in your life, and you are grateful to receive it. Proactive global gratitude is part of the journey. Like all the processes which feed your balanced attributes (physical, intellectual, emotional, and spiritual), it is expressed throughout your journey, regardless of the size of the payoff, and even when there is no payoff at all. You are consciously attempting to be grateful for every moment of your life.

Since proactive global gratitude needs no destination, you introduce it routinely. In addition, proactive global gratitude avoids “gratitude interrupts.” These are times when you are not feeling grateful, and may become anxious about what you don’t have. These interrupts can have a profound impact on your internal balance. Anything that is positive carries with it a positive source of energy. When being grateful is a way of life, your energy stays positive, always moving out from

the inside. You want your internal influence over that external territory to always be the primary way you navigate through your life. Proactive global gratitude does just that. This doesn't mean that retroactive gratitude is not positive. You should always be grateful for the gifts and graces you receive. You should also freely express your gratitude to those who were kind enough to think about you. What I am talking about here though, is developing a wonderful tool that you will routinely use to bring positive energy into your life.

The Advanced Scout, and the Grateful Journey

When gratitude exists routinely inside of you, it performs as an advanced scout, moving outward, and redefining everything that touches you. Not only can it appreciate positive energy, but it also possesses the ability to transform negative energy into a positive energy source. Proactive global gratitude, if it is part of your routine life journey, and being expressed moment by moment in your life, becomes a natural defense which reduces the potential for negative charges to impact your life. So, how do you move from a destination type of gratitude, to gratitude that is journey-oriented?

Break every little endeavor down into the little process, those seemingly minute moments, that are involved in it. Be grateful for all of them, and for now, consciously keep that process going. Identify all the little positives, and tell yourself how wonderful they are. As with all our processes, given the gift of time and commitment, you will begin to see proactive global gratitude become part of your life. You start this way to alter the way you think, from *retroactive gratitude* to *proactive global gratitude*. Make a conscious effort to attach gratitude to everything that you see, hear, feel, and do. When you do, you will be surprised at how much there is to be grateful for.

Gratitude in destination form is short-lived. This runs counter to everything that I am teaching. You're not looking for quick fixes, and you're not looking for anything in your Process Way of Life to be temporary. You want growth that is sustained; growth that will survive the test of time. That comes from the inside. So, feel your gratitude from the inside, and express it as often as you can, for everything. You are evolving from simple retroactive, or destination-oriented gratitude toward a moment-by-moment understanding of the quality of your life, and the positive energy that resides there. You are taking destination-oriented gratitude, which emanates from outside of yourself, consciously moving it into a journey-oriented internal state, and using it to influence the way you perceive your entire environment.

Gratitude is the bridge between what you thought was not, and what can be. You can, routinely, throughout your day, call upon this energy, and apply it to every circumstance in your life. The internal balance between your physical, intellectual, emotional, and spiritual talents will soar. The more positive energy that can be applied to these attributes, the more efficient, fulfilled, and happy you will become. Rejoice in what you have and who you are, always. Your life on the inside will turn a wonderful corner. Be grateful for all of it, all the time!

Let gratitude exist with every breath you take to keep the positive flow of energy uninterrupted. Gratitude will help you remove boundaries and limitations that can impair your movement to higher states of consciousness and emotional fulfillment. Internally thriving, always in the moment, proactive global gratitude unites you more efficiently with life's natural flow, and on the grand scale, with the universe.

Remember this simple declaration: *I will stay grateful; I will be connected to everything; I will be limitless.*