

## 7. The Gratitude Channel

“God only gives, never takes away. When you feel that something has been taken from you, a beloved friend or pet, a job, or even if your house is blown away in a hurricane, it is actually a gift from God to propel you toward a much-needed change that your soul has been craving, though your ego self might have no awareness of that need. The next step in your life, the thing that your soul not only desires but planned as its next step, could not happen unless the thing you lost was ‘taken from you.’ The truth is that God only gives. The illusion of having something taken away is nothing more than an opportunity to practice forgiveness and release and let your soul follow its growth course.”

*Danny*

Today Danny introduced me to “The Gratitude Channel.” He told me that gratitude is the natural state in Heaven, and this is why telepathic messages are given so much more freely to us by guides and angels when we’re in a state of gratitude, because gratitude strengthens the connection between dimensions. It bridges the gap between creation and experience. It opens a gate that is blocked by fear in physical life. Any energies or beliefs that are not based in gratitude are based in fear.

Most people think of gratitude as something we express when a friend does a favor for us, or at Thanksgiving dinner when we voice our thanks for the safety and comfort of our lives. While this is a certainly a form of gratitude, there’s also a more metaphysical form that holds us accountable for all our creations and experiences. And whether these experiences are perceived as “good” or “bad,” being in a state of gratitude for them gives us ultimate ownership of them, and thus a greater sense that we have some control over what happens to us. Gratitude is *empowering*.

I said to Danny, “This is a difficult concept for people to understand. How can I explain that we have to be grateful for our so-called negative experiences? Maybe it would be easier to explain if you could define the *opposite* of gratitude. Perhaps if people could understand what it *isn’t*, it would be easier to understand what it *is*.”

And he replied instantly, without missing a beat, “Your *will* is the opposite.”

It's important to clarify that this should not be confused with *free will*. The "will" Danny's referring to is more like obstinacy, a blinding human need to control circumstances, outcomes and other people. Most of the time we desperately attempt to fend off uncertainty at any cost, and are unable to simply BE with discomfort long enough to truly deal with it. It's difficult, if not impossible, for most of us to recognize that change and upheaval are gifts rather than tragedies. We tend to live in a fiercely protected stance, feeling victimized when things aren't easy or safe or happy, and there is great pain as we struggle to understand why these "bad" things are happening to us.

Gratitude, by contrast, allows us to receive and accept energy and experience without judging it as *good* or *bad*. This doesn't mean that we're supposed to passively let the world bulldoze us into submission. It means that we can look at each event and each experience as one of our creations, a precious gift in a form that gives us vital information about what to do next. It's not that we're supposed to say "thank you Spirit for the heart attack I just had." It's more like saying, "thank you Spirit for the way in which this heart attack will move me forward in my soul's intention."

Danny explains:

"In a state of Gratitude you accept everything with love because you recognize that it is your own creation. How can you not love your creations? To not love your creations is to believe that they come from somewhere outside yourself, as if some unseen force is moving you around like a slot car and you have no say about it. To not love your creations would imply that they are somehow imperfect and need to change or disappear. So you try to change or fix or erase them, believing they need changing, fixing or erasing. And in doing so, you end up living in a state of resistance to the very thing your soul created from love. You resist everything that your Higher Self is trying to teach you, and this is the "will" I speak of. This resistance is quite painful, and is the opposite of gratitude. You should not be so quick to push difficulty away or to cover up or medicate the pain in life. These things should be listened to, honored and embraced. They are direct messages from God, the angels and your own soul working as a team of co-creators.

As an example, let's say something terrible happens, perhaps your dog gets hit by a truck, and you're devastated and grief stricken. It seems inconceivable that there could be gratitude in that. But if you are a person to whom connection with Spirit is more important than anything else, the gratitude, while not immediately apparent, can be realized via prayer and meditation that asks to see the truth and the purpose of the situation. You will realize that God didn't take your dog away. God gave you an opportunity for change, because if you can process this painful loss without scrambling to cover it or rush through it, you will find yourself on a much higher plane. Life does not stagnate. Growth always seeks to happen. The path is always changing, and pain is one of the most powerful triggers for change. In this sense you learn to be grateful for every experience that moves you forward.

God only gives. God never takes away. Every experience is a gift, a stepping stone on the path of the soul's growth. Perhaps in the

dog scenario you get a chance to feel your feelings for once in your life if you've been a person who's always shut them off. Perhaps you take the dog to the vet and the vet turns out to be the person you marry. Perhaps you sink into a pit of anger and rage, and in that pit you face personal demons that could not get your attention any other way than to access you when you're blown open by shock and pain."

Danny used the example of a dog getting hit by a truck because I'd been praying about that very thing just a few hours earlier. I usually take Henry to walk with me up a little mountain near my house called Cline Butte. There's a rock quarry up there and large trucks come barreling down the mountain road all day long. We walk on an obscure dirt trail up the butte, but Henry has been known to wander off and end up dangerously close to the road where the trucks are. On this particular day I was particularly worried about that road and those trucks, and my fear was so strong that I had to stop and meditate to get an answer... should I skip our walk up Cline Butte today? But if I *do* go there and a truck *does* hit Henry, then was it meant to be?

I pondered this question for a long time, listening intently to the nervous feeling in my stomach. Thanks to what Danny's taught me, I've developed a unique understanding of prayer, and it's a world apart from what most of us learned in Sunday School. Most people have the idea that we're supposed to ask God for intervention, for favors and gifts, particularly when we want to stop something bad from happening (there's that pesky will again). But if these so-called "bad" experiences are created by our higher selves to teach us important lessons, then instead of trying to stop them, why not ask instead to *understand* them? Why not simply ask to hear, see and sense the highest truth in the situation?

So on this day, as I tried to figure out whether or not to walk up Cline Butte, I said in prayer, "show me the highest truth for the greatest good in this situation." It was an exercise in surrender. I was open to all possibilities and put my complete trust in divine guidance and my inner voice.

As soon as I asked the question I got a strong feeling that it was OK for Henry and I to walk, and it was during this walk that Danny began talking about The Gratitude Channel. The whole purpose for my fear and my prayer was to open my mind to hearing Danny speak on this subject.

## THE MECHANICS OF GRATITUDE

Interaction with divine energy happens on many different frequencies, on different channels, like tuning in to different radio stations. There are thousands of these channels located at different levels of consciousness, and each channel has a specific purpose and characteristic.

Extreme emotional pain is one of these channels because it opens your heart, and in this open state you can surrender completely to God if you choose to. Grief does the same thing, and on this channel there's a lot of work to do that has the potential for tremendous growth and healing. Breathing is a channel, as are levels of deep meditation, prayer and chanting. Each of the chakras is a separate channel, and forgiveness is most certainly a channel. Dreams are extremely clear channels. Other

channels are art, music, dancing, crying, playing, nurturing, sexual love, brotherly love, spiritual love... the list is limitless, and everything that comes to us via these channels is manifested in some form in our physical lives.

For example, if you're a visual artist, you have an image in your mind and a need to express it so that others can see it too. You paint the image on a canvas and when it's finished, your creation comes to life. If you take this one step further and somebody buys the painting, you're not only able to support yourself financially from it, but you've now connected to another person who resonated with your vision enough to buy it.

The same is true with music, writing, weaving, dancing, teaching, raising children, planting flowers or cleaning your house. We are manifesting our creations constantly on all these channels of creation. Birth, death, grief, falling in love, falling out of love, anger, laughter, sex, the connection you feel when you're in harmony with animals or nature... all of these transitions, layers, levels and dimensions are the creation channels on which we operate.

Now imagine yourself saying, "Thank you God, thank you guides, thank you for sending transmissions that I, in my power as a creator, have manifested as this painting or this new baby or this batch of fresh baked cookies." Why wouldn't it also be true for other manifestations, such as an accident on the freeway or an illness? If you can learn to see all your creations equally, saying the same prayer of gratitude for all of them, you'll be amazed at how much faster and more efficiently your creations will manifest and how much more command you'll have over them. The more gratitude that flows through this channel, the more empowerment you receive in return. When you operate on this channel you receive stronger messages from your soul because you're not judging or resisting those messages. And the more easily you receive them, the more powerful your responses will be in terms of manifesting what you envision for yourself.

This energy travels in both directions. The messages come to you from a divine source (your Higher Self in partnership with God, angels and guides) and your creations automatically burst forth. Those messages trigger the changes in your life, including the painful and traumatic ones. Hopefully you can receive them with gratitude instead of resistance (you really have no choice, because they're going to manifest anyway, whether you welcome them or not). The trick is to receive all of it—joy and sorrow—equally.

If you can begin to see things this way, you'll soon realize that your experiences don't fall randomly out of the sky. You will know that you actually *create* them, and you will have gratitude for the miracle of seeing your creations manifested in physical form. Your soul is saying, "I had this idea a thousand years ago (or ten seconds ago), and now here it is in front of me. How awesome!" If we truly have no judgments, if we are truly in the Heaven mind, that's the only reaction we could possibly have. If you ask, "How could this terrible thing happen to me?" it means there's no recognition of it as your creation. There's only resistance and pain.

But when you recognize your soul's creations, it's as if you build a house and choose the paint color, and when it's all done you look at it and say, "Wow, look at what I created." If you don't like the color, you don't blame someone else or feel victimized. You deal with it, you move on and you grow in the process.

In gratitude, a powerful state of grace, you can have a car wreck and you can receive it, you can forgive it, you can forgive the experience, which, as the Course in Miracles says, will happen when you realize that the experience and the people involved in it are not separate from you. You have the recognition that “Oh, here we all are, the guy who sideswiped me and the police and the ambulance and the pedestrian who is now dead. We agreed to meet here at this moment and do this. This was a creation of mine and of theirs, of all the people who interact with us, a creation designed to move us all forward to a next step.”

Now *that's* heavy. Not many people can feel that way at the scene of a tragic accident. It's an uncomfortable and unfamiliar way of thinking. And it gets even more interesting when you discover that the Gratitude Channel lives right next door to the Forgiveness Channel.

Danny summarizes it much better and more succinctly than I can:

“When you begin to understand that we are potent light sources that can create matter and manifest anything, then no experience can be judged as ‘good’ or ‘bad.’ You can only have gratitude for seeing your creations coming to life. From this perspective you are connecting with your Higher Self and with all the energy in the universe by way of a very specific channel, which we are calling ‘The Gratitude Channel.’ Not only can you receive guidance effortlessly from spirit on this channel, but you’ll be delighted to discover that it’s actually bi-directional, and you can send information back and forth. When you send gratitude back, you’re trusting that all is as it should be. The ego is not involved at all, and the energy is very high-frequency. When you’re open on that channel, the transmissions manifest more easily. The energy is traveling in both directions between you and the divine. It’s a conversation.”

A friend of mine said to me recently, “I can’t afford to pay my rent and I’m overwhelmed by all my problems. I’m not manifesting very well.”

But after some discussion she began to see that she was, in fact, manifesting perfectly, and that her soul was creating lessons through chaos and poverty instead of abundance and peace, because these things were needed for her growth at the time. It was a big revelation for her (and the following week she found a job).

When it appears that we’re not getting exactly what we want, it’s because we’re not on the Gratitude Channel. If we were, we’d see that we’re getting exactly what our *souls* seek and create, which doesn’t necessarily match up with what our *egos* seek and create. On the Gratitude Channel, when your dog gets hit by a truck you can say to yourself, “This a moment I created for a purpose that I may not be able to see yet, but it’s clearly part of a growth plan that I designed before I came into this incarnation.” That’s how you start to see the connection between thought and matter. Until you activate that opening you will feel victimized -- rather than in control of -- your creations.

So how do we activate that opening?

Meditation and prayer.