

*free soul*



## Intention Circle Start Up Packet

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### **Power of Gratitude Materials**

Brief Intro to The Power of Gratitude

Guided Meditation Script 1:  
Gratitude Magnifying Meditation

Guided Meditation Script 2:  
Gratitude Expression Meditation

# The Power of Gratitude

We include Gratitude Practices in our Intention Circles.

Why?

Because gratitude is an incredibly powerful energy that opens our lives to receiving more. I have found a focus on gratitude to be an extraordinarily transformative practice that instantly raises my mental and emotional state and uplifts my day to day life.

Most of what I know about gratitude, I learned from the non-physical being Lazaris, who became my favorite teacher.

What are some important things to understand about gratitude?

First and foremost gratitude is so much more than just feeling thankful! It has seven powers and seven qualities. Awareness of the full spectrum of these qualities allows you to experience gratitude seven layers deep!

Here are the powers:

- Gratitude is a so-called generating energy. It gets you motivated. It jump starts your creations!
- It's a powerful component in healing and well being!
- Gratitude energizes you!
- It grows your valued self: The more you are grateful, the more you also feel valued.
- It energizes your life! Life becomes more thrilling and you become more alive.
- Gratitude strengthens all loving relationships! That also means it builds community.
- It generates generosity!

In the words of Lazaris:

*"Gratitude is tangible force. The more you feel it, the more reasons you will find to feel it. Gratitude is a miraculous force, like a magical magnet, generating and then attracting so much more than you have already received. It is like a living energy, clearing the way for you to become so much more than you have already experienced."* ~ Lazaris

Gratitude is also a transcendent energy.

*“Gratitude can not be fully defined, can not be fully comprehended. It is a transcendent energy, that is part of its power. We can talk about it’s components. And somewhere between them gratitude emerges.”* ~ Lazaris

So, what is gratitude?

*"Gratitude begins with a feeling, and then more feelings, it lifts to an action, and then many actions, and then it builds and builds to become a powerful state of mind and a powerful state of being."* ~ Lazaris

In the end what may be most important is what gratitude creates. Ultimately the regular practice of gratitude transforms us into a grateful human being. Someone who experiences life in such a way that being grateful is the most common outcome.

### **The Seven Layers of the full spectrum of gratitude are:**

- 1) Thankfulness
- 2) Happiness leading to Joy
- 3) Creativity
- 4) Being Loved and Being more Loving
- 5) Vulnerability
- 6) Understanding
- 7) Surrender Sense of Separation

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For those who want to work more deliberately with gratitude on a daily basis, I created a powerful guided program which you can download.

It’s called: “The Magic of Gratitude”.

You can find it here. [www.thefreesoul.com/tomma-s-tools](http://www.thefreesoul.com/tomma-s-tools)

For more information about Lazaris see: [www.lazaris.com](http://www.lazaris.com)

# GRATITUDE MAGNIFYING MEDITATION:

Make sure you are comfortable and let your body relax...

And start now by feeling your appreciation, thankfulness or gratitude for what you picked.

Breathe into your thankfulness...

Now expand your awareness of your gratitude and notice how it also makes you happy. Feel your happiness right now... and then let it also spark into a feeling of joy.

Hear the sound that joy makes inside of you.

Breathe into your joy...

Now allow yourself to notice that feeling grateful can also make you feel more creative.

How it makes room for something new that you can create...

And feel the stirring of your creativity right now.

Breathe into your creativity...

And now sense how being grateful makes you feel both more loved... and also more loving.

This love, both the receiving and the giving of it, is what's at the heart of gratitude.

Feel it in your heart... and breathe into this love...

Next sense how this gratitude opens you up and allows you to reveal more of your vulnerability.

Maybe only to yourself, maybe also to others...

Take a deep breath and make some room for it.

The more value something has that was given to you, the greater the awareness of it's prior absence, and the possibility of losing it again.

There is also such transformative power in showing up in your vulnerability.

There is such beauty in it as well.

So, breathe into your own vulnerability...

Now become aware how this gratitude has increased your understanding... of something... or someone... perhaps even yourself... or your life's situation...

...no matter how subtle...

Embrace and celebrate this understanding right now..

And finally feel how your sense of separateness has gotten just a little bit smaller through this experience of gratitude.

How you are able to feel a little bit more connected, belonging to, a part of something...

And breathe now into your greater sense of belonging...

Take a few more moments to enjoy all of these beautiful emotions and experiences that all spin into and out of gratitude.

Feel your future stretching out ever so brightly in front of you...

Pause...

And now, take a last deep breath in, feel your feet on the ground... and open your eyes when you are ready.

# GRATITUDE EXPRESSION MEDITATION:

Make sure you are comfortable and let your body relax...

Take a deep breath in...

And think of the person you are grateful to right now. Really imagine them being right here with you. Imagine their presence, their face, and remember the sound of their voice.

And just sit here with them for a moment as you feel your gratitude. Feel it in your heart and in your body.

And then begin to also bring into your awareness WHY exactly you are grateful to them. If there was one particular experience focus on that. If there are many experiences, perhaps there was one or two that stand out, let those emerge.

And allow yourself now to savor the details: what was it exactly that they did for you... what touched you in *how* they did it... and what impact did that have on you and your life?

Notice if something was soothed. Perhaps a pain, a fear, an uncertainty, or insecurity was lessened?

And notice if something valuable was enhanced by them. What was that?

Imagine putting all of this into words, authentically, vulnerably, lovingly... and imagine speaking to them in your mind right now expressing your gratitude.

... ( one minute pause)

As you express yourself, feel how your valued self is being nourished through this expression.

Feel the love at the core of your gratitude and let it fill your being... and then let it expand... beyond the boundaries of you.

And gently now... when you are complete... bring your awareness back into this room... take a last deep breath in... and when you are ready... open your eyes.