



# Gratitude

Usually writing is a flow for me that is so easy, it just happens. Alas, this time has been different. My computer is malfunctioning and I love composing with it. Now, with only a few hours to the deadline I am writing long hand. My handwriting is so bad it is almost illegible, even by me.

Oh well, here goes. When presented with the themes for this month's magazine, I decided to choose gratitude. In the past gratitude was part of my experience. At times life seemed blissful, full of love and clarity. Gratitude was real. However, at this time, to say I was grateful about anything was really a stretch. The more I tried to write an article on gratitude the grumpier I got.

The situations in my life were so challenging and getting more so all the time. I really just had to stop and ask myself, "What is going on here? Is this some kind of cosmic joke? What was all this resistance about?"

### **Then it hit me. Everything in life was fine.**

It always had been. The mind had to put its own spin on every event that happened. This "spin cycle" of thought was usually sinister or at the very least suspicious. For example, "everyone is out to get you." "We have to protect ourselves." Or so and so is worse than/better than us. Who are we? I realized that this meant there is the mind and something observing the mind. That "something" that is beyond mind is who we really are.

*"When you listen to a thought, you are aware not only of the thought, but also of yourself as the witness of the thought. A new dimension of consciousness has come in."*

*From "The Power of Now" by Eckhart Tolle*

Yet many people live only from the neck up. They are so identified with their thoughts that they think that is who they are. When people begin to ask themselves who is witnessing the thought? Life changes. Self-awareness grows. It is a subtle shift, but on an energy level it is huge. A new dimension of consciousness has come in, as Tolle puts it.

If I am grateful for anything, then I must admit I am grateful for everything in my life. All of it has led me to this realization of who I am in this moment. Beyond the situations that come and go in my life, I find that this awareness is always there. I am grateful to all the wonderful beings that pointed the way and are a constant source of inspiration.

*"When I see I am nothing, that is wisdom. When I see I am everything, that is love. And between these two, my life moves." by Nisargadatta Maharaj*

Life can only be lived now. If we get stuck in our minds we regret the past and worry about the future. So much energy gets tied up that we miss this beautiful moment. That is also the great thing about being present. Even if you got lost in the past, this now moment is always available for you to remember who you are and be present for what life is offering you. I am so grateful for these unending opportunities to be present now and live.

*"Endless possibilities life you hold*

*When we search for answers the truth you withhold.*

*But when we open gently like the petals of a rose,*

*We receive all we need every moment like pure gold.*

*In its richness and its beauty as we watch life flow*

*We become the timeless being that we long to know"*

*by Cynthia Vangolen*

Cynthia Vangolen is honoured to share insights with those exploring the nature of who we truly are. She offers private consultations, meditation, and energy awareness groups. With 20 years experience as an intuitive counsellor, she understands there can be bumps on the road or even the need for a change in direction. For more information call 604 657-3465 in Vancouver and 604 740-8258 on the Sunshine Coast.

