

Happy Thanksgiving

A Holiday Recipe from The Hearts Center

Gratitude—a most wondrous and powerful quality! As we celebrate Thanksgiving 2007, may we all remember that we are pilgrims of the Spirit, grateful for new opportunity, new vistas, new hope because we have seen a vision of God's kingdom come to earth and believe that this is possible through us. May our hearts be filled with gratitude this Thanksgiving because we live in a country where we are still free to worship according to the dictates of our conscience, a country still overflowing with all manner of abundance and opportunity for each one to prosper and pursue happiness. May we be grateful for the spiritual abundance that is ours through this community of The Hearts Center and the daily influx of light as teaching, blessing, sponsorship and joyous fellowship. May we never take this opportunity for granted.



From the consciousness of one* who has embodied the spirit of gratitude, we receive this Thanksgiving recipe, able to create a magnificent feast of joy and abundance of living for any and all who take the time to prepare it. Bon appetit!

Ingredients ❧

- 2 cups of a “true sense of gratitude”
- 1 heaping tablespoon of “a spirit of glowing expectancy”
- ½ cup of “awe of even the simplest of God's creations”
- A scoop of alignment “with your holy purpose”
- More than a pinch of “intent on fulfilling...divine will”

Directions ❧

- Heat with “the very current over which the breath of angels flows.”
- Stir constantly, “praising God and the universe for every opportunity that life offers to you to grow and to know a greater congruence with spiritual oneness with the All.”
- Pour “the highest expression of yourself into to all life through world service.”
- Bake as long as it takes to give “both silent and audible praise to the Father and Mother of all.”
- Test for doneness: receive “those timely and precious intimations as they occur through a silent assent to the flowing of light through your chakras and through all the meridians of light that nourish your spiritual self.”



*The beloved God of Gratitude, June 16, 2005. Read the entirety of this HeartStream filled with many more keys to the miracles of gratitude by going to “Library” on the menu bar