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Words Of Gratitude

by Rebbie Straubing

A very fast and effective way to guarantee that you will like what comes back to you is to stay in the mode of appreciation. Appreciation is a pure positive energy vibration that always matches things you want in your experience. Abraham*

In the spirit of giving thanks, feeling gratitude and staying in the mode of appreciation, I'd like to thank Jerry and Esther Hicks for so magnificently flowing Abraham into my awareness

for so many years. Among the many blessings that have come into my life as a result of their teachings, is an ever-deepening sensitivity to the vibrations of words.

In this Thanksgiving season, when mass consciousness pauses to reflect in a posture of gratitude, we can refine the process even further. We can take our thanks-giving to a new level.

Feeling Words

The vibration of Appreciation is the closest vibration that can be experienced by a human being to that of his non-physical core energy. Abraham

When we truly enter the vibration of appreciation, we often feel inspired to use the word "grateful." I have noticed that this word sometimes creates a little detour in my mind. It shunts my thinking through an extra little loop. For a brief and almost imperceptible instant, my mind does a quick flip.

Here's a slow motion replay of a lightening fast moment of conflict triggered by an otherwise beautiful and sincere word. It begins when I say, silently or aloud, "I am grateful for..(something)" It can be anything – let's say it's my dog who I love very dearly. As soon as I say, "I am so grateful for Snowball," in order to really comprehend and taste and fully inhabit the words, my mind quickly flashes to how it would be if I didn't have her in my life. Then, after my busy little mind gets the overwhelmingly sad feeling or image of the lack of my constant companion, it jumps with both feet into gratitude in a whole-hearted way. But the discomfort of the feeling of loss triggered by that brief, unintentional mental detour lingers and just slightly muddies my vibration of appreciation.

This tiny mental fluctuation may seem insignificant. And it doesn't even happen all the time. In fact, it may not happen for you at all with the word grateful. But what this example can still do for you is to put a magnifying glass up to the mental waves that are generated by the words you use.

The best use of this increasing sensitivity is to then experiment with new words to suit your purpose. To continue with our example, I might replace the word "grateful" with "happy." This word has a very pure vibration for me and might remove that loop (into what is not wanted) from my mental pathway. Let's try it both ways and see if we can

sense a difference in the feeling evoked by the two different statements:

I am so grateful that Snowball is here by my side.

I am so happy that Snowball is here by my side.

Do you feel a difference? I do. When cultivating a feeling of appreciation, I recommend experimenting with words. Not taking them at face value, at their dictionary meaning, but really looking into your vibrational relationship with words. You may find some loops and detours creating unnecessary static in your consciousness. And you may find simple replacements that promote ease and alignment.

Vibrational Dictionary

Appreciation feels good in your powerful and important now – and it guarantees wonderful future experiences as the Universe responds again and again to your signal. Abraham

Paying attention to how the words that flow from your lips feel when they enter your heart will bring you to greater and greater refinement in your experience of appreciation. As you purify your word-world, you generate your own “verbal environment” which acts like a magnetic field.

You have an inner vibrational dictionary. It is constantly updated as meanings are always changing. It contains your own personal definitions and in the same way that the dictionary on your bookshelf improves your communication with others, using your inner vibrational dictionary brings you into clarity and clear communication with yourself. And of course, the Universe is listening.

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*For more information about Abraham, visit www.abraham-hicks.com

Dr. Rebbie Straubing, spiritual writer, workshop leader and Abraham coach (www.abraham-hicks.com) has developed The Yoga of Alignment (YOFA), an inner system of alignment based on the principles of meditation and a compassionate approach to daily life. For workshops, classes and consultations, visit her website at www.YOFA.net. She can be reached at yogaofalignment@cs.com.

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