



ADVANCED LEVEL RITUAL: APPRECIATION BEGETS ABUNDANCE

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The relationship you have with your Infinite Source is very much the same as any other relationship in your life. We all want to be appreciated for our acts of love; when you appreciate your partner for their kindness or generosity, it simply encourages more of the same. Who doesn't want to be appreciated too! It makes us feel good and motivates us to do more of the same. Your relationship with the Universe is no different. It wants to know that what it's giving you is being appreciated. When you appreciate what you have—free of agendas or expectations—more goodness will come to you.

I prefer the word “appreciation” as opposed to “gratitude” because it's more active. Every day, I'm in conversation with my Infinite Source, sharing what I appreciate about the life I've been given and the abundance I experience every day. This is my most sacred relationship, the one that feeds and nourishes my soul. This dialogue comes easy to me because I have cultivated it, just like any relationship in my life that matters to me.

With my Infinite Source, I know that I am loved, no matter what. I encourage you to be in the same—or similar—dialogue: to appreciate the abundance of your life, every day. In doing so, you will find that the Universe will respond in kind with more abundance for you. As with any love in your life, when we appreciate what we have, we get more of it. It is the most powerful ritual if what you want is to manifest more of what you love about your present, exquisite life.