



Appreciation

(An imaginary conversation with God)

At a time when I wanted to understand how to create a better life.

I asked for the ability to create more positive life experiences.

God, if you were to speak to me of appreciation what would you say? How do I appreciate the parts of my life that I feel are not working?

If you only expect to hear from me in certain ways you eliminate a lot of what I say in each moment. I speak to you always and in all ways. The problem is not do I communicate (for that is a better word), but are you open to recognizing my communications? When you say speak you listen for a voice, but we communicate in so many other ways.

Take for example your feelings. Your society places so little importance on feelings that entire generations grow up missing a very important part of themselves. Your feelings are your connection to God within you.

Let us look at love. You all have your own beliefs, thoughts, and ideas about love, but most of it is based on conditions. You question whether the love you seek is or will be in your life. Yet if you look around you there is an abundance of love, but unless it is the way you want you do not notice it.

The energy that creates life is always available when we decide what we want to create.



To appreciate yourself and life, (one cannot exist without the other), accept without judgment all representations of love in your life. Know that as the creator of your world, love exists always, and you will experience it to the level you feel yourself deserving of it. Change your perspective and you will change your life. Take time to notice in that in each moment love exists.

Appreciate the love in your life using all of the marvelous gifts and talents you possess. Don't just look for love, but smell it, taste it, hear it and most of all feel it. Experience it with all of your being. Love even the so-called negative that happens in your life, for loving the negative is necessary before you can release it .

You make time for what you love. When you love, you deal with difficulties that would normally defeat you. You do not have to look beyond your own experiences to know this. Your life is a testament to what you value and appreciate. Look around you beyond the material, and observe the people in your life.

There is value in every experience, you just have to look beyond those you consider negative to see that there is beauty in all that occurs. Therefore give thanks for all that you experience, for it is all life.

With each experience decide whether to respond with love or fear. Whatever you feel is represented in your body. When you have a gut feeling your spirit is guiding you. Love feel like an expansion from within. Fear is restrictive and you feel less energy to create life.

Life is a testament to what we value and appreciate.



Life is energy. Love and fear are like two sides of the same coin. Both make up the same value but have different faces. Look at the things you fear and know that they represent opportunities, showing you the restrictions within to becoming the type of person you would like to be. Love and fear are choices based on beliefs. Your beliefs form the foundation of your life experiences and are the starting point of your creation.

You are always creating whether you believe you are or not. You are a magnificent creator, and a life filled with love lies beyond your fears.

The things you fear are based on a prior judgment (yours or others) about an experience that is similar to what you now face. To create a new experience you must recreate yourself in this moment by changing your perspective about your prior experience. The energy that creates life is always available to you when you decide what you want to create.

Re-mind yourself that life is a process of creation and you just have to decide what you wish to experience. For once you experience IT (whatever IT means to you) you'll recognize that the moment you know what you want, the universe aligns itself to help create it. However to change what has already been created, re-creation is necessary. In other words lighten up and create over, have a do-over but this time with love and joy.

Here is a method for getting more of what you desire. Write on a sheet of paper all that you appreciate having in your life. When you make gratitude a regular part of your existence you cannot help but create more of what you consider "good" in your life. You will then realize that even in small amounts all that you desire is already in your life in some way or another.