

thought for today

Appreciation

Gratitude is a wonderful emotion that heals. Of course, it is more than just an emotion. We think of emotions as happening to us, but we can as easily invite them to happen in us. We can be active and assertive in protecting our energy.

There is another word similar to gratitude—appreciation. It is a more active word. It implies that we are choosing to appreciate something. When something appreciates financially, it increases in value. We can do the same with our positive personal energy.

To appreciate is to increase in value, so when you appreciate the little things in your life they become energy magnets for more.

In her book, An Invitation to Heal, Susan Spalding, she shows how appreciation can actually heal the first chakra. When this chakra is out of balance, we experience a feeling of scarcity. We fear that we will not have enough.

Appreciation begins to heal that feeling. We relax into knowing that whatever we truly need will come.

Fear causes blocked energy. Love, in this case in the form of appreciation, unblocks energy.

So the word for today is—Appreciation. Carry it with you into your day, your week. Resurrect it any time you begin to feel that you do not have enough.

**Blessings,
Kathy**