

Power of Prosperity x 12

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Spiritual Economics
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Chapter 5: The Grateful Heart

When an author titles a chapter “The Grateful Heart” and then begins the text with the question “What is your most important asset?” you can be certain that the answer to the question is: the grateful heart! But our writer goes on to lead us beyond the obvious to a rich and deep understanding of the importance of gratitude.

It is not only a positive frame of mind but also a “causative energy.” Gratitude keeps us in an awareness of the essential unity of all life. It establishes us in the flow of life. Gratitude cultivates an every growing consciousness of abundance. It activates the law of attraction.

The practice that Butterworth invites us into follows the advice of Paul: “In all things give thanks.” We’re not encouraged to be simple minded but singled-minded. There’s not much advantage in being happy-happy-joy-joy in the face of real sorrow. But, in every situation there is a blessing to be gleaned.

Our study leads us to remember that we are more than the temporary effects of our lives. We have great abilities to re-create our good at any time and every time. The first step in unleashing the power within the creative process is to remember the power and purpose of gratitude. To be in harmony with a greater, higher self is sure to help us heal, prosper, and bless. Perhaps that’s what they mean when they say: “Get right with God.”

Unity Says

“The rich harvest of Heaven is now gathered in the Earth, and there is plenty everywhere.” Charles Fillmore, *Atom Smashing Power of Mind*

“Metaphysicians have discovered that word which express thanks, gratitude, and praise release energy of mind and Soul; and their use is usually followed by effects so pronounced that they are quickly identified with the words that provoked them” Charles Fillmore, *Jesus Christ Heals*

You are not to take your prosperity as a matter of fact. You are to be as deeply grateful for every demonstration as you would be for some unexpected treasure poured in your lap. Myrtle Fillmore *How to Let God Help You*

Bible says

“Take delight in the Lord and he will bring you the desires of your heart.” Ps 37:4

“For where you treasure is, there will be your heart be also.” Lu 12:34

“This is the day the Lord has made. Let us rejoice and be glad in it.” Ps 118:24

“Blessed are the man and the woman who have grown beyond their greed and have put an end to their hatred and no longer nourish illusions. But they delight in the way things are and keep their hearts open, day and night. They are like trees planted near flowing rivers, which bear fruit when they are ready. Their leaves will not fall or wither. Everything they do will succeed.” Ps 1, Translation by Stephen Mitchell

Practices

- When you need to take a break from the activities of your day, close your eyes and think of someone or something for whom you are grateful. Visualize that person, pet, experience, or object and let the feeling of gratitude fill your heart. Take time to include this as a journal entry today.
- Bless your way through the day. Bless your family. Bless your home. Bless your pet(s). Bless your food as you prepare it and eat it. Bless your health. Bless your car. Bless your place of work and your co-workers. Bless the people you encounter during the day. Extend your blessings throughout the day. Use this as a basis for your work in your prayer triad.
- Once a day make a list of 10 things in your life for which you are grateful. After writing your list, review everything you have written prior to that day. Notice your feeling of gratitude for your abundance. After this exercise, begin your meditation for the day—and watch your garden grow.
- Check in with your prayer triad on the things you’ve been grateful this week.