

THE GRATITUDE GAP

RIGHT NOW

Right now you are wealthy beyond your dreams. You possess an unlimited supply of resources and you are connected to a source of never ending abundance.

You are fulfilled and enlightened. Everything you long to know, you know. Everything you hunger to experience is pressing at your awareness, begging for your companionship. Every friendship has a good heart to it.

All regrets have been forgotten, all injuries and debts forgiven.

Your nightmares and the complications you have struggled to resolve are evaporating. Bye bye.

Your life is a success. You are completely loved and you are home (it's cozy) and there is nothing you must learn, earn, prove or apologize for.

How is this possible?

PAUSE

Pause for a moment and feel. Close your eyes and let go of all activity, both physical and mental. Drift.

Returning, consider what you felt. Was it difficult to surrender to the moment? Did you feel frustrated, bored, impatient? Did you worry that you were doing it wrong, missing the point?

Did you feel peace?

You just went on a brief inner journey. You ventured into the "space" between things. You didn't use a mantra and meditate. You didn't use any technique at all. You just paused.

Nothing could be simpler.

THERE IS A GAP

There is a gap between past and future. It's glibly true to call this the present moment. But, by saying or thinking that, it's likely that we conceive of it as similar to past and future. We often say "*past, present and future.*"

We automatically assign dimension to this "*moment.*" Similar to our experience of past and future, we assume that the present moment occupies a certain amount of dimensional space.

It doesn't. It's a point with position but no magnitude. It's a gap.

It's a wormhole, it's a back hole, it's a portal between dimensions. And it can take us anywhere we want to go.

THE DANGER

One danger with any technology is the potential for damage if it falls into the "*wrong hands.*" Like they say, guns don't kill people, people kill people (with guns).

Fortunately, there is absolutely zero possibility that anyone can ruin your experience of the present moment. Paradoxically, while all life forms are irrevocably connected in this no-dimension space, there is an impenetrable firewall protecting each individual element, from quantum wave to beluga whale.

It's the feeling frequency of the space; it must be felt to be accessed.

GRATITUDE

Gratitude is there. In the gap, in that space between past and future, in the pause, lives gratitude.

Those who - for whatever reason - are unable or disinterested in feeling gratitude, disqualify themselves. They can't join the club. No one has to guard this space and keep out the riff raff. It can only be experienced and explored by the grateful. And no one is excluded from choosing to feel gratitude.

PAUSE (AGAIN) FOR A MOMENT

Pause for a moment and feel. Close your eyes and let go of all activity, both physical and mental. Drift.

Returning, consider what you felt this time. Was it less difficult to surrender to the moment? Did you still feel frustrated, bored, impatient? Did you relax and stop worrying if you were doing it wrong, “getting it” or not?

Did you feel peace this time? Did you feel gratitude?

There’s a fire in that space. It’s like a campfire or a fireplace in the center of your home. And the heat it gives off is the warmth of gratitude.

If you felt that, you were there.

WHERE?

Where were you?

Of the many ways sages have described this space, I like this one:

“The secret place of the most high.”

This sounds religious because it is a phrase that has been used in religious texts. So, you may need to get over some resistance to embrace the truth this statement points to. Go ahead, it’s worth it, it’s a great phrase.

***The secret place of the most high
is the gap of gratitude beyond time.***

The “*most high*” is the ultimate reality of God. Go ahead, get over your resistance to this term too. “*God*” is not a big man. God is not a woman. God is not some fusion of male and female as we might think of it. God is not made in our image.

God is what your mind feels stymied to fathom but your heart leaps to embrace.

NOW

Now is, in fact, the only time that you can know God. And the only way to do that is to go, to be, where God is, where God always is.

In the gap of gratitude.

You'll know when you are there because, unbidden, a feeling will arise in you that - if it could form as words - might be "*Thank you God.*"

THANK YOU GOD

Thank you God... if you want to think of that as a mantra, OK. But it's not something you should try to remember and repeat. It's a welling up feeling. It's what is there in the gap.

Your life now stretches out before you as a limitless opportunity to experience gratitude. To experience the truth of God, the truth of yourself.

You can be healthy and happy with a great relationship. You can be sick and imprisoned unfairly. We can be adrift at sea after a ship wreck, verging on death from dehydration and exposure. You can be snuggled in bed with a lover.

There is nowhere in this dimensional world where the gratitude gap is not present. There is no time when it is not present. As long as we are alive it is available to explore because it is the essence of ourselves.

It is a stream of Love, our connection with home.

ANY TIME

Any time is a good time to enjoy the gap. You can pause in the midst of any activity and dive in.

Think of all the moments you are waiting for something.

- Waiting for a software program to load or an internet connection.
- Waiting in line.
- Waiting for a traffic light.

- On hold on the telephone.
- Trying to fall asleep.
- Waking up and thinking about getting out of bed.

Practice. Practice pausing. You can do it anywhere, any time. Be discreet. No one should be able to tell you are fooling around. Just a mili-second, that's all you need. Stop thinking, moving, breathing.

Just stop, arbitrarily, and feel the gap. Feel what's there.

PRACTICE MAKES PERFECT

Practice makes perfect. How many times could you consciously dive into the gap of gratitude in one 24 hour day? Once, ten times, a hundred times? How much "time" would it take you.

Virtually no time at all.

And, the result? Like exercising a new muscle, you will gradually, steadily, develop the ability to go there, to be there, more and more moments out of every day.

One day you will find that you are living in the gratitude gap and everything else is happily in second place. Career, sex, money, food, even movies!

THE BIG BONUS

The big bonus is that when you live in the gap everything in your experience is infused with the radiant, gratitude power. It floods your dimensional experience.

Wealth, happiness, success ... there are no words to adequately describe the blessings you receive and share when you live as you were designed to live, a timeless being with heart blasted open and your aching hunger for life deliciously satisfied moment by moment as you feed the multitudes around you with your uniquely one-of-a-kind transmission of God's presence.

WHO NEEDS DRUGS?

Who needs drugs, of any kind? When you are connected to source your focus is on what you can give, not what you need to get. To intensify your experience you intensify your giving. And because you are connected to a source beyond yourself that is eternally regenerative, you will never be depleted, only restored and increased, according to your own generosity.

THIS IS ALWAYS THE MOMENT

This is always the moment to experience the gratitude gap.

Welcome home.