



Expressing Gratitude



by Joy Pedersen | Nov 21, 2011 | Abundance, Balance, Karma, Love



Giving thanks is one of the most important behaviors you can employ. By giving thanks, it means you are in acceptance of blessings. There are many blessings you are given but you don't fully receive them unless you are truly grateful. Being grateful is like the finishing touch on the process of giving and receiving. You don't fully receive unless you feel grateful.

When you fully receive, you are whole and complete. You are whole and complete in the transaction and with the person who gave to you. When you are complete and the transaction is complete, the giver is also complete. You often clear karma (the law of cause and effect) when you give and receive. You cannot fully complete the karma unless you reach the point of completion but the completion doesn't come until the gratitude is felt and expressed.

When you are grateful, you are acknowledging to yourself and the universe that you have received and are appreciative of the gifts received. When you are grateful, the universe also knows to give you more because the universe is appreciative of the opportunity it receives from giving. It is a complete circle when gratitude is given and felt.

By sharing your gratitude, you are stating to the universe your fullness. You have received. You are deserving. You are appreciative. It reinforces

your wholeness and your completeness. Once you are complete on one endeavor, you can move onto the next. The more grateful and appreciative you are, the more you will be given. The universe loves grateful recipients. The more grateful you are, the more you will receive.

Every act of giving and receiving is a gift of love regardless of whether or not it is a personal or business situation. If, however, the gift was given with strings or the gift is not fully received, the love is missing. With a lack of love, there is also lack of wholeness. If, however, a gift was given in love and received in love by the showing of gratitude, there is wholeness and completeness and love is exchanged and experienced by both.



The more love that exists in a moment, the more love is expressed and felt in the world. It permeates everything and especially everything you do out of that moment when the love was borne and expressed.

The more gratitude felt and expressed, the more abundant your world will be and the more love you will have in that world.

Angel message channeled by Dr. Joy S. Pedersen, Licensed Spiritual Healer and Certified Spiritual Health Coach. Author of channeled book, *Wisdom of the Guardian: Treasures to Change Your Life*. To read more about the book and also receive a free 5-week mini e-course from Archangel Michael, visit www.WisdomOfTheGuardian.com. You can read more about her work and receive a separate free mini e-course at www.ExpressSuccess.net.

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Sage Joy (Dr. Joy S. Pedersen) is a Doctor of Divinity, spiritual teacher, and emissary of light called to restore divine order on Earth. Called into service by [Archangel Michael](#) and anointed by Source as World Mother, she serves as a channel, healer, and co-architect of Heaven on Earth.



Through her work with Express Success LLC, she has guided individuals, families, and businesses worldwide in releasing karma, healing past-life trauma, and clearing energetic interference that



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As author of the international bestseller *Clear Your Past and Change Your Future* and messenger of *The Wisdom of the Guardian* from Archangel Michael, her collaborations continue to help thousands awaken, embody their divine truth, and step into greater clarity and power.

She is the founder of [SacredCircle.live](#), a spiritual membership community offering monthly clearings, teachings, and transmissions. You can begin your journey with her free spiritual activation bundle at [GiftsfromJoy.com](#).

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