

# Being Grateful

## The Power of Grace

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The words grateful and grace derive from the same Latin root, *gratus* meaning *pleasing, agreeable*. By expressing gratitude we invoke a state of grace. Gratitude and grace are interrelated, one begetting the other – action and outcome.

Those of simple means are often most willing to express gratitude for the bounty in their lives, and truly experience their life as abundant. At the same time, many in affluent society covet the next material item to bring them fulfillment, and yet fulfillment eludes them. Why is this?

The difference is not a matter of piety, purity, homes or belongings. It is that the simple act of gratitude induces a state of grace, fundamentally connecting us to Source level energy. Soul-level satisfactions stems from recognition and remembrance of this wellspring. Within and without, Spirit is synonymous with Grace.

When we focus our attentions on those things for which we are grateful we hone and reinforce grace itself. Grace expands in our experience and literally alters our energetic vibration. People and events that resonate similarly to our vibration are attracted, and those that don't either change or move away. Grace (and its close relative ease) are enhanced and broadened in the reality we witness and generate.

If you find yourself in a dour mood where nothing is in flow and you'd truly like to get out of it, remember something/anything for which you are grateful. Notice something beautiful or simply utter some form of thanks for even the most minute or mundane aspect of your existence. In so doing you generate a state of grace, align with your innate divinity and radiate that frequency for the world to match.

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