

One of the most effective ways to counteract egoistic tendencies is to cultivate gratitude. Being thankful for our life as it is expands and upgrades our current state. Join me and others in our community around the globe at sunset every day in thanking God, the Infinite Omnipresence, for the goodness in our life and for our infinite well-being. Remember, what we are thankful for is what we attract to ourselves.

Every day upon awakening, and again at sunset in communion together, and every night upon going to sleep, affirm something like, for example, *Thank you, Father, for hearing me, and for your care and guidance of me and mine. I know that you always hear, care for, and guide us in all our ways.* Feel this prayer in your heart. Or use whatever prayerful affirmation works for you, in your own way of being thankful. The aim is to evoke heartfelt gratitude.

You can think of your inner 'Father' in any way you like. If you think of it as the Self or as pure Consciousness, or as the unmodified, undifferentiated, formless Awareness of Being, you will not be wrong. It does not matter how we name or think of the Creative Principle that pervades and permeates the entire cosmos simultaneously; it still remains as it is. It is the one changeless Principle in all of existence. Everything else on all the various levels of being changes over time.

Our inner Awareness, or pure Consciousness, is eternally the same as it is in this present moment. This Consciousness, which we have always thought of as God, exists right now in all its glory. If we are consciously aware of it, and thankful for its existence in and as our life, its light will radiate from deep within us, and we will beam as we go throughout the day, spontaneously radiating light and love outward to others through our words and actions. This is the greatest contribution we can offer to the world in which we live.

Please refer to your current lesson as often as possible in the two weeks before your next new lesson arrives. In these early lessons we are building a foundation of understanding that will allow previously unimagined growth and development. You do your part by repeatedly referring to the current lesson and by making *conscious efforts* to apply your new understanding in your own moment-to-moment life.

With Love,
D. R. Butler