

***"Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap. For with the measure you use, it will be measured to you."* - Luke 6:38**

Gratitude is at the root of all contentment. Joy is the result (in my opinion) of contentment, not happiness.

Happiness is happenstance - a response to circumstances being "fortunate and convenient."

Joy, on the other hand, isn't just about the fleeting (and often elusive) happiness; it's a deep, presiding feeling.

You may pursue happiness, but you choose joy.

Gratitude needs to be cultivated much like joy needs to be - it's a chosen practice.

It also doesn't come easily or naturally - it's a seed we choose to plant, water, fertilize, and grow!

Gratitude is a wellspring for a beautiful life, and from it generosity comes forth.

It is a core, cultivated, curated value that, when nurtured, becomes ABUNDANT.

Let's analyze the verse above:

1. Giving from a place of gratitude boomerangs back - **give and it's given back to you**. It's an undeniable benefit.
2. **In good measure** - you can't outgive the practice of generosity via gratitude.
3. **Pressed down**, meaning this cultivated habit of gratitude and generosity CAUSES a movement, a SHIFT into a new position or place. That means abstractly, your attitude, but literally, your circumstances change. JUST WATCH!
4. **Pressed down, shaken together and running over** - like brown sugar. (Have you ever packed brown sugar into a measuring cup?) You're making things more compact so it can hold more.

Remember this -

Gratitude allows you to RAISE your energy; to greet each situation with a corrected attitude of gratitude, and this leads to a difference in how you feel.

Instead of feeling ticked off or feeling sorry for yourself, you RAISE the bar and start cultivating a better experience, better results, and VIBRANCY.

Vibrancy is high vibe!

Resentment attracts more resentment and keeps you stuck, but gratitude breaks the cycle and sets you free!