

## Newsletter "The Source"

# Gifts of Gratitude - Late Night Typing

by Shihan Richard J. Van Donk

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The realization of the divine creation ever flows through the veins of my consciousness, dancing on the wings of time and space, freeing my soul to be forever immersed in divine bliss. My life is an example of the pulse of existence needing to beat in order to exist and to experience itself in its fullness. I am ever in gratitude for the opportunity to have a physical body to experience the feeling of the heart as it expands its wholeness and caresses each cell into an unfolding ocean. The lotus flower of my inner wisdom opens and intertwines life in an ever lasting fragrance of nurturing knowingness, permeating every thought as essence of consciousness. It softly touches life as divine grace. I am whole and complete. I am the ocean breeze. I am the all of the all. I sing the divine song of creation in each breath that flows forth from this body which is my home. Happiness is.

Take me to the heart of hearts. Let me feel the joy in the heart of God. Let me pulse with creation. Let me feel the bliss of the eternal source. Let the vibration of God play the chords of my being. Let me ride the kite of my heart on the winds of grace. Shall I ever sing the song of gratitude. My remembrance of who I am, will be and shall be, unfolds in my consciousness each moment of my conscious awareness. I choose to be consciously aware in this process called life; free in spirit and ability to create with divine manifestation. I serve my beingness by understanding each moment, creating my truth and perceptions with incredible wisdom and knowledge. Each moment unfolds with exciting wonder, joy and celebration of a happy, joyous and prosperous life lived freely with abundant resources shared with beautiful people who share and live similar visions and lifestyles. I am truly blessed. I have won the cosmic lottery. Of all the possibilities I could have chosen or have been in the universe, to be here on this wonderful planet, to have a body, to behold a breath, to have my heart open, to feel joy, to know the inner knowledge of the ancients, to create a happiness consciousness and be a pioneer on the frontiers of its expansion, to be responsible for awakening minds and hearts, to be free to share this body, breath, wisdom, consciousness, heart with others - what an incredible journey!

I am ever grateful.

Richard Van Donk