

Quality #5: Finding Joy in the Journey

Gratitude

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Intentional Creation

OG MANDINO FOR THE 21ST CENTURY

Gratitude

Share your experiences of applying the principles of Intrinsic Validation when connecting with people.

Share some of the inspired ideas, impressions and solutions to problems that you have received when consciously choosing to use your mind constructively.

Share your experiences when you passionately took action on these impressions.

What have you created during Power Sessions that may not have happened had you not been this conscious in the moment?

Share your experiences when you consciously let go of resistance or even rebellion and recognize that obedience to the laws that govern abundance is an invitation to the very freedom we seek.

In Quality #3: Completing Tasks, we emphasized the need to live in the Now, passion driven, creating our dreams in tangible reality. This was about the work of creation. Quality #5: Finding Joy in the Journey, is about the joy we experience while in the process of creation, in all the roles we play and in all the different and widely varying circumstances of life.

Let's explore: What creates joy or threatens joy during our journey in the here and now? Let us start by gaining a better understanding about gratitude.

Consider:

When we are striving to create our dreams in tangible reality and the realities of our life differ, perhaps even significantly from what we want, is it wrong to want more?

How can we be grateful and at peace, yet focus on improvement?

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Let's begin by exploring some common questions. As we explore these questions ask yourself, "Do I ever go here? Do any of these questions apply to me? Have I ever privately or even secretly asked these questions?" This is a safe place to be transparent.

Questions:

Am I where I thought I would be at this point in my career, relationship or life, in general? Do I ever wish it were better or different?

Did I think success would take this long or be this difficult to create?

Do I ever want it to be easier?

Is there a gap between where I want to be and where I am? If so, how wide is it?

How often am I reminded of this difference?

How much time do I spend thinking about the need for more money?

How much time do I spend thinking about how others do not fully appreciate the magnitude of my service, sacrifices, or value?

Do I ever feel that what I do is of no value to myself or others?

Do I ever feel impatient, wanting things to happen faster?

Am I ever afraid to set goals or make plans because of the risk of pain experienced from past failures?

Do I ever believe that I could create more and faster if it wasn't for (my car, my computer, my home, my clothing, my education, my spouse, my children, my ____)?

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Do I ever feel that I am meant for so much more but have not yet found that thing which really rings the bell and ignites my passion?

These questions and the associated feelings of wanting and wishing for more or something different are normal. They can be the result of very real and uncomfortable life circumstances that are often and for the most part out of our control. They can be the result of our life decisions such as lapses in judgment or impairment due to addictions. Most commonly they simply represent the difference between our expectations and reality.

Before we consider some of the most common sources of unhappiness please explore the following questions.

Are inappropriate and even dangerous things occurring in my reality that makes me uncomfortable?

Is there anything happening that could threaten my safety?

If you are in a dangerous situation and the circumstances of your situation threaten your health or safety, immediately seek professional assistance. You should not do this alone!

Key: If we are not in imminent danger, we will want to ask, “Is my life really that awful or is it only awful when compared against my expectations?”

Expectations can be so real to the mind that the body goes into an autonomic defense posture to protect our expectation. As a result the body releases chemicals that can leave us feeling anxious, discouraged, agitated, confused, overwhelmed, angry and of course dissatisfied and unhappy. No matter how bad things were before we created these expectations, they “seem” much worse now.

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Knowing that this outcome is inevitable when we engage in escape and avoid fantasy, why would we choose to engage?

It is understandable how we can become addicted to fantasy. While in fantasy it can be fun, even thrilling. It is also understandable how we can become deeply attached to the things and experiences we fantasize about believing that if we could just have these things, they will ultimately create this joyful feeling. Have the thing - experience the joy. This is a deadly and deceitful combination. We want joy so we focus our fantasy on having these things. When it does not happen, reality can become increasingly disappointing. This mental process makes it very difficult to feel gratitude.

Gratitude is not about saying, “This is all I have and this is all I will ever have and I am okay not having anything more. In fact, I am so grateful that I have what I have. It could be a lot less or even worse. At least I have this. I am deeply grateful life didn’t take away any more than it did.”

Gratitude is about having a deep sense of appreciation for what we have and then focusing on how we can create, in partnership with a power greater than ourselves, the most with what we have been given. We are grateful for what we have, yet seek to create even more with it. The focus is on creation versus the pain of not having. We focus on the millimeters of creation. We stay in the now in creation – either in our minds constructively thinking and getting inspiration or in tangible reality in passion driven action. We multiple our value a hundred fold. We are wise and faithful stewards. We honor both the gift and the giver of the gift.

Embracing what we have and owning it as our current reality facilitates peace. It removes obsessive regret, frustration, stress, the emptiness of envy and frenetic impatience of always wanting something other than what we currently have.

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We stay focused in the now, learn the lessons of creation in the moments in which they occur and at night sleep like a baby. We are content for a season. On the morrow, we arise early and honor the giver of these gifts by investing them wisely and maximizing and creating the most with what we have been given in the time allotted.

We are always grateful for that which has been intentionally created that day in partnership with the power greater than ourselves. We are conscious of creation. We are conscious of accomplishment.

The very process is an expression of gratitude and we feel joy. We commit to create even more given the opportunity of another day. And when that day comes we rejoice. Og writes, "I will live this day as if it is my last. This day is all I have and these hours are now my eternity. I greet this sunrise with cries of joy as a prisoner who is reprieved from death. I lift mine arms with thanks for this priceless gift of a new day."

Our vision is more about finding joy in each millimeter of creation than lamenting unrealized escape and avoid fantasies. We want to engage in life, embrace principles, connect with people, create value in all that we do and contribute to the world. Creation becomes a journey not a destination and we receive one of the prizes of life at the beginning and end of each day's journey. It's called joy.

Our only expectation now is to show up fully capable, ready and willing to handle whatever life throws at us. We have a vision but also know we cannot control others or the weather so we stop trying to do so. We focus on inspiring, supporting and encouraging others. We are flexible and accommodate any unexpected changes in nature and circumstance.

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While others weep and complain, resist and rebel, kick and scream, we proactively stick to the work of creation no matter what circumstances show up. We develop a “bring it on” mentality to life and thus gain an insurmountable advantage over the vitriolic victims of circumstance.

Until now we may have been trying to keep one foot in fantasy and the other in reality. Straddling the gap we are unable to charge forward. Let us commit to live. Let us choose life. Let us rise early today and take it on and when the day is spent, let us rejoice for what has been created in spite of difficulties. Let us focus on what has been learned and how these challenges have provided opportunities for more growth so that we can become the person who can create and handle success.