

P.A.M.'S. M.A.P. - March 2026

Topic: Gratitude

Prayer:

Source, Creator of all that is, God ..., I come to you now to release all fears and noise from the world that blocks me from finding gratitude in my day for all of my blessings. When fears are present and there is fear of the future, I call upon you for the Divine Peace and Joy to stay in the present moment with gratitude .

Affirmation:

There is no right or wrong way to use the affirmations. You may choose one or to work with them all. If you choose to work with more than one and find yourself getting "Stuck" or feeling like there is a block, it may help to take this as your intent in meditation for more information.

In this moment:

- I am now grateful for I am safe and grounded in this moment.
- I am now grateful and safe to co-create as a Divine Being co-creating in this human experience.
- I am now grateful, safe, and confident co-creating in this human experience.
- I am now grateful for _____(make a list for all that you are grateful for), safe and courageously co-creating as Love in this human experience.
- I am now grateful, safe and courageously, speaking my truth as a Divine Being of love, living a human experience.
- I am now grateful for I am safe, courageous, loving and a powerful Divine Being, connected to my higher intuition.
- I am now so very grateful that there is a knowingness within that I am Love, safe and grounded, courageously, speaking my truth living a human experience.

I AM So Very Grateful for all of this! Amen. It is so and so it is.

Meditation:

Step 1.: Set your intent for the time in which you have to meditate (15 minutes, a half hour...) and for your mind and body to relax into this meditation to experience oneness with your Divine Christ Consciousness. Also set your intent that when it is time to come out of your meditation you come back into your physical space with ease.

Step 2: Close your eyes and take a deep breath to the count of 4 through your nose, hold for the count of 4, then exhale releasing all trapped air to the (Choose YOUR comfort level). Do this 3 times.

Step 3: Now breathe naturally.

Step 4: Imagine a tiny speck of golden light in your mind, growing bigger and bigger until it wraps around you, making you one with it. Where you are the light and there is no physical body. Stay there for a moment and feel the connection of this energy.

Another way to do this is to picture golden, liquid light filling your head, mind, ears, eyes, nose, Pineal gland, throat, moving down through your body. As you visualize this, silently or out loud, express your deep gratitude for all these parts of your body that work hard every day, giving you the chance to collaborate with everyone on Earth. (I've found this meditation to be incredibly powerful.)

Step 5: When you're done meditating, take a moment to look around and gently bring yourself back to your surroundings, whether it's your living room, bedroom, or outside. Do some slow stretching, wiggle your fingers and toes, and focus on the textures of things around you by touching nearby items. Don't rush into anything right away. It might be nice to have a glass of water.

Service:

Imagine a planet where everyone collaborates instead of clashing. Picture a world filled with inclusivity and harmony, where we all work together for the planet's well-being. You might find it helpful to keep a journal during your meditation to jot down any insights that arise, so you can reflect on them later.

Remember, by staying connected with your Greater I AM, which is Love from Love, you're contributing to the world and supporting the Collective Consciousness with every decision you make.

Namaste

*Note: Meditation should only be performed in a safe, stationary environment. Meditation can induce drowsiness and is not suitable for operating vehicles or heavy machinery. If you have a medical condition that necessitates avoiding deep breathing, please adjust your breathing to what is comfortable for you during your meditation.