

Gratitude From the  
Soul  
Thank You

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Dedicated to Your Soul



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## CHAPTER ONE

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# What is Gratitude?

Webster's Dictionary defines gratitude as "thankful appreciation for favors or benefits received". Most individuals will say it is having a great attitude; a way of being or doing. It has been said that successful people practice gratitude.

This book takes a different perspective on gratitude than most which often turn out to be a type of personal journal. As an energy worker, a dowser and one who works with Archangel Michael, I know that words carry vibratory frequencies and the combinations of words can be greater than the sum of each word.

In late 2015 as this book was being completed, the words 'grateful', 'thankful', 'I am grateful for' and 'I am thankful for' were dowsed on a scale of 1 to 1,000 to determine the vibrational frequency of the words. After the holidays I kept reading the book as if looking for something that didn't feel right. My dowsing instructor was asked to verify the frequencies. The frequencies were much higher than previously dowsed. Another individual also verified this as the frequencies were either 800, 1,000 or infinity.

What changed in such a short time? It is the collapsing of third dimension as Earth begins to move into the fifth dimension. This means the changes around us have nothing to do with us. Don't get caught up in fear or try to hang on to that which is falling away. Instead, see it as the beauty that it is; what all have been asking for. Things are moving faster; yet, time may feel like it is slowing down for others. None of the changes you see have anything to do with you.

While the frequencies of the words have changed, the concept has not. The frequencies are much closer for each of the words or word combinations mentioned above. I was taught at an early age to use the words 'thank you' as a way of showing appreciation for a gift or courtesy. The combination of these two words have always carried a high vibration.

Giving thanks to God was emphasized at church. While we said thanks or "thank you", we did not understand that such words carry a high vibratory frequency or a power behind them. Archangel Michael emphasizes that our thoughts are powerful and to choose our words wisely since we will live by those we speak unto ourselves and those given to others.

As we continue to use and feel the heart-felt energy of such words as 'thank you', the vibrations can increase in frequency. When I wrote *The Fifth Dimension, Connecting to Create Success Now*, Archangel Michael did not want me to include the frequency of the word 'love' until I was almost finished with the book. The lesson was that words, when you use them more often with feeling, the frequency will increase.

When I say, "Thank you for...", I feel I am communing with God, even if the words are being written down such as in a journal. All three of us dowers agree this combination of words carries either 1,000 or a frequency of infinity.



For the above reasons, I prefer to say, "thank you for"... instead of , "I am grateful for"... For the purpose of this book, I will use the word gratitude with the word grateful or thankful since so many people are used to the word gratitude. It is your choice; you already know mine.



## Benefits of Gratitude

Often times, one does not see the benefit of a situation or understand why he/she should be grateful. While the situation itself may feel or seem horrendous, you do not know the grace behind it. Therefore, be thankful for whatever comes your way. Sometimes it is karma or a lesson playing out from past life situations.

In my own life, I have been shown past life situations which helped me to understand why some things happened to me in this lifetime, why I reacted the way I did to certain people and situations, and why my body still reacts the way it does toward certain individuals.

On my first visit to a new doctor, my throat began to tighten and it became difficult to breathe. My first reaction was that the scented soap in the restroom was the culprit. Washing my hands with just water offered little relief and it took awhile to recover from a restricted throat. Pursuing it further, one of the ladies working at the front desk and I had past life issues. She hung me several times in different past lives. The situation gave me the opportunity to release it from cellular memory and to be grateful for the opportunity to do so.

In another lifetime, a friend poisoned my shrimp before I ate it. The only time I ever reacted to shrimp in this lifetime was when I ate shrimp with her at a restaurant. What was the gift in these situations in my current life? The gift was that my body was letting me know something was stored in cellular memory that wanted and needed to be released.

When I visited New Mexico with the intention of possibly living here, the visions made sleep almost obsolete. As a clairvoyant, past lifetimes ran as videos across my mind throughout the night, from a lifetime as a nomad in northwestern New Mexico to the various Indian lifetimes often as a warrior or Shaman. Violent deaths from past lives came up and were released also. Some releases left me feeling as if a heavy weight was lifted. That which no longer serves must be released to allow for something better to replace it.

Another benefit of gratitude is if you remain in the moment, are grateful for what happens and deal with whatever occurs instead of ignoring it, then any karma or lesson being dealt with will not need to return as a more difficult lesson. When karma or a lesson is ignored, it will continue to return until it is an up close and in-your-face situation, no longer to be ignored. Being grateful or thankful for whatever happens to you can also bring grace. This is a very auspicious lifetime where much can be released so we can move forward on our path more quickly.

## CHAPTER THREE

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# Creating with Gratitude

It seemed strange; yet, I somehow felt giving thanks for what I wanted was more positive than thinking about everything wrong with life. A life of flow and friends was given up for one of the unknown, more lessons and definitely more challenges. The challenges were there to break me down and to rebuild me in a different way; one that would make me stronger. My guides called it an adventure.

Many things were learned about gratitude. Being thankful for what I wanted even though I did not yet have it, brought the item to me faster than just asking for something. My furniture, lost for nearly a month by the moving company, was an example of this.

To receive my furniture as soon as possible after almost a month, I borrowed a vacuum to clean the apartment and then drew out a sketch of the apartment and where each piece of furniture would be placed. The sketch was reviewed daily and affirmations and gratitude were given daily for the arrival. The call came and the furniture was delivered the same date given in meditation. Thanks was given to God.

When you use gratitude to help in receiving something, you must take action as if it is already received. There must be no doubt. Doubt is a lower level energy which takes you into a lower frequency or vibration, keeping you from receiving messages from those assisting you in the higher realms. You must believe it in your heart without wavering.

When I was first told about gratitude and the power it holds, I had no idea where to start. New concepts often hit us that way. Often times, people don't know where to start and those who introduce the idea to you don't really know what to say other than just list the things you are grateful for.

When I first started, I looked at everything and felt it was all too obvious; therefore, it must not be what I was supposed to say. In reality, everything is simple and we are the ones who make it difficult because we think it is supposed to be difficult in order to do the work. It doesn't have to be. I was lucky enough to find a list years ago of twenty-five things to be thankful for. It was an impressive list and I used that and added to it until I finally released the list and became more comfortable with what was more spontaneous and authentic to me each day instead of a rote repeat without the emotion.

There's nothing like a heart-felt appreciation for what occurs during your day and your thoughts in the early morning. For me, I want to start my day being thankful. So I use what a good friend once told me to do to overcome depression and to find the joyful, loving, laughing person I had been. Even though that person no longer exists, I could at least renew the characteristics I once had.

Every morning I wake up and thank God for another day. Each day is a gift for us to express our joy in the human body.

In joy we are to live our lives. Somehow we forgot this along the way.

Since you just woke up, what things could you be happy for? Here are some suggestions since your day hasn't started yet.

Thank you for:

A new day; a new beginning.

Being alive and looking forward to finding beauty in the day and love in every way.

Each person who enters my life today and the blessing or lesson they have to offer me.

The birds that serenade me as I awaken.

The quietude of the early morning, offering a moment to pause and to be, rather than listing the many things to be done today. (None of them are as important as me.)

The comfort of a good night's sleep allowing me to awaken refreshed and renewed and to welcome my day with a smile.

The knowledge and wisdom that has been bestowed on me and the responsibility to use it for the good of others.

The love that I am and for the love I am becoming.

The knowingness that I am always loved and never alone, even when I might feel or think otherwise.

The Universe that always has my back.

The gifts of joy and laughter to lift my vibrations that I use as tools when remembered or spontaneously used in the moment.

Each moment in every day offering me choices.

The potential of living in the moment every moment of the day.

A greater love that created me as a unique aspect of the One.

The knowledge that God is my source and supply.

Free will and free choice.

A greater love that created me as a unique individual.

Life itself and the treasures waiting for me today that I can unwrap and unfold for myself and choose to share with others.

The little things in life that lead to bigger events of celebration.

The opportunity to celebrate each moment in the day.

The sunrise and the beauty the shadows cast across the landscape as light flows and gently reveals in cooperation with the shadow a new day and all the wonders to unfold.

The love I have for myself, just as I am.

Having an important purpose in my life, created by my soul just for me. (Or, for the opportunity to discover what I already know to be my purpose in life and to use it to bring joy into my life and those who are around me.)

All the teachers in my life who shared their wisdom with me and for the opportunity to share my wisdom with others today.

The opportunity to share a smile with another.

The opportunity to be there for another when needed.

Those who support me as friends and encourage me to be myself just as I am. (If they do not support you, then are they really your friends?)



Being who I am and accepting myself just as I am, no matter what.

Seeing the uniqueness in each of us rather than as separation.

The opportunity to learn and to expand the love that I am.

What I do have in life; for everything I need is already available to me.

My cat who reminds me of humility and service to others rather than her attitude of 'me first.'

The opportunity to choose how I learn my lessons.

Being thankful for the everyday things I have such as food, water and shelter that others may not have in these times.

The opportunity to assist at least one person in some way today; whether it be "May God bless you", offering a smile, a hug or just reaching for something on the grocery store shelf another cannot reach. (In return, he told me how much I was loved.)

The messages or comforting words that are waiting to be delivered today, either to me or by me for another.

The above words of gratitude were given to me by my soul as I started to write a much different list. From the little me, things are much more simplified. I thank God for the smaller things in life, such as:

Thank you for:

A new day and new dawn.

A body that functions normally and supports me in my work today.

My laughter which reminds me not to take life so seriously and keeps me out of unsupportive energy.

A comfortable sleep and the crickets that sing me to sleep in the fall.

The blue skies and the white clouds that float by.

The sun sending me warmth and comfort.

Accepting and believing in myself.

My home which supports me.

The opportunity to 'plant seeds' when given to me. (Share a message or suggest something, knowing it will give them the insight for when they are ready.)

The opportunity to choose how I want my day to be.

The little things in life.

The opportunity to appreciate what I have and use it.

Being able to drive.

The opportunity to move the body and feel alive.

A warm home.

Friends, the archangels, angels, ascended masters, and inner guidance.

The opportunity to learn something new today.

## CHAPTER FOUR

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# Gratitude From the Soul

As I finished a writing and was about to eat breakfast, my thoughts wandered to creating a new idea that might help others. I had been thinking about the times I felt depressed after moving to New Mexico by myself to start a new 'adventure' and, instead, stepping into the dark night of the soul; something rarely talked about. The thought of gratitude messages or reminders of how blessed we are came to mind many times. Once I discovered they already existed, there was still something my soul wanted to say about gratitude.

A lady I'll call Ann originally introduced me to gratitude and a method of using gratitude. I was to write five things I was grateful for on small pieces of paper; one on each piece. This was a challenge since I had never thought about it before and could not imagine much of anything to be grateful or thankful for when going through the dark night of the soul. I sat at the kitchen table until there were five folded small papers placed in a basket on the table. This was to be done daily. When I felt really down, I was to remove one and read it. If needed, I was to continue. There were many days all the notes had been read more than once.

We already are all that we came to be. We just have to know that for ourselves and remember who we truly are. The gratitude notes mentioned in this book are just an aide to get started and then create your own to the bread basket of life on your kitchen table or whatever method you choose to use.

The idea of gratitude notes become 'gratitude in motion' for those wanting to move forward from the flames that destroy, to those that purify the phoenix as it rises from the ashes of who you once were to the newness you are becoming. Below you will find what else my soul wanted to say.

### Gratitude in Motion Messages/Notes

Thank you for:

Life and all its infinite possibilities.

The thought and vibration that created me.

Those who love me from afar.

Those who are my family here and elsewhere.

The oneness that I Am.

The love that I Am.

Love that is within me waiting to be harvested.

The love that is buried within me.

Those unknown who smile at me, bringing me back into the moment.

The strangers in my life who offer assistance.

The 'tough' friends and teachers who pushed me beyond what could be imagined.

The ability to assist others who are more needy than me.

The opportunity to make a difference or create a ripple effect in the lives of others—human, plant, animal or people I do not know.

The angels who show up in my life in human form and for those not in human form.

The blessings I can bestow on others through thought or word.

The times I saw or knew of others who were needy and helped me realize my blessings.

Not knowing how poor I truly was before and for knowing now how rich I truly am.

The love within I have for myself.

The love that expands within and extends out to others.

The love I have for this great planet and all its inhabitants.

The miracles in my life, known and unknown.

The miracles that become everyday occurrences.

The miracle and gift of each day.

The miracles yet to become everyday occurrences.

The tears and the past events now removed that caused the tears.

The joy I claim as mine, yet to be delivered by me.

The sites unseen, yet to be revealed as miraculous.

The water that drips from my faucet, reminding me I have hot and cold running water.

The overlooked simple things in life.

The ID's I carry telling me who I am not, but identify my personality.

The wisdom that I behold and didn't know it was even there.

The stray cat that just needed a home and to be loved that turned into a teacher.

The lowly one along their path who crossed mine to share their wisdom.

The lost soul who was found and became my teacher.

The playground that I live in and for the playground that lives within me.

Being different, yet exactly who I am to be.

The opportunity to continue even after all my lessons are learned so others may also know my joy and choose to express theirs.

The opportunity to share a moment of joy with another, no matter what form it takes.

The opportunity to continue writing when the personality wants to stop and ego tries to take over.

The opportunity to know the difference between what is right and the other alternatives and to make an intelligent or knowledgeable choice.

The opportunity for others to experience their lessons however they choose.

The life that I choose freely to live.

The opportunity of being born where I was born and to choose my parents who allowed me to learn life's vital lessons while also assisting others.

The dreams that are yet to be lived.

The fulfilled dreams and those not fulfilled or no longer needed.

The opportunity for all to create their gift as their soul chooses to create it.

Creation itself and being a part of it.

The constant opportunity to laugh and laugh and laugh, whether it be at myself or something I did.

The ability to laugh when nothing else is left.

The opportunity to experience what I needed in the most inopportune time or way.

The opportunity to see the grace and ease in the overall plan of things.

The opportunity to see and experience the chaos from which God or the Universe routes our path.

The memories of what were and the grace to pick and choose what we wish to hold as keepsakes to pass on to others as our wisdom.

The grace others have bestowed on me.

Grace and ease offering me their gifts.

Those to share my grace with.

The opportunity to be open to receiving whatever comes my way, no matter what shape or form it takes.

The energy given from others in higher places who love me more than I could imagine in this life.

Those who took my energy because they did not know the universe's abundance. (This gave me the opportunity to release them, bless them, and set them free to learn their own lessons.)

Forgiveness of myself and others to set me free and to enjoy good health.

The opportunity to forgive myself and ask God for forgiveness, releasing the energy blocks in my way.

My light which guides the way and appears when asked to shine in the dark of night or dark hallways.

My light to shine for others so they can remember who they are and light the way for others.

Tough times that make me stronger, kinder and softer.

The opportunity to know the truth in every moment.

The opportunity to choose how I want to be and feel in this moment. (There's nothing wrong with being angry if you feel it, move through it and release it.)

The opportunity to just sit and be.

The ability to answer the ringing phone when God wants to talk with me.

The pleasure of laughing just for the pure pleasure of it.



The opportunity to share my experiences with others, no matter where they live. (Think big; beyond our universe.)

Opportunities to learn, even when I didn't want to.

No regrets for all that happened to me.

The opportunity to experience different ways of learning.

The opportunity to allow myself to be in the flow.

The opportunity to do great things, one small step at a time, one moment at a time.

The opportunity to do great things, even though they seem very small or insignificant to others.

The joy of it all.

All the blessings in my life beyond the physical form.

Life's opportunities of expanding myself and my experiences.

The truly great teachers who show up in humility.

The opportunity to learn the lesson the first time it showed up.

Life's many adventures, avenues, sidetracks in the snow and the forks in the road that separates us only to bring us back together again to know we were never alone or separate.

The knowingness that I created this mess only so I could get out of it and learn what I wanted to experience.

The simple beauty of life.

Life's simplicity.

Learning discernment the hard way after I asked for assistance and the resulting lesson of remembering to also ask for it to be gentle and easy.

The knowingness of unlimited supply for all.

The opportunity to learn that I didn't have all the wisdom needed to ask for something I didn't need.

The opportunity to create for myself just for the fun of it.

The opportunity to create such a wonderful lesson in innovative ways that I can look back and laugh at it.

The mornings that fly by in guilty pleasures of writings, painting and whatever else I need to do before I begin the life needed to maintain it.

The opportunity to know what life is all about and to choose to experience it as I wish.

Not thinking about the past or the future at this moment.

The knowing that in the moment life takes care of itself, letting you know what to do next.

Time well spent thinking about how to bring others back to the moment through joy, laughter or a smile and lighten the load around me.

The opportunity to not take things seriously.

Roadblocks in my life, especially when I understand they protected me at the time.

Milestones I reached but only paused to visit.

The opportunity to get up and dance again.

Knowing I chose this life and created it, becoming the writer, director and actor.

Finally knowing I am complete just as I am.

Knowing no one can take my power unless I allow it.

All the missed opportunities I felt that may have been better and weren't.

The road I took less traveled by others only so others would find a path easier than mine and truly appreciate what was done for them.

The appreciation of everyone in my life.

Those who cheered me on during the tough times and renewed my spirit of, "I am doing this now."

Success in my life and all the ways it presented itself.

Those who said I couldn't do something so I could prove I could.

Happiness that surrounds me, even in my sorrow.

The knowingness that others went before me to show the way.

We live in a universe of energy and vibrations. If you want your life to flow, then put yourself into a higher vibration. Step aside and allow that which is around you and needs to fall away to do so. It has nothing to do with you. Creating a heart-felt attitude of being thankful can take you into a higher vibration.

May your life be filled with blessings and the wisdom to know everything is a blessing.

## About the Author

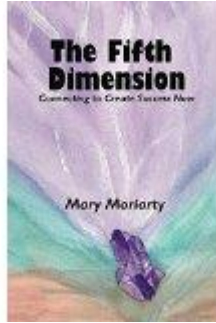


Mary Moriarty's lifelong desire to learn and assist others spans from a high school teaching career through several years as a successful real estate agent and Reiki master before adding the California Professional Designation in Personal Financial Planning. Mary has been a clairvoyant since her pre-teens and has been an energy worker and healer using different modalities since the early 1990's. Since then she has added dowsing as a useful skill.

Mary has been communicating with spirit and beings since her pre-teens while journaling her dreams and conversations. In 2004, Ms. Moriarty began working with Archangel Michael and Archangel Raphael while Archangel Gabriel continued to work with her writings. Sri Yukteswar has also partnered with the archangels for the writings. Mary's goal is to educate, elevate and empower others toward success through books and presentations as Earth moves into the higher planes.

## Other Books Available from the Author

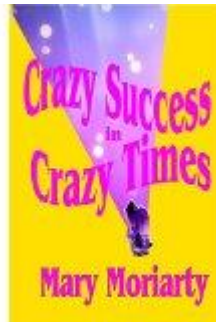
### *The Fifth Dimension, Connecting to Create Success Now*



This book is a manual showing the easiest way to enter the fifth dimension and the importance and power of our words. It takes the reader through the process of creating your goals, defining your purpose and what community will be like.

The co-authors, Archangels Michael, Raphael and Gabriel along with Sri Yukteswar, present the lessons and new definitions preparing us for the higher dimensions.

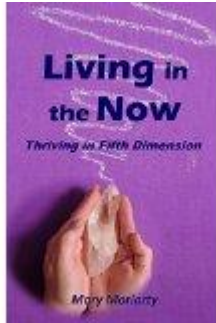
### *Crazy Success in Crazy Times* (e-book only)



This is a primer for the beginner offering information on the third through fifth dimension, some essentials for success in

higher planes, agreements and contracts we made with each other, clearing blockages and a variety of other topics.

*Living in the Now, Thriving in Fifth Dimension*



This book offers a system for taking your power back and overcoming obstacles along your path. It is intended for beginners and those already on their path.

The archangels and Sri Yukteswar, an ascended master, prepare you for the shift offering how to reclaim your power, reduce chaos in your life, insights about the changes, experiences commonly encountered and exercises to assist in making your path easier. Mary shares her experiences and exercises to help create a flow in your life.



### Further Information and Assistance

If you would like assistance in finding your purpose, worksheets and other supportive materials are available for personal use only to download in 8 1/2" x 11" format at

[www.CreatingtheNow.com](http://www.CreatingtheNow.com)

You will find information about my co-authors and paintings created with the elementals for your enjoyment.