

A Web of Gratitude

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pattern suggests itself. At past gatherings, the final shape has sometimes been a circle, rectangle or a star. Other times the final configuration looks like a complex mosaic. You can see photographs of past gatherings on Alan's website, www.livingbyheart.org/photos_bridges.

In my vision, I see hundreds of people setting up clusters of crystals and sacred objects, filled with thoughts of gratitude. Each cluster of crystals and sacred objects will form a thread of golden white light and as the threads weave together, they will send a glorious web of gratitude up to the heavens, down into Mother Earth and to sentient beings.

Please pass this idea forward and invite other people to join the celebration. The

more people that join, the bigger our web of gratitude can grow.

After you have taken apart your cluster, the energy generated by the items and your thoughts will continue to support a sense of gratitude you can tap into on a daily basis. Gratitude is a lot like yeast: when it is fed, it continues to expand.

Colleen Foye Bollen is a healing arts practitioner. Her primary practice is Jin Shin Jyutsu, an ancient healing art that harmonizes the body, mind and spirit with gentle touch. Colleen provides a safe environment where clients can attain deep levels of relaxation and revitalization. For appointments or additional information visit www.flowingstillness.com or call (206) 367-0491.

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