(Recognition) I recognize God as the Source and Supply of all that is: all life, all form, all manifestation. This One that I call The Beloved is the Wellspring of all things Good, pouring forth Love and Grace, Peace and Beauty through Its own Infinite Creativity. Infinite Abundance, pure Wisdom and perfect Wholeness exist only through and as this One, the God of my understanding.

(Unification) All of the qualities of God are already within me, for I am one of the good things It has brought forth. I am made in Its likeness and image, an individualized center in Spirit, created to reveal the Magnificence of my Creator. Everything that I am is the Glory of God made manifest, and it is Good.

(Realization) And so I rest in the realization of deepest gratitude for all of the Good that is. For the Bounty of the forest and the Peace of the sea; for the Grace of a dancer and the Beauty of fine art; for the Joy of laughing children and the surrender of praying mothers; for every bit of this and more I stand in powerful awe and appreciation. All of this Magnificence has been given to us freely to express the Power and Infinitude of the Universal Presence, and I am honored and humbled to stand witness to Its Glory.

(Thanksgiving) I give thanks upon thanks for the Truth of what is.

(Release) I release this Word of gratitude into the Law, knowing that It calls forth more to be thankful for. We are so blessed. And so it is.