I Care Chronicles Grateful December 2020

In the year 2020, you all saw many obstacles, challenges and growths thrown out in front of you; devastating illnesses, signs of faith, bringing people together, tearing history apart, seeing pain of others as well as pain for self, bringing families together, tearing families apart, breaking up of governments, the darker side of people, fear, illness, death, anger, hatred, disillusionment, new beginnings, many endings, political upheaval, despair, lack of trust, past and present colliding, movement, rest, lack of, prosperity, devastation, extreme weather. Was it only one year?

We emphasize and sympathize with all that your life has endured, if that is how you are looking at 2020. You got through it. If you feel as if you had great movement and many gifts, even though those around you suffered, you may feel that 2020 was not as bad for you. Either direction that you look, everyone experienced something of the first paragraph, positively and negatively.

As the year ends, what will you take with you into 2021? Will it be the thoughts of 2021 being a continuation of 2020 or will it be thoughts of a new beginning, a clean slate? How the future is anticipated actually can be helped along by how the past was summed up in your thoughts and feelings. We will explain.

Each month we have given you something to think about or “chew” on. From “What Can I Do?” to “What Do You Want.? We hope that these messages have brought some comfort, peace or a helpful aha moment. This message we send out to you now is a completion message of sorts. A Gratitude Message. What does gratitude mean in this context? For the purposes of this message, it is about reviewing your past year of experiences and messages and changes and finding within the darkness of these experiences rays of light. Remember when we talked about Death and Rebirth in September? Here is an excerpt from that message …..

***When you gleam from an experience an awareness that will benefit you in your forward movement, you have left behind the old, released yourself from the blame or shame or belief that it was done wrong (forgiveness) and allowed yourself to find new hope in your future. A death and rebirth.***

This is powerful when you can look at what seems to be a horrible experience and realize that something changed because of that experience to take you out of something negative. When you can find forgiveness for yourself or another. When you know that even though things are not the same, a glimmer of hope for something new in the future brings hope and new life.

Now we say, the final chapter is Gratitude. To be grateful, thankful even, for the experiences you have had that brought you to this moment. Grateful for ALL things. It may take more than a moment, we truly understand, for you to realize that if you had not had these things happen or experienced this loss, or had to leave a job or relationship that you wouldn’t have had “whatever” your positive movement was.

We encourage you to take some time to review your journey to this very moment. Not the “what if’s” but the death and rebirths; the people you have loved; the moments that brought you to a better place or space; the thoughts that have changed from negative to positive because of something that you experienced; “”whatever” it is for you, find what you are grateful for and take that gratitude into the coming year of 2021 and send that gratitude out into the universe to provide you more positive outcomes, with more ease, more peace, more joy, more whatever you want to have more of, as you move into the new energies of 2021. Keep renewing that gratitude as you travel your path forward and it will continue to bring you more to be grateful for. We love you very much and are grateful for these exchanges of energies!