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# Gratitude, humility, charity

The secret essence to finding our inner life force, the  
divine energy

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By Deborah Bee

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*Why should we want to be connected to the divine energy?*

*Because it is our divine connection that gives us life!*

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# Foreword

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This book is powerful.

As soon as I read the title of this book, believing that Truth is simpler than we can perceive, I knew it was worth at least the small amount of time required to read it. I now know it was worth much more...

Several years before this book was distributed online at no cost, during a transitional period in my personal life, synchronicities provided me with the opportunity to read it.

At that time in my life, I was convinced that I was a very spiritual and selfless person with many spiritual experiences not shared with the masses. Shortly after reading this book, it became obvious that many of my relationships were actually quite ego-driven and I was not living as spiritually as I thought.

Some years later, after applying the principles of gratitude, humility, and charity in all my relationships, I am back to living in harmony with my existence, in the present. This book has helped me move closer to my Full Potential.

JR

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# Preface

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This book was written for everyone. For this reason, I feel that it should be made available to everyone at no cost.

If you liked this book, found it helpful and would like to help others obtain a free copy, please make a donation online.

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# Gratitude, humility, charity

The secret essence to finding our inner life force, the divine energy

An ordinary simple person can be connected to the divine energy through these three qualities. On the other hand, you can be a religious leader, a guru, a spiritual leader, an adept meditator living in the present moment, but if you are missing one of these three qualities, you could still find yourself disconnected from the divine energy.



**Why should we want to be connected to the divine energy?**

That's because it is our divine connection that gives us life! What do I mean by life? It gives us the life force that runs inside our bodies, the energy and the will to live our lives to the fullest. It gives us the will to make a difference in the world. It gives us the feeling of living in bliss, joy and provides the power to see beauty in everything and everyone. It gives us the strength to heal and live healthy lives. It gives us the ability to love ourselves and to love others.

The same way that a ray of light is an extension of the sun, we are an extension of the divine energy. The same way that a ray of light can not exist without a connection to the sun, we can not exist without some connection to the divine energy. We all experience the divine energy in that warm feeling we get when giving someone a hug.

Interestingly, we don't have to believe in the divine to be open to it. All we need is to live with Gratitude, Humility and Charity. We don't have to believe in the divine to be connected to the divine energy because the divine is not about the words that we say to ourselves in our minds and it is not about whether we pray or not. It is about how open we are to receiving the divine energy, in relation to how we live our lives. Gratitude, Humility and Charity open our channels to receiving the divine energy.

The first time we felt that divine energy, it came from our parents holding us as babies. When parents hold their babies, a link is formed. Energy passes through this link and provides the vital energy to us as babies and later to us as children. This is why babies often need to be held. Sometimes they cry because they want to be held for no other reason than to feel the closeness and comfort of their parents. During that moment of closeness, they also feel a connection to the divine energy. They feel secure and they feel alive. It is the same as the warm energy we now commonly feel when we give someone a good, long

hug. Babies are entirely dependent on their parents for survival. They are also dependent on their parents and others around them for feeling this divine energy. Gradually as they grow, children can learn the qualities that open their channels to the divine energy.

### *Life without Gratitude, Humility and Charity.*

In absence of the 3 qualities of Gratitude, Humility and Charity, we find ourselves lifeless, we feel down, life seems dull, we feel no energy to do things for others but only having the will to take from the world. Because the only time we feel a gain of energy is when we take it from the external world, and the energy does not come from within, we become restless when there is nothing to do, we are restless in the silence. This sense of restlessness is, in fact, a sense of withdrawal from the usual reward felt by engaging with the world. So we end up not wanting to engage in activities unless there is a prospective gain in return. That way of behaving and interacting with the world comes from the unconscious belief that [the divine] energy is limited leading to the unconscious desire to conserve energy for one's self and take as much as we can from others.

This energy conservation attitude, of taking more than giving, can come as a result of a booming economy and wealthy society. That is because, as children, some of us received an abundance of gifts and toys irrespective



whether or not we showed Gratitude. Consequently, we did not learn to have Gratitude. We were sometimes arrogant with our parents, without consequences, because our parents may not have known how to discipline us as a result of our arrogance. The result is that we did not learn the importance of Humility.

We did not learn Charity, in the sense of doing things for others, because our parents may not have required household chores from us. This would happen either because they did the chores themselves, thinking that was better for their children, they were able to afford to hire personnel that did the chores, or they paid their children to do the chores (e.g. pay the child for taking out the garbage). Some parents even pay their children to attend school! So the result is that we may not have learnt Charity, in the sense of doing something for someone with no prospective gain in return.

Unfortunately, this results in closing our channels for receiving the divine energy and an endless search for energy externally (outside ourselves) when in fact there is an abundant source that we can access from within, if only we knew how.

In my opinion, a lack of learning about Gratitude, Humility and Charity may be the source of the problem with the entitlement generation, i.e. the teenagers or

young adults who have difficulty adapting to many domains of society due to their beliefs that things are owed to them with little or no effort and that they should not engage in activities unless there is a potential gain.

We unconsciously search for energy in the external world and we take that energy in any way we can. Below is a list of the various ways that one unconsciously obtains energy from the world, such as the attention we obtain from others or external rewards, instead of obtaining energy from within through our connection to the divine.

**The only sustainable source of energy comes from the divine and the divine energy is accessed from within.**

The purpose of identifying below, the various ways that we use to take energy from the external world, is to help each one of us raise our own consciousness about these methods. Raising our consciousness with regards to the multitude of methods we unconsciously use to draw energy to us will allow us to make the shift towards gaining direct access to divine energy. Access is granted by incorporating Gratitude, Humility and Charity.

**We can obtain energy from the external world by getting people's attention.**

This can happen directly or indirectly in various ways. Though the following is not an exhaustive list, I tried to

include a very wide variety of examples so that one can learn to recognize external sources of energy and try to identify the ways in which we tend to engage in these energy-drawing activities, most of the time without even being aware of it.

- We can obtain energy by getting people's attention to the things that we say, either by saying silly things, by revealing personal drama, sharing shocking news, or by speaking non-stop without letting others place a word in. This is usually referred to as a monologue and there is no real communication between the two parties.
- We can obtain energy by getting people's attention when we don't speak at all as silence can also attract attention. For example, silence can attract the attention of people who stop and ask what's wrong, what's the matter, are you OK? Or silence can attract attention when people speak to you to break an uncomfortable silence. When one is silent, there is no real communication either.
- We can obtain energy by getting people's attention when getting angry and throwing a tantrum. People will undoubtedly pay attention to us in that state but it is not a very constructive way to obtain energy. In fact getting angry can be draining.

- We can obtain energy by getting people's attention when criticizing others, whether the criticisms are well founded or not. Some do it more than others and obtain attention and consequently energy from it. Again, this may not always be appropriate and people get worn out by hearing complaints.
- We can obtain energy by getting people's attention when speaking down at them and acting as though we know better, acting as though they are insignificant and even ridiculing them. This method involves having one person taking energy from another by having power over them. There are many variations of this method of obtaining energy including cruelty against other living beings which involves getting energy out of the pleasure of having power over another. Obviously, this is an approach that is destructive to others.
- We can obtain energy from others by forcing their Gratitude on us because we did them a favor. We can even get out of our way to help others so that they accumulate debt on us and we can feel superior. Doing someone a favor with the intention of obtaining his or her Gratitude in return is not Charity. Even volunteering in a charitable organization is not real Charity if the intention is to feed one's ego and to feel that we are better than others. When doing

good for someone, the intention should be on helping the other and not to obtain a gain.

- We can even obtain energy from people's attention by developing a psychosomatic illness! Unfortunately, sometimes this comes as a survival mechanism as a result of neglect because it is the only way that some people will get the attention they deserve. For example some women will get terrible back pains that are real and obtain the support of their husband as a result. Some children will get recurrent illnesses, like the flu, and get more attention from their parents. Unfortunately, neglect can be destructive and in an ideal world, no one should feel neglected or rejected to the point of getting sick.
- We can obtain energy by getting people's attention when playing victim! This is what I call the "poor me attitude". While this may work in the short term with people having pity on us, it does not work in the long term. The problem with this way of getting energy from others is that we also attract new problems. For example, the person who has a "poor me, please give me a job" attitude is less likely to obtain a job relative to the person who appears confident that they can do the job during an interview.
- We can obtain energy from our ego by telling ourselves how great we are in relation to others,

sometimes even by putting others down in our mind. While this method may work to some extent, it requires continuous repetition of the same story and it leads to isolation.

- We can indirectly take energy from others, for example by reading about other people's lives, by hearing about tragedy and disasters. People seem to really like stimulating themselves with tragedy and disasters otherwise there would not be so much of it in our newspapers and news shows. The problem with this way of obtaining energy is that it is fear based so we end up living in a dark world.
- We can obtain energy by getting other's attention on us utilizing social media (e.g. facebook, twitter). So we can tell all our friends that we had peach yogurt this morning and they can give us their comments. In a more constructive example, we can post a poem on our webpage and we can get energy from the "positive" feedback of others. Of course, this method only works when the feedback is positive which is not guaranteed.
- We can even obtain energy by grouping with others in order to fight a cause. Sometimes people can meet to discuss a cause that is just, but when violence is involved, and the aim is destruction, then the energy gained from the grouping is fed by ego (we are better

than they are). This energy only leads to an endless cycle involving more violence.

- We can even give energy to others directly such that the others feel really good at first, then they feel terrible withdrawal in our absence. They can end up feeling a constant need to be around us and give us attention. Giving energy to others is beautiful when there is an exchange. However, if there is no exchange and the result involves only one person giving and one person receiving, that relationship is unhealthy and one person ends up feeling like their life was taken out of them.

### We can get energy from external rewards.

Again there are many different ways in which we can obtain energy from external rewards.

- We can obtain energy from physical goods that act as rewards, when we go shopping and we spend money. For example, we might get really excited about these new shoes! As for most other external rewards, the energy drawn from obtaining physical items that act as rewards wear out really fast and new items are needed to replenish our energy. It can also get expensive.
- We can obtain energy from bargain hunting, for example, this can even happen while grocery

shopping. “Wow, look at the great price I got for these oranges!” Though oranges are great and healthy, this way of obtaining energy is dependent on external circumstances, such as a shop selling items at a bargain. If one is dependent on this method of obtaining energy, it may get expensive and we may end up accumulating useless items cluttering up our homes.

- We can feel reward from getting things accomplished at home or at work. This is great because it can be very constructive. However, it can not be the only way of obtaining energy otherwise we will feel down when we are finished accomplishing things at home, at work, when we are on vacation or even when visiting friends.
- We can obtain energy through pleasure in foods that are rewarding to us (e.g. chocolate). Using food as a reward can end up in over consumption of food, gaining weight and increasing our risk of life threatening diseases such as cardiac diseases and diabetes. We can enjoy chocolate, but we may want to withhold a little on the day that we crave it as a reward so that we don't engage the cycle of obtaining energy from external rewards. When the chocolate craving occurs, I just say to myself that I can eat some tomorrow. It really works because the



next day, I will enjoy my chocolate when the need to use it as a reward is gone.

- We can obtain energy by getting close to others sexually, either because the flirting and seduction process is exciting, because the success in obtaining a mate is rewarding or the actual sexual activity is rewarding. Obtaining energy from a sexual partner is ephemeral. Though we may want it to last, real life comes with ups and downs that we will be faced with sooner or later. The moment when a down comes, that source of energy vanishes and the relationship disintegrates because the two partners are no longer getting their source of energy. If we get stuck with the belief that a sexual partner is the solution for obtaining a steady source of energy, then one will search for another partner and begin the cycle again until the next down is faced. At that point, one may realize that another partner may not be the solution and they may try to find alternate methods of obtaining energy or just start the cycle again.
- We can obtain exciting energy from watching sports games, fighting (e.g. boxing), exciting television shows, violent or sexual movies, or playing videogames. All of these are exciting and can become a source of energy, however, they are no different from substances of abuse, which sometime lead to

having secret and deceitful lives and hurting others in order to obtain our fix. The troubling thing about it is the sense of entitlement that sometimes comes with it. I am entitled to playing video games so I don't care if I skip on a date with my girlfriend, this is more important!

- When all fails, we sometimes go for substances of abuse or gambling, which we find rewarding (e.g. alcohol, drugs, etc.) only finding ourselves in an endless cycle of neediness and craving because the rewarding effects are short lived and withdrawal is painful. A sense of entitlement, sometimes comes with substance abuse whereby people will feel justified to engage in destructive activities such as lies and deceit or believing that we are entitled to “borrow” money from others without their consent to sustain the reward seeking activities. Using substances of abuse or gambling involve a very destructive path that can sometimes lead to losing friends, family, job, home, and ultimately to death.

In fact, all of the ways of obtaining energy from attention or external reward described above are often unconscious. A person can favor one method over the other based on a multitude of factors including upbringing, family history, history of substance abuse and perhaps even genetic factors. But really, in the end,

everyone is searching for the same thing. Everyone is searching for an abundance of divine energy so that one can feel alive and live his or her life to the fullest!

The way to obtain this divine energy is to open our channels to it by having Gratitude, Humility, and Charity, for the divine energy is freely accessible everywhere around us, all the time!

## Detailed description of Gratitude, Humility and Charity.

### Gratitude

Gratitude involves appreciating every single thing that we benefit from including the air that we breathe (some cities no longer have fresh air today, e.g. numerous cities in Asia). Give thanks for having a family, a home, food, clothes, an education, a job, friends, and love in our lives.

- Food. Thank the earth for producing our food. Thank the plants, which produced food. Thank the people who contributed to the making of our foods like the people who spend hours in the fields picking every single grain of rice in the food we eat. Thank the animals that sacrificed their lives to feed us.
  
- Earth. Thank the earth for allowing us to walk on it, feel it under our toes and keeping us healthy (e.g. earthing). Admire the beauty earth has created for us

in nature and say thank you for having the opportunity to witness a beautiful flower.

- Parents. Thank parents for all the sleepless nights spent with us when we were children. Thank parents for all of the nurturing they spent teaching us to grow into and interact with the world, no matter how they did it. And thank parents for all their hard work to get us food, clothes and a home.
- Goods. Thank the people working long factory hours for us to benefit from clothing and household items.

Gratitude brings abundance. I like to give the example of the time I had a beautiful apple that I was really looking forward to eating. Instead of eating it, I decided to give it to my friend Joe. Joe responded by saying “Thanks...” and throwing it into his backpack. If we compare it to the other time when I gave another friend, Julie, a similar apple and she responded “Oh wow, what a beautiful apple! Thank you!” and ate the apple showing much gratitude. The next time I have an apple, who will I want to give it to? Joe or Julie? I think I would prefer giving it to Julie because I think that Julie will appreciate it better. This happens at an energetic level as well as at a conscious level, such that gratitude brings abundance.

## Humility

Humility means that no matter how great we are, how much we have accomplished in life, how successful we are at our job, we see ourselves no better than anyone else. This includes respect for others, no arrogance, no comparison, no judgement, total and unconditional acceptance of others, the way they are. Wikipedia defines it as “the quality of being modest, reverential, even obsequiously submissive, and never being arrogant, contemptuous, rude or even self-aggrandizing”. One can notice negative traits in another, while still accepting that this is the way they are. If a person with negative traits is harmful to others, accepting that this is the way they are does not mean accepting to suffer their actions. “One can love themselves sufficiently to love from afar those who are not lovable.” Having Humility with respect to others that do harm, involves noticing harm, refusing it for oneself but without feeling superior to the other by the same token.

Humility provides room in the receptacle (inside our body) for the divine. When the cup is full, there is no room to let anything in, even divine energy. Ego fills our cup leaving no room for the divine. Humility makes room for the divine. So how do we stay humble? While we love ourselves, we feel confident about our capacities to accomplish what we desire, we believe that we are smart and beautiful, that we deserve the best and that we

deserve abundance, we can still do it in humility. We can stay humble by truly believing that others are just as worthy as we are. We can stay humble by silently asking for forgiveness for our arrogance when we catch ourselves thinking we are better and more worthy than others. I find that this is a very powerful tool to keep my ego in check.

### Charity

Charity involves giving, caring, doing something for others without any expectations of obtaining anything in return. Therefore, true Charity is not used to feed one's ego about how better we are relative to others.

Charity, in the sense of giving, caring, or doing something for others without any expectations, can take many different forms. It can also come in the form of providing a service or volunteering. Charity can involve giving money to people in need, it can involve listening to a friend who needs someone to speak to, folding the laundry of a mother who has just given birth, feeding the homeless or it could simply involve helping an old lady cross the street.

We can provide our children with opportunities to help out with household chores such as laundry, dishes, cooking, setting the table, cleaning up his room. Even though it may take longer for it to get done at first, and it

does not necessarily get done the way that we would do it, these responsibilities may become an important component of our children's well being.

There are multitudes of opportunities to help someone on a daily basis. I think that if we pay sufficient attention, we will notice these opportunities to provide a "Random Act of Kindness". When someone provides me with a random act of kindness, for example by stopping their car to let me cross the street, I make it a point to show them my Gratitude!

Charity opens up our pathways to receive the divine energy. It is always there around us. It is always available to us at any time. We are often not open to it. Stress and fear are often responsible for closing up our pathways. Some can master opening up to it by being present, in silence, with meditation which are all wonderful techniques to amplify the divine energy, but I found that if our channels are closed, one can attempt at meditating all day long and the energy can not come in. The power of intention and belief that we deserve to be connected to the divine are also critical. But even if one seems to have it all, giving to others while expecting nothing in return, letting go of all expectations, in other words Charity, seems to instantly and magically open up these channels.

We can open up to the divine energy from within and no longer need to take it from the external world.

If you see yourself taking energy from others with the different methods outlined above, STOP! And if you can, give it back! You can apologize to those your harmed. You can calm yourself down when you see yourself excited about the troubles of others. You can refuse to entertain thoughts of superiority sustained by the ego. You can refuse to get excited by another. You can refuse using external rewards and substances of abuse when feeling down. Gradually, as you practice having Gratitude, Humility and Charity, you will find yourself filled with divine energy in such a way that you will no longer need any of the external sources of energy as it will naturally flow from within.

The beliefs you hold need to be consistent with your practice of having Gratitude, Humility and Charity.

For example, if you believe that you do not deserve love, then you will not be open to the divine energy because it is based on love.

If you believe that you are fundamentally superior to others, then you will not be open to the divine energy because feeling superior will conflict with your attempt at having Humility. So you may want to look within yourself and find out what your fundamental beliefs are.



A fundamental component to receiving the divine energy is living in the present moment.

Being present allows us to feel all emotions, good and bad. When feeling bad emotions to the fullest, they seem to magically disintegrate and never return. So we need to learn to feel all emotions to the fullest when they come, good and bad. Only then, can we be present to the divine energy flow.

When we are not present to our painful emotions and they stay buried inside, there is an automatic unconscious mechanism that gets triggered so that we no longer feel the pain. This mechanism triggers searching for external rewards, which again will block us from finding the inner flow of divine energy, because the divine energy flows from the inside out.

Some wonderful books helped me learn to be present to all my emotions, good and bad, and learn the technique to disintegrate painful emotions. Among these books, I have to mention “The Power of Now” by Eckhart Tolle, “The Four Agreements” by Don Miguel Ruiz which helped me explore the impact of unconscious beliefs and James Redfield’s “Celestine Prophecy.” James Redfield discusses the availability of the divine energy all around us and how we spend time stealing it from each other instead of focusing on giving it to each other. James Redfield’s book also helped me learn how to strengthen my divine

intuition by taking the time to stop and look at the world in front of me, asking myself which path to take and being open to guidance from my higher self.

I found that teachings from the Kabbalah and from great Jewish scholars and mystics were often consistent with all of the teachings mentioned here. I have much Gratitude towards Shifra Hendrie for her free online courses on the Kabbalah of Transformation and Quantum Healing, Consciousness and Soul.  
<http://www.kabbalahoftransformation.com/>

Another teacher called “Gurumatha Amma”:  
<http://www.sridharaguddamma.org/>. Amma is a Hindu Guru who taught me that it is in silence that we can find pure bliss and access infinite knowledge.

It is from silence and divine guidance that emerged this book.

Love,

Deborah Bee

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Thank-You!