

On Congruency and Gratitude

– a practical lesson from nature

by Martin Kutternik

Long before I moved to the Findhorn area, using [Co-Creative Science](#), I authorised nature to step into a teacher role for me in my life.

'Show me how reality works', was my specific request. Even though I had read and followed Co-Creative Science by Machaelle Small Wright (and other publications from Perelandra, Centre for Nature Research, USA), learned how to work with nature for a while, and received already many useful lessons from nature, I was not prepared for what happened one sunny afternoon:

The gravel patch in front of my house needed weeding. Being in Findhorn it felt appropriate to communicate to the unwanted plants. *"Thank you for coming"*, I said every time I removed the shoots. *"Thank you for coming."* It became like a mantra.

Then suddenly, out of the blue, one small plant re-grew in front of me from its remaining roots. Did I see that? I wondered and, since I could not comprehend what I saw, I pretended I did not. Too strange, too weird and far too mind-blowing.

Then, a short while later – still on my 'thank you mantra' – again 3-4 leaves grew out of their remains within about 3 seconds. I could not ignore this any longer. I was shocked, confused, and stopped.

After taking a step back, I opened a coning* to connect with nature intelligence more consciously and directly, to have a 'serious' chat.

I explained what I perceived, and the lesson was explained to me: *"Gratitude is a powerful force. What you are truly grateful for will grow more of in your life."*

The second part was my lack of congruency: I said *"thank you"* when I really meant *"you are not welcome here"*.

Misunderstood spirituality, a keenness to please (nature) and my personal issue of not being able to say 'no' basically led my teacher – nature – asking me to stop with this nonsense and to see what I am doing/doing wrong.

All my life I have struggled to express a clear 'no', and it was now necessary to resolve this in order for me to continue with a healthy foundation for my research and soul's growth.

I have since observed the strength that true gratitude has as a force for manifestation; especially useful as a remedy when feeling 'poor me'! It is with gratitude in the right situation that miracles seem able to take root.

Much later I was reminded of the Bible story Feeding the Multitude: *'...he took the seven loaves and gave thanks...'* and then there was plenty to eat for all, even leftovers. And I always thought, in saying *"Thank You"*, Christ was just a polite person...



I also noted how Neale Donald Walsch during one of his many Findhorn visits explained in the Universal Hall what he believes is the world's most powerful prayer: *Thank you, God, for helping me to understand that this problem has already been solved for me.*

And the painting pictured above of three to four leaves came to me as a fitting gift from an unsuspecting friend after I had written down that story. I see this 'coincidence' as a sign from nature that I had not lost my marbles and had not made it all up.

* * * * *

***) Coning:** A coning is a balanced vortex of conscious energy. The simple way to explain a coning is to say that it is a conference call. It is as simple to create and activate a coning as it is to connect with a single nature intelligence. But, with a coning, we are working with more than one intelligence simultaneously.

Read more about Conings [here](#) on the Perelandra website:

https://www.perelandra-ltd.com/About_Conings-W68.aspx

* * * * *

© 2012-2020 copyright Martin Kutternik, www.panosun.org and www.co-active-healing.com