

Global Gratitude

Home-Study Introductory Course

Before beginning this program, be sure you have read the "Global Gratitude Overview" in our Learning Center. It is a pre-requisite for this home-study course. If you have not already done so, please go there now and read it, before continuing on.

Welcome to Global Gratitude!

Please be sure to download our "Family Tree Chart", "Global Gratitude Music CD", and the "Insert/Description" for our GG Music CD. You will need these for this introductory course. These items are available free from our website (www.rayid.com or www.unitree.org), in our "Learning Center" under Global Gratitude.

Global Gratitude is a free program offered through Unitree Foundation. While it is best to experience this introductory course in person, this home-study version is offered for those who are unable to attend a seminar.

Global Gratitude (GG) is focused primarily on women, though men are strongly encouraged to participate. Any time men and women join together in the spirit of union their efforts are all the more powerful in the world.

With sound reason, Global Gratitude is centered on the hearts of women – all women: women who are mothers, women who are not, grandmothers, great-grandmothers, aunts, and so on. Women are most often at the heart of families and communities, and have an innate capacity to create unity and peace. In the course of a lifetime, all people have been touched, in one way or another, by a woman.

Bringing women together in global connection is a beautiful way to make the world a more peaceful and loving place.

Unitree Foundation and Rayid International also offer experiences focused on grandfathers, fathers, and children. Men do indeed play a vital role in the lives of children and families. However, for the purpose of this program, our focus is on women in the family tree.

True and lasting change flows from within to without. In other words, all true change begins from within. The inner aspect of anything is feminine in nature. Outer expression and action is masculine. This is true regardless of gender. To bring true and lasting change, requires that we begin deep inside ourselves. It is for this reason that Global Gratitude has its focus on women.

Global Gratitude is centered on the highest good for you, your family, and the global community. Each child in a family is a miracle and each brings their own precious gifts into the world. Through this program, you are invited to fall more deeply in love with your ancestors, your family, and the oneness we all share with other families worldwide.

A Call to Action: Global Gratitude invites you to make a commitment to take action. This action involves a seven-minute guided meditation/reflection each day. The purpose of this reflection is to enhance the love and unity in your family and with other families in the world.

Why 7-Minutes? You are welcome to practice GG longer if you like. For example, some people utilize GG as one of their 20-minute daily meditations. However, 7-minutes is our recommended daily minimum in order to impress a new pattern in your awareness and practice. Seven is known as a universal number for many things, including a cycle of the brain. In addition, seven minutes of stillness offers the benefits of a “power nap” for your body and being.

Unitree Foundation’s Mission Statement: We affirm and nurture the power of love inherent in individuals, families, and the greater global community.

Universal Principles of Unitree Foundation:

- Life has a purpose
- There is a dynamic perfection, often unseen, that creates, animates and unifies all life
- Natural laws of this perfection regulate body, mind and spirit
- Human consciousness has an innate capacity to create
- All of humanity and the natural world is One
- Love is the greatest unifying power in life

Global Gratitude is designed to increase love and caring in the world. It is not designed to correct problems. GG is not based on a theology, religion, or a particular worldview. It is simply focused on the common love that people around the world have for children and family.

Foundational Overview

There is a continuous presence of love that flows from creation into the material world. This mysterious source of love flows through your family. There is a direct connection between the universal flow of creation and the dynamics of the family tree.

The Rayid Model identifies 12 primary grandparents/great-grandparents in the family tree: 6 grandmothers and 6 grandfathers. These physical, living people correspond, on a spiritual level, with the 12 universal energies of creation. The spiritual qualities of these 12 ancestors are ever-present, flowing through your family to you, your children, and future generations. These ancestors animate, nourish, and sustain you and your family.

Ancestors/Grandparents

Global Gratitude focuses on the “universal qualities” that are handed down from grandparents to children. These qualities are the hereditary gifts grandparents infuse the family tree with. In a universal way, grandparents pour special love and light into the family. Children are the physical embodiment of these gifts.

Receiving the Grace of Grandparents

To receive the spiritual gifts of grandparents, all you need do is open your heart. The more you open your heart, the more you will receive.

Grandparents, Children and Nature

People and nature are composed of the same essential “ingredients” of creation. Everything and everyone comes from the same source of life. Grandparents and children share a special bond. The birth order position of a child corresponds most strongly with a specific ancestor. For example, a firstborn daughter is most strongly connected energetically/spiritually with her #1 grandmother. In the language of the Rayid Model, a #1 grandmother is her “father’s mother”. A second born daughter is most strongly connected with her #2 grandmother. In the Rayid Model, a #2 grandmother means her “mother’s mother”.

The shared qualities in grandparents and children also correspond with qualities in nature. So, one of the ways to deepen your relationship with grandparents and children is to spend more time in nature. Spending time in nature nourishes your wholeness in deep and beautiful ways. Learning to connect aspects of nature with grandmothers and children enhances your capacity to give and receive love.

The Gift of Grandparents

Every person has within them the universal qualities of all 12 primary ancestors (grandmothers and grandfathers). The qualities that are strongest, however, are those that correspond with their birth order position. Referring back to the example above, while a firstborn daughter has the spiritual qualities of all 12 grandparents (masculine and feminine), those of her #1 grandmother will be strongest in her.

Below is a brief listing of the universal qualities and nature symbols associated with each grandparent. As a visual reference of the family tree, we offer a simple chart ("**Family Tree Chart**"). If you have not already done so, download and print it for your use. This chart is available on our website in "Learning Center" under Global Gratitude.

Once you have downloaded and reviewed the "Family Tree Chart", go on to the grandmothers below.

Universal Qualities of Grandmothers

Grandmother #1 (Father's Mother/FM)

Universal Qualities: motherhood, the will to live, strength, stability, foundation, cradle of life, preservation, nourishment
Nature Symbols: earth, mineral kingdom, rocks, crystals, mountain, mother bear, mother bird, kangaroo

Grandmother #2 (Mother's Mother/MM)

Universal Qualities: peace, tranquility, fluidity, calmness, sensitivity, softness, serenity, privacy, mystery, independence
Nature Symbols: water, tranquil lake, moon, mist, cat, panther, mink, otter

Grandmother #3 (Father's Father's Mother/FFM)

Universal Qualities: radiant health, firmness, stability, wisdom, empathy, nurturing, balance, healing touch
Nature Symbols: wood, trees, plant kingdom, buffalo, milking cow

Grandmother #4 (Mother's Mother's Mother/MMM)

Universal Qualities: unconditional love, grace, transcendent change, allowing, receiving, motivation, transformation
Nature Symbols: ocean, rose petals, butterfly, owl, sea turtle, dolphin, cobra

Grandmother #5 (Father's Mother's Mother/FMM)

Universal Qualities: unity, gentle strength, compassion, mercy, kindness

Nature Symbols: animal kingdom, dove, lamb, giraffe, gentle brook, ecosystems, migrating herd-flocks-fish ...

Grandmother #6 (Mother's Father's Mother/MFM)

Universal Qualities: spiritual oneness, silence, innocence, purity, inner vision, serenity, sacredness

Nature Symbols: snow, stars, ice crystals, baby harp seal, lamb, swan

Universal Qualities of Grandfathers

Grandfather #1 (Mother's Father/MF)

Universal Qualities: breath, imagination, humility, inspiration, creativity, innovation, sensitivity, gentleness

Nature Symbols: air, wind, stars, clouds, grass, birds, fawn, koala

Grandfather #2 (Father's Father/FF)

Universal Qualities: courage, determination, passion, perseverance, physical power and strength, achievement

Nature Symbols: sun, fire, volcano, stallion, bull, badger

Grandfather #3 (Mother's Mother's Father/MMF)

Universal Qualities: mental sharpness, mental clarity, awareness, individuality, curiosity, strategizing

Nature Symbols: metal, river, waterfall, fox, coyote, weasel, falcon

Grandfather #4 (Father's Father's Father/FFF)

Universal Qualities: joy, laughter, charisma, charm, generosity, friendship, prosperity

Nature Symbols: thunder, lightening, lion, bull elk, peacock, parrot

Grandfather #5 (Mother's Father's Father/MFF)

Universal Qualities: genius, originality, perfection, creativity, artistry, originality, solitude, innocence, beauty

Nature Symbols: rainbow, diamond, sand, cactus flower, zebra, antelope

Grandfather #6 (Father's Mother's Father/FMF)

Universal Qualities: leadership, mastery, unifying power, action, freedom, embodied oneness

Nature Symbols: earthquake, tsunami, majestic mountain peak, elephant, eagle, grizzly bear

Take a Break

This is a good time to pause. Take a deep breath. And another. Let go of any thoughts or questions whirling around inside of you. Relax your mind.

Global Gratitude is not an experience of thinking. It is a program focused on feeling ... and on opening your heart, more and more each day, to the presence and power of love.

Right now, take a break from all of this. Go away from your desk/computer.

Take Some Time Outside in Nature

Take yourself outside and give yourself 30 minutes of quiet reflective time in nature.

If it is daytime, take a walk. Notice, feel, hear, and smell, the beauty around you. Take in the sun and the sky. Feel the wind. Listen to birds and smell the different scents.

If it is nighttime, notice the sky and all its' splendorous beauty.

Listen ... feel ... receive. Enjoy!

Welcome Back!

Hold the feeling you gained from being outside. Keep it with you as you proceed through this Introductory Course.

At any time, if you notice tension building up in your mind or your body ... just pause. Take a few deep breaths. Bring your attention back to the time you spent outdoors ... and feel the sweetness of that experience washing through you.

Experience a Grandmother

You have been given the universal qualities and nature symbols for all 12 of the primary ancestors in your family tree (male and female). Since Global Gratitude is focused on the women in your family, we turn our attention now to the grandmothers and great-grandmothers.

To Experience a Grandmother:

- Recall a favorite grandmother who influenced you in a positive way when you were a child
- If you never met or have no memories of a grandmother, than choose a favorite aunt or female elder who touched your heart
- Pause ... and let yourself feel the presence of her inside of you
- Recall, if you are able, the sound of her voice, her scent, the feel of her hug, and anything else that is special to you about her
- Now, close your eyes and sit with this feeling for a while
- Let the feeling of this special woman wash through your heart and your being. Then, pause and say "Thank you."
- This experience is foundational for what you will be doing in Global Gratitude

Some Important Words

If you have negative memories or stories about a grandmother, it is wise to resolve this for yourself. Unresolved negativity, sadness, or painful feelings are unhealthy for you and your family. In one form or another, the thoughts and feelings you hold inside are passed to future generations.

There is a VERY big difference between someone's personality and their spiritual significance in the family tree. The personality is but a vehicle of personal expression. It is in no way the wholeness or trueness of someone. Personality is affected by inherited patterns as well as life experiences. Painful or difficult experiences we have with others are directly related to personality, interaction, and personal expression. If we were able to peel away the personality, we would see the true beauty and significance of a person.

One of the great journeys in a lifetime is to free oneself from the confines of personality, uncovering and embodying the true wholeness of who we are. Certainly, this is no easy task. It is quite common for one personality to be in conflict with another personality and to remain stuck there, sometimes for years or even decades.

It is in your best interest and in the best interest of your family to free yourself from personality conflict. It is in your best interest and in the best interest of your family to free yourself from negative thoughts and feelings, to heal and move on. If need be, consult a counselor, therapist, or some other expert to help you in this process.

When Practicing Global Gratitude:

- Set aside any negative personality traits
- Focus only on the positive qualities of your grandmothers
- Include memories and stories, if you have any
- If you never met your grandmother or great-grandmother, then close your eyes and imagine her
- Utilize the universal qualities and nature symbols provided to help you feel and experience the spiritual essence of your grandmothers
- Whether or not you ever met your grandmother, you and she are connected in deep and significant ways
- Whether or not your grandmother is still physically alive, she is ever-present in the genetics of your family, in your body and being, in your thoughts and feelings
- What you place your time and attention on, will increase in your life and for your family
- The more you feel and love your grandmothers, the more their universal qualities will be embodied in you and present for subsequent generations of your family

Experience your #4 Grandmother

Your #4 Grandmother is your mother's mother's mother (MMM). Very few people have ever met this great-grandmother. However, it is possible to have experiences of her and to increase your feelings of love and gratitude for her. The same is true of all your grandparents.

- So, pause for a moment and reflect on your mother ... and her mother (your grandmother) ... and her mother (your grandmother's mother).
- Focus your attention on your grandmother's mother, your #4 grandmother
- At a spiritual level, she is the grandmother of love and grace
- Feel her in your heart ... like soothing ocean water washing over you and through you
- Let her teach you all the things she knows
- Let her teach you about allowing and receiving ... change and transformation
- Let her teach you how to open your heart to love in bigger and deeper ways
- Imagine that you are a young child
- Rest your head in the lap of your grandmother, and feel her gently stroking your hair
- Listen as she reads you a story or sings you a song

- Because of your grandmother, you are here
- Because of your grandmother, your children and grandchildren are possible
- Feel your #4 grandmother in your heart
- Be grateful for her presence in your life
- Say “thank you” ... “thank you for being my grandmother”
- “Thank you for being my teacher”
- “Thank you for all the things that are possible in my life because of you”
- Today, practice loving your grandmother a little bit more than you did yesterday
- And, everyday, increase your love a little more
- Put on a soothing piece of music (i.e., Track #3 on our GG CD)
- Close your eyes, listen, and feel your feelings for a while

Remember: The more you are able to feel your grandmother in your heart and body, the more you are able to pass her love on to your children, grandchildren, and others.

The Yin Grandmothers (are from your mother’s side of your family)

- They are known as Grandmother #6 (MFM), Grandmother #4 (MMM), and Grandmother #2 (MM)
- The Yin Grandmothers bring the gifts of light, love, and peace
- They correspond in nature with the element of water: the purity of snow, an ocean of roses, moonlight on a peaceful lake
- To have an experience of them, get into a comfortable position, close your eyes, and feel these beautiful grandmothers in your body
- Hold the following image: Imagine pure white snow ... cascading down from the top of your head. Let it flow freely ... into your chest and your heart. There, in your heart ... feel the cascading snow blend with an ocean of roses. Feel and hold this sensation for a while. Next ... feel snowflakes and rose petals gently cascading down into your belly ... blending with a peaceful lake. Feel and hold this sensation.
- Close your eyes, hold this imagery, and feel your feelings as you play a soothing piece of music. (i.e., Track #8 on our GG Music CD—though you are welcome to play any piece of music you like)
- Take your time with this experience
- Repeat this exercise as often as needed, until you are able to feel the qualities of these grandmothers, before going on to the yang grandmothers

The Yang Grandmothers (are from your father's side of your family)

- They are known as Grandmother #5 (FMM), Grandmother #3 (FFM), and Grandmother #1 (FM)
- The Yang Grandmothers bring the gifts of unity, firmness/ strength, and will
- They correspond in nature with the element of earth: the animal kingdom, the plant kingdom, and the mineral kingdom
- To have an experience of them, get into a comfortable position, close your eyes, and feel these magnificent grandmothers in your body
- Hold the following image: Imagine being eye-to-eye with a favorite animal. Feel this.
- Next, expand your experience to include many different animals
- Feel their individual and collective beauty, strength, and life force ... pulsating through their body and being. Bring this pulsation into your body ... connect with the life force flowing through you. Let the feeling wash through you ... from the top of your head ... into your abdomen ... down into your legs and feet. Hold this as a flowing sensation.
- Next ... imagine that you are in a green forest. Bring the vital energy of plants and trees firmly into your body. As it washes through from the top of your head ... into your belly ... and into your legs ... blend it with the flowing sensation of the life force of the animal kingdom. Hold this feeling
- Now ... press all the energy of the animal kingdom ... and all the energy of the plant kingdom ... into the core of your bones. Feel your feet rooted deep into the earth ... and feel the vitality of all these energies flowing through you in unison.
- Close your eyes, hold this imagery, and feel your feelings as you play an energizing piece of music. (i.e., Track #9 on our GG Music CD)
- Again, take your time with this experience
- Repeat this exercise until you are able to feel the qualities of these grandmothers, before moving on in this program

The Intention of Global Gratitude (GG)

- The overall intention of the Global Gratitude program is to help make the world a more beautiful place
- The most powerful way to do this is through the gift of love
- By consciously connecting with the 6 grandmothers in your family tree, you increase the flow of light and love

- These gifts flow from your ancestors to you, your children, and countless generations of children –vitalizing and nourishing your family tree
- Sharing this love and light with other women and children, facilitates a profound experience of unity
- Love and unity are key aspects in creating a more peaceful world
- To create this kind of change takes time and practice

Practicing Global Gratitude

- The practice of Global Gratitude involves a daily commitment
- To begin, return to our website and review the information for our “99-Day Global Gratitude Program”
- Then download our corresponding “GG Booklet” and begin!
- Our “GG Booklet” will guide you through the program and process

Committing to 7 minutes/day in guided reflection is all you need to do.

The process is simple.
The gift to your family and the world is remarkable!

Thank you for participating in this introductory program.

Unitree Foundation-Rayid International

If you have any questions or need additional information, please contact our office manager located in the United States:

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