

The Gift of Gratitude

Every time someone said something nice to me or did something nice for me, my mother would pose the question, "what do you say?" She made it easy for me to remember to say thank you, and created the habit I still have today. I chuckle when I hear other parents prompt their children, remembering my Mother's kindness and her intention to teach me good manners. It wasn't until many years later that I realized I had learned to say thank you at a very young age but I didn't know a thing about gratitude. There are times when a good speaker can raise the level of my energy. Today however, the message only evoked my curiosity. It spoke of the daily practice of gratitude being life transforming "How could this simple practice change lives?" I found myself asking.

I began to write down five things every day that I was grateful for. And then I waited. Weeks grew into months, and I didn't feel any different. It seemed I had only created another challenge to spend my time on.

Suddenly, and without warning, I began to feel a new respect for everyone and every thing. I saw beauty where I had never seen it before. I learned that more is not better and that I have plenty already. Being thankful was creating an attitude adjustment for me and it felt good. Now I know that gratitude has its own power. When I'm "in gratitude", I'm in the moment. Counting my blessings becomes easy and mentally I'm in a wonderful place. "What do you say?" prompted me to say thank you, and saying thank you enough brings me the gift of gratitude - the gift of seeing the world through new eyes.

Is gratitude a hot topic? You bet! Charming, inspirational, fun verses of one grateful thought after another have a remarkable effect on the amount of positive emotion and well-being readers experience. Read only five lines a day, change your thought, and heal your life.

"Here is an elegantly graceful gift of inspiration for the heart and mind. Take liberal doses and feel better instantly!"

-- Alan Cohen, author of *A Deep Breath of Life*



I am so grateful for abounding love that makes the world go round.

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