

THE TWO MOST BEAUTIFUL WORDS

by Katherine Scherer

The Holiday Season is a magical time of year. Thank you is expressed openly in our homes, our places of work, in the news media and around the world. During this time of year there is a lightness in the air as we shop and plan for the exchange of presents and holiday greetings. Gratitude abounds - we feel it through our giving and receiving. Feeling grateful helps us to slow down and open our senses to the world around us.

The words, "thank you" are two of the most beautiful words in our language. Voicing these words can light up a face, create a positive mood and give us a feeling of connection. When we joyfully express appreciation it expands our hearts and allows us to experience more love.

Our forefathers knew the power of gratitude. They knew that this simple practice could have a profound effect on lives. Could it be that they had learned to live by the words of Meister Eckhart who stated in the fourteenth century, "If the only prayer you ever say is 'thank you', that would suffice."

It's easy enough to feel gratitude during the obvious times of the year, but what about those other times? The ones not so obvious,

but calling for gratitude? How often do you take time to notice the wonders of the natural world? Snow-capped mountains glistening in the sun, dewdrops twinkling in the morning silence, a whippoorwill calling to its mate in the distance, flowering apple blossoms adding sweetness to the air, perennial flowers returning year after year, magnificent butterflies fluttering delicate wings, or a sweet smelling flower kissed by a honey bee?

One of the great truths of life is that the more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for. In our country we have the freedom to work, to love, to laugh and to play. More often than not we take these things for granted. Create in yourself an attitude of gratitude and you hold the power to heal. When you come from a place of gratitude, everything else becomes inconsequential. There is only love.

Every moment is a fitting moment to express gratitude. Let us bow our heads in silent prayer, remembering our loved ones far away, for freedom, friends and work we do well, thankful we have lived yet another year.

Based on the book *Gratitude Works: Open Your Heart to Love*, by Katherine Scherer and Eileen Bodoh www.gratitudeworks.com. They are active in business, non-profit groups and teaching children. They have completed hospice training and have developed a successful holistic health conference. Should you have any questions, please call Katherine at (414) 421-8130, or email gratitudeworks4u@aol.com.

