

Let us bring Gratefulness into our lives

Gratefulness purifies the blood.
It brings us to a purer energy.

When you are grateful,
the fact of gratefulness will transform any situation.
No circumstances can withstand it
for gratefulness is of Life.
It can introduce us to something
far beyond the words.

Years ago I was told to write everyday
those things for which I was grateful.
It brought me to awareness
and awakened sensitivity.

Let us make our lives productive and grateful.
Let us have something to give,
rather than to want.
When that transformation takes place,
your life will change.
Then you will be productive in the true sense.

We have to live differently.
There will be no fear and no lack
when we turn in this direction.

Begin by caring for another person
more than yourself,
regardless of what they do,
regardless of whether you agree with them or not.

We must undertake to discover
the treasure within ourselves
by making another person's heart glad.

Begin with your family.

Put away the past.

Sit quiet and pray for each person in your family
morning and evening.

Forgive everyone

against whom you hold any grievance,

and ask for your friends and relatives to be blessed.

If there is someone you cannot get along with,
pray for him everyday.

And everyday, let it be new.

Your responsibility is never to wish
things to be any different from the way they are.

If you have come to the level
where your opinion about another

no longer dominates you,

you have become a person

who cannot be affected

by what another person does.

Then you can meet the situation with love.

Real love.

And give thanks.

Give thanks for the Action of Grace
that provides everything.

It provides every breath,

the perfection of the eyes, the fingers.

And it will relate you with the glory
of the creative moment.

Forgiveness makes your life productive
as you love all your relationships
back to harmony.

Tara Singh

Thanks is a Word Worth Repeating

Attitude
of
Gratitude

Thanksgiving

How about making a list of the things and people you are thankful for.
Begin with little things you hardly notice -- things like water or air for
example. Imagine your water supply suddenly stopped. Or, imagine you
lived near a chemical plant that suddenly spewed deadly chemicals into
the air or there was a nuclear power plant disaster like the one at
Chernobyl in Russia. Often we don't think about our blessings until we
are without them.

In parts of Africa, the problem people wake to every morning is
where they will get water to drink. They never expect to have water in
which to take a bath or wash their hair. All they want is just enough
water to drink. Long ago, their vegetable gardens dried up and blew
away.

People in the Ukraine in Russia who lived near the nuclear power
plant that exploded or people in India whose health was destroyed by an
exploding chemical plant now treasure clean air.

And then there is electricity, gasoline for our automobiles, coal and
oil to heat our houses, markets full of food, money to buy that food and
houses to protect us from the elements. We have freedom and most of
us have parents and other adults who love us.

We have a lot to be thankful for this Thanksgiving Day.

As Jesus made his way to Jerusalem, he went along
the border between Samaria and Galilee. He was going
into a village when he was met by ten men suffering
from a dreaded skin disease. They stood at a distance
and shouted, "Jesus! Master! Have pity on us!"

Jesus saw them and said to them, "Go and let the
priests examine you."

On the way they were made clean. When one of them
saw that he was healed, he came back, praising God in
a loud voice. He threw himself to the ground at Jesus'
feet and thanked him. The man was a Samaritan.

Jesus spoke up, "There were ten men who were
healed; where are the other nine? Why is this foreigner
the only one who came back to give thanks to God?"
And Jesus said to him, "Get up and go; your faith has
made you well."

Luke 17:11-19

GRATITUDE

*FAITH is not simply
endurance with the hope
that things will get better,
but a celebration as
well of what is.*