

IN GRATITUDE...

by EdB

Gratitude is the fairest blossom which springs from the soul. Henry Ward Beecher

As human beings we have the desire to know ourselves and find meaning in our lives, and we have the capacity to fulfill this. We are the only mammals that can reflect; observing thoughts, feelings, reactions and emotions. Everything in our world is based on consciousness. You influence what you see. Once you observe, potential becomes reality. You create your reality with “thought”. As soon as you direct your energy towards something, it will manifest. Being in gratitude will manifest a strong sense of spirituality. Personally gratitude humbles me. When I practice gratitude regularly I feel grounded, connected to my reality. I feel more positive and motivated.

Practicing gratitude regularly not only brings emotional equanimity, it also brings greater health and better relationships. Scientific study denotes that gratitude plays a significant role in a person's well being, and a critical role in the search for human happiness. While practicing gratitude we become less stressed, less materialistic and less depressed. Instead we begin to live with more enthusiasm, optimism and determination.

From a world view gratitude encourages a positive cycle of reciprocal kindness; one act of gratitude encourages another. You can increase your sense of well being instantly by practicing gratitude. It does not require elaborate rituals or a house of worship. It can be practiced anytime, anywhere.

Gratitude is the secret to life. Albert Schweitzer

Albert Schweitzer and Benjamin Franklin are two contemporary advocates of gratitude. Franklin even

developed a list of 13 virtues which he reflected upon daily, evaluating his conduct. Genuine self reflection affects many aspects of our life , both physical and mental.

Unfortunately gratitude is the most neglected emotion in behavioral health. The characteristic of gratitude can be genetically determined, it is part of us. But another part of us is created, by early life experiences and positive relationships, transcended as good things that are happening to us. Certain negative characteristics block this positive energy, such as entitlement and self righteousness . This creates bad vibrational energy.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. JFK

Practices that infuse us with a sense of gratitude is reflection, writing in journals, writing thank you notes, prayer & meditation, even noticing ways that we are supported by the universe. Gratitude is anchored in spirituality. With increasing material comfort we tend to be less reflective. Now is the time to integrate gratitude into your life. Gratitude and appreciation create the most transformative energy available to us. When you consciously become aware of all that is available to you in life, and then acquiesce that gift, you release a dynamic current of energy flow of the highest vibration in the universe, which returns to you in physical form. This is the law of attraction. By practicing gratitude daily, life becomes more harmonious and you become healthier. Make gratitude a way of life, and appreciate what is, it will measurably change your life!

Gratitude is not only the greatest of virtues, but the parent of all others Cicero

