

Namaste!



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Editor

When asked if my cup is half full or half empty, my only response is that I am thankful I have a cup.

*Sam Lefkowitz*

One habit that can have a significant impact on your life is the practice of gratitude. Cultivating gratitude can generate joy at times. What exactly is gratitude? It is: \*Wonder \*Appreciation \*Looking on the bright side \*Thanking someone \*Being aware of abundance \*Thanking God \*Counting your blessings \*Savoring \*Not taking things for granted!

Gratitude opens our eyes to all the gifts around us. Henri Nouwen says, "Gratitude involves a conscious choice. I can choose to be grateful even when my emotions and feelings are steeped in hurt and resentment.... I can choose gratitude instead of a complaint."

Try to find a new thing to be grateful for every day. Pay attention to one sound or smell you never appreciated before or to one color or shape, one texture, one taste to which you never paid attention to before.

Gratitude has many psychological and physical benefits. These

include stronger immune system, increased sleep quality, lower blood pressure, feeling less lonely and isolated.

The more you remember to live in a state of gratitude, the better you feel and the more motivated you are to continue practicing gratitude. One has to keep up the practice of "looking for the good" in every single day. Develop an attitude of gratitude.

Try expressing gratitude to others. Every day, thank someone. Take time each day for silence. By doing this, you can create the space to be aware of your own gifts which are showered down upon you all day long.

\*Not what we say about our blessings, but how we use them, is truly measure of our thanksgiving. *W. Purkiser*

A special greeting at Thanksgiving time is to express to you my sincere appreciation for your confidence and loyalty.

I am deeply thankful that you continue to read this publication and extend to each of you my best wishes for a happy and healthy Thanksgiving Day.

*Sister Jane*

## Wit and Wisdom

- \*Collect moments not things!
- \*Being happy never goes out of style.
- \*If you look to others for fulfillment, you will never truly be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

*Lao Tzu*

- \*The Zen master Ling Chi said that the miracle is not to walk on burning charcoal or in the thin air or on the water; the miracle is just to walk on earth. You breathe in. You become aware of the fact that you are alive. You are still alive and you are walking on this beautiful planet...The greatest of all miracles is to be alive.

*Thich Nhat Hanh*

- \*Let's feel the magic of those two little, big words, "thank you."

*Ardath Rodale*

- \*What amazes me is that before we can count we are taught to be grateful for what others do. As we are broken open by our experience, we begin to be grateful for what is, and if we live long enough and deep enough and authentically enough, gratitude becomes a way of life. *Mark Nepo*

- \*This Thanksgiving may you experience all the levels of thankfulness and the soul-gifts that each offers. For then it will be truly possible to give and receive joy every day of your life!

## A Grateful Heart...

*"The more you have and are grateful for; the more will be given you." (Ancient spiritual law)*

Much has been said and written about the importance of developing an attitude of gratitude. Oprah once remarked to her audience how powerful gratitude had been in her own life. She claimed that working with gratitude was one of the most life-changing things she had ever done. The more grateful she was, the better her life became. She encouraged others to write down five things every day for which they were grateful for. Then watch your life change for the better.

I certainly have recognized the value of being grateful, knowing that what I think about expands in my life. I have everything I need in life to make me happy but sometimes simply lack the conscious awareness to appreciate it. How many of us go through our days parched and empty, thirsting after happiness, when we're really standing knee-deep in the river of abundance?

Make no mistake about it, the universe will get our attention one way or another with a sip or a splash. So choose today to quench your thirst for the good life we think others lead by acknowledging the good that already exists in our own lives. We can then offer the universe the gift of our grateful hearts.

### **IF YOU DON'T KNOW WHAT TO BE THANKFUL FOR:**

\*If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world \*If you have money in your wallet and spare change in a dish someplace...you are among the top 8% of the world's wealthy. \*If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week. \*If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world. \*If you can attend a church meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world. \*If you hold up your head with a smile on your face and are truly thankful...you are blessed because the majority can, but most do not. \*If you can hold someone's hand, hug them or even touch them on the shoulder...you are blessed because you can offer a healing touch. \*If you can read this message, you just received a double blessing in that someone was thinking of you, and you are more blessed than over two billion people in the world that cannot read at all. BE GRATEFUL!

### **Quotable**

\*I want to grow old without facelifts...I want to have the courage to be loyal to the face I've made. Sometimes I think it would be easier to avoid old age, to die young, but then you'd never complete your life would you? You'd never wholly know you. *Marilyn Monroe*

\*Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains—they increase with the increasing years and my inclination to recount them is also increasing. I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong. Keep me reasonably gentle. I do not have the ambition to become a saint—it is so hard to live with some of them—a harsh old person is one of the devil's masterpieces. Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so. Amen. *Margot Benary-Isbert*

\*You don't stop laughing when you grow old, you grow old when you stop laughing. *George B. Shaw*