

LIFE CHANGING GRATITUDE

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One of the most special Thanksgiving moments I recall was a family moment around the dinner table when each of us expressed what we were grateful for over the past year. In that moment, joy began to expand in our hearts, all the worries slipped away, the stress melted, and the connection deepened. On our journey of spiritual growth, gratitude is a gateway that can open the heart and lead us past the doorway of challenge into the experience of living in the flow of life.

As we count our blessings this week, whether we are aware of it or not, we are using spiritual principles to attract the experiences and things that we desire for our lives. What we focus on expands. This is the basic spiritual Law of Attraction. Therefore, gratitude focuses us spiritually on the magnificence of our lives and attracts more of it to us. Gratitude is a practice that helps us look past the appearances of our current circumstances and create an opening for us to be changed at depth.

One powerful practice that has changed many lives is the practice of taking a few minutes every evening to write down 10 things that we were grateful for in our day. Whether we are grateful for the great cup of coffee enjoyed at a local café, a conversation with an old friend, or having a wonderful job, gratitude works to shift our thoughts and open our minds. It raises our awareness of promise and possibility that is calling us to live extraordinary lives.

In a recent interview on Larry King Live, the Rev. Dr. Michael Beckwith shared these powerful words, "The enlightened give thanks for what most people take for granted." We enlighten our awareness each time we consciously pause to count our blessings and see the good, especially in the most difficult of circumstances. In this way, we become magnets that draw to us love, understanding, friendship, joy, and an abundance of blessings. May we experience the life changing power of gratitude this Thanksgiving.