

gratitude

song: *Thank You* – Dido

week #48

gratitude: (n: own it)

- a feeling of appreciation for kindness or a favor received

acknowledgment, appreciativeness, grace, honor, indebtedness, praise, recognition, thankfulness, thanks

“Gratitude is the heart’s memory.” –Jean Baptiste Massieu

Stop for a moment and without preparing for it, close your eyes and have gratitude for the first thing that comes to your mind. What did you see in your mind’s eye? Why do you feel appreciation? How often do you consciously recognize its value?

Gratitude is conscious reflection; it is not an instinct or a reflex. Gratitude requires a moment of clarity. And as a very private time in your mind, it also requires a moment of truth. Gratitude cannot be experienced as true gratitude unless it’s honest appreciation. A conscious feeling of appreciation will help bring forth your humble acceptance of your birthright; the reality that is your life.

What are your most special places, who are your people, what are those intricate details that you humbly breathe in with gratitude? Be sure to take a moment to recognize them – because moments like these are fleeting.

Each person is blessed with his or her own unique reality. This is your perspective of life as seen through your eyes, heard from your ears.

“You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.” –G.K. Chesterton

Action: During this week of gratitude, take a moment each night to reflect on your unique reality and acknowledge what makes your heart happy. Savor your people...your places...your moments of divine time.



Where are your most special places, who are your most important people, what are those intricate components of your life which you hold with highest regard? When practicing your Squat With Rotation, hold these gifts with gratitude, and then share them with the world.

November Color: Claret Red

This month’s color, claret red, is a great color to use when integrating perception with a more lighthearted detachment.

November Chakra: Root Chakra

Muladhara, or the root chakra, is closely associated with returning karma, the sum of our experiences. Be grateful for all of it.