

The Spirituality Corner

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Giving Thanks

I can't believe Thanksgiving Day is just around the corner. It seems that it was just yesterday that I was sitting here to write about Thanksgiving, last year!

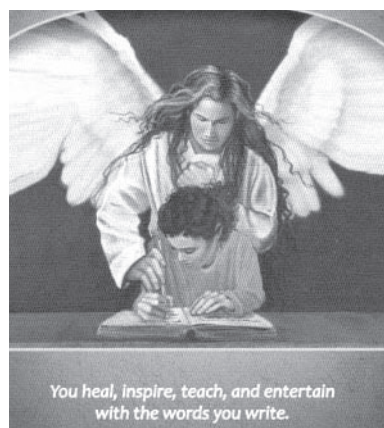
Thanksgiving Day is to remember the things we have to be grateful for. It's our special time to give thanks, not just for the obvious, like food, shelter and safety but for the thousands of fortunate moments, the multitude of blessings that we receive each year.

We do not have any trouble to do this on "Thanksgiving Day", do we? But what is our "normal" attitude during the other 364 days of the year? Oh well, living is not a walk in the park. Problems occur, disappointments, anger, frustrations, etc. Seem to hit us all at once as soon we finish digesting the Thanksgiving meal, and there we go to the same old pattern of complaining and being miserable.

Why does it happen so often? Consider the following: What if we got this magnificent gift we call life, to be exposed to it all, to learn to be grateful for ALL that happens to us? What if we are supposed to learn the lessons aligned to us in this lifetime to learn the power of gratitude?

I know it is not as easy as it sounds. We tend to remember the bad things much more easily than the good. That's where this article comes in, using the tips below; you can make thankfulness an everyday habit. It's a skill that will benefit you throughout the year.

Begin by keeping a gratitude journal. Don't write down negative things; only positive ones. For example, "I'm grateful that I made it through that heavy rush hour traffic safely." "I'm grateful that I got to see a beautiful sunset." "I'm grateful that I have a class to attend. The more challenging step for most people, is feeling gratitude for dismal



experiences in their lives, for losses, trials and tribulations, for those people and situations in our lives that brought us even some pain and discomfort.

Now here comes the most difficult step in the art of gratitude. Let's us examine the valuable of gratitude for our suffering. Suffering may be considered useful or useless. Useless suffering is when we've gone through some experience and haven't learned anything from it. Useful suffering is when we've gone through the unpleasant experience but have gained some valuable lessons.

Perhaps the unpleasant experiences have pushed us to develop some skills and abilities we didn't feel motivated to develop before? Perhaps the unpleasant experiences have pushed us to the point where, unaware of any other choice to stop the suffering, we finally discovered incredible resources within ourselves, to make changes in our lives that would bring us more joy!

When we express gratitude for these depressing experiences, of trial and tribulations, we acknowledge the blessings within them and our power to transmute any condition into its higher state. We acknowledge the lesson as a blessing in disguise.

Now, that you have come this far, you are ready to go one step further and think of those things you'd like to have in your life - feel how you would feel having them right now and express gratitude for them as if you already have them.

Gratitude fulfills the law of

multiplication. Whatever you genuinely feel grateful for, you multiply in your life. We are all energetic beings, and the energetic vibration of gratitude is one of the highest and purest vibrations available to us.

Gratitude is the fastest way to draw those experiences into your life. When you feel gratitude for something, you acknowledge that you have already received it, you program this desirable experience as your reality into your subconscious mind, you expect it to happen, you begin looking for proofs that it is a part of your life, you begin acting as if this is true for you now and you begin to experience what may be nothing short of miracles. Sending out this kind of pure positive energy into your life will bring more of that back to you. If you practice having an attitude of gratitude in your life, you jump start the process of manifesting all of your desires.

Don't focus on what you don't have. Focus on what you do have. For example: "I'm so fortunate to have a warm place to sleep in the winter." "I'm so fortunate to live in a safe neighborhood where I can take walks." "I'm so fortunate to be able to see the beauty around me."

Think about people you've known that have made you thankful for their existence. They can be family, friends or simply people that you've read about or seen on television. Imagine how many other people there are who might be equally as wonderful. You just haven't met them yet.

Think about people who have made life hard for you. Now think about the things you accomplished because of them. Did you finish something because they said that you couldn't? Did you get better at something because they made fun of you when you did it badly? Did their cruel actions make you vow never to treat others that way? Even the negative forces in your life can be hidden blessings, worthy of your gratitude, because it is a lesson in disguise.

Think about the animals that

have given you joy: Dogs that love you with every inch of their hearts, cats that think your lap is the best place to nap in the whole world, and birds whose songs uplift your spirit. Isn't there abundant opportunity to be grateful?

Think about the places that make you smile: A favorite hangout, a wooded trail, an exciting city, a great spot from which to view the sky. Give thanks for all these things.

Now pass it on. True gratitude involves action. Lend a hand. Pitch in. Make a gift. Give your time. Listen. Give back as often as you can. Even a friendly greeting can make all the difference in the world. When you admire something in someone, tell them.

Create your own opportunities for gratitude. Do you know someone who never seems happy? Be ready with a smile and a kind word each time you see them. It may require patience, but eventually, they'll smile first when they see you. Your interactions with them will be much more pleasant. Guess what? You'll have a new reason to be grateful!

Let others know when they've done something that you're thankful for. For example, "I'll never forget how you stuck up for me. It meant a lot." "That email you sent really made my day." "Your friendly attitude makes a joy to shop here". An attitude of gratitude spreads like ripples from a tossed pebble, benefitting all it touches.

Remember that hard times make good times sweeter. Also keep in mind that obstacles and challenges not only make you stronger, but they force you to explore outside the comfort zone that you've settled into. Without challenges, there can be no progress. Without obstacles, there can be no achievement. Be grateful for the opportunities that they provide.

Please do not limit your gratitude to "Thanksgiving day". Make gratitude part of your daily living.

"HAPPY THANKSGIVING DAY"