

Maintaining an attitude of gratitude

Spiritual Wisdom

When you arise in the morning, think of what a precious privilege it is to be alive — to breathe, to think, to enjoy, to love.

—Marcus Aurelius

You have a choice, no matter who you are or what your life is like. You can either be grateful for whatever you have, or you can be ungrateful. I suggest that making an effort to be more consciously grateful for whatever large or small blessings have come into your life is a good idea. Gratitude is the magic formula, not only for forgiveness, but also for happiness and peacefulness, along with worldly and spiritual success.

When you're grateful, you're likely to be in a better mood, and when you're in a better mood, you're likely to be kinder and friendlier with people, generating more friendliness in return. Being in a good mood automatically makes your life better and helps you work, play, and love better.

Having a bigger-picture spiritual view of life gives you many more opportunities to feel gratitude. Everything is a gift from God and divine spirit, and the more grateful you are, the more opportunities you'll likely have to experience even more gratitude. The world inherently draws to you people and experiences that reflect your thoughts and feelings; therefore, having gratitude can reflect back to you in wonderful ways.

Eventually you may achieve a state of mind that maintains a base level feeling of gratitude at all times and in all circumstances. True gratitude is ultimately independent of the specific details of your life. A true attitude of gratitude is an unconditional appreciation for everything, all at once.

Spirituality in Action

Thank you, God!

Here's a contemplation that can help you feel more gratitude for everything in your life:

- 1. Take a few moments to contemplate something you're especially grateful for in your life.** Allow your feelings of gratitude to come forth, while remembering all the details about whomever or whatever you're feeling grateful for.
- 2. Now, remove the outer circumstances from your mind and focus your attention on just on the feeling of gratitude that remains.**
- 3. Allow that essence of gratitude to expand throughout everything in your life.**

Be grateful for life itself, without limiting your gratitude to anything in particular.