

“Gratitude celebrates our connections with other beings and our capacity to offer mutual support. It is a form of openness and generosity that strengthens relationships and heals tension, resentment and anger. Gratitude call us to strip away unnecessary complexities, and to be simple and natural with each other. It brings peace and harmony.

To receive gratitude from others is to strengthen our confidence that we have a positive role to play in the world. It makes us feel recognized, encouraged and inspired. When we are able to offer gratitude sincerely to someone else, notice how it brings a pleasant taste in the mouth, a warm feeling in the heart and a surge of energy. Appreciation feels good.

Gratitude is grounded in the wisdom which accepts that we are neither independent nor self-sufficient, but part of an extraordinary continuum of events and beings on the planet. It encourages us to welcome reality, rather than to fight it—appreciating every single thing that happens as a potential source of insight and growth is one of the key ingredients for a happy life.

All too often, it takes a major crisis to pull us out of our self-sufficient isolation and trigger an expression of gratitude. It may feel daunting or impossible to re-enter old areas of our lives, with all their complexity and unresolved issues. There may be feelings of pain, guilt and regret. But it need not be as difficult as it seems and the sense of resolution can be extraordinary. Whether we like it or not, expressing and receiving gratitude is a basic human need.”

From 16 Guidelines for Life by Alison Murdoch and Deyki-Lee Oldershaw

“....the solution to the shopping season’s excesses may lie in the very message of Thanksgiving itself....current findings show that while feeling happy doesn’t do much to increase patience, feeling grateful does. So if you’re looking to avoid impulse buying this year, take time not only to celebrate with your friends and family, but also to count your blessings. You may find that the easiest way to thwart retailers’ enticements as you peruse the shopping aisle isn’t to try to resist what you want, it’s to be thankful for what you have.” David de Steno, article in NY Times, How to Defeat the Impulse Buy: With holiday shopping, willpower isn’t enough.

Gratitude is one of the four qualities encouraged in students training in our programs. The other three are humility, stability, and sincere heart.

From our Right Livelihood Guidelines comes:

Practice gratitude

1. Notice what you have.
2. Be equally grateful for opportunities and challenges.
3. Share joy, not negativity.