

Key of Life



Session 3 ~ Be Grateful
Would you like to experience life as performance art—a dance, a dream, a grand adventure with YOU as the star? Maybe you can, by simply shifting your point of view.



	BE	POWER OF	THEME
3	GRATEFUL	APPRECIATION	Where Attention Goes
BENEFIT—Open the floodgates to ‘Life Abundant’			

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."

- Melody Beattie

- **It's impossible to overestimate the transformative power of gratitude, but it's a tool we may sometimes overlook.**
- We might forget to express our thanks when things are going well,
- and it can be challenging to tap into grateful feelings when we're suffering.
- But, whether we have 'the feels' or not, there's always something to be grateful for, isn't there?
- *Even if it's simply the breath of life.*



The Angelus by Jean-Francois Millet
Public domain

The act of giving thanks turns your attention away from self-pity and towards appreciation.



When you feel overwhelmed and think you're powerless, gratitude comes to the rescue. Like the hero from an old-time melodrama, you can cut loose the ropes that tie you to the railroad tracks.

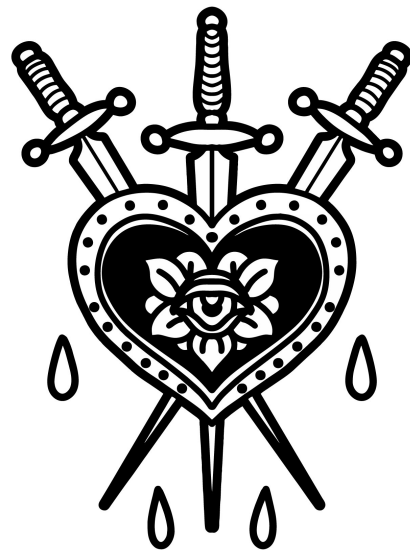
We are blessed with gifts to appreciate—the beauty of the world around us, kind people, food, shelter, warmth, the list goes on and on.

Still, there are times when extreme circumstances might seem to block our flow of happiness.

I'll never forget the time a friend of mine was recovering from a breakup while healing from major surgery.

- He was in intense pain, both physically and emotionally.
- It would be an understatement to say he didn't feel happy, yet he kept breathing.
- You can be grateful, even if you're not yet feeling it in your emotions.

If humbly taking the next breath is the best you can do, then do that as you begin to turn gratitude into a habit.



James Redfield, author of The Celestine Prophecy, once wrote *"Where attention goes, energy flows."* This quote has been attributed to a number of sources, including Tony Robbins and the Sufis. The saying is so obviously true that it might well predate all of the above.

When I focus my attention on sorrow, the pain grows, but as I write this, my focus is on gratitude for the beauty before me.

I see sunlight bouncing off of the reds and greens of the Japanese maple on my patio. The breeze dances with colorful flags stretched across the foundation of the upstairs deck.



- The breeze playfully picks them apart, carrying our prayers to the great beyond, one thread at a time, filling my heart with gratitude, joy, and peace.

When I look to my circumstances for satisfaction, I can't always find it.



- Comparing myself to others often leaves me feeling 'less-than'.
- I have laundry to wash and business goals to work on.
- When I'm thankful for the opportunity and strength to tackle the tasks before me, my work becomes love in action.
- *The lens of gratitude transforms the wilderness into the Garden of Eden.*

*"Got no mansion, got no yacht
Still I'm happy with what I've got
I've got the sun in the morning and the moon at night."* Irving Berlin

"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in." - Kristin Armstrong

NGRX 3.1

Practicing Gratitude A

1. Make a list of things you're grateful for right now.
2. Did you remember life itself?
3. Consider the possibility of regularly making a gratitude list, maybe daily or weekly.
 - 3.a. The number of items on your list is up to you. 3? 5? 10? However many you happen to think of?
 - 3.b. Consider allowing yourself to feel thankfulness as it naturally arises in response to the items on your list, but don't force it. The more you come into alignment with your true nature, the more you will experience feelings of joy and appreciation.

NGRX 3.2

Practicing Gratitude B

This is for the times when it may be more challenging to feel your gratitude.

1. Most people can hold their breath for 1-2 minutes without harm. Depending on your physical condition, and without risking your safety, set a stopwatch in your clock app, and see how long you can go without breathing. As your need for oxygen grows, the desire to inhale will override everything else. Hold off for as long as you can safely do so. When you breathe in, notice how wonderful it is.
2. During this exercise, **you** are in charge. You can breathe whenever you choose. Can you Imagine how grateful you would be for that breath in other circumstances?
3. Do you have running hot and cold water? Reliable electricity? A place to sleep? The love of friends and family? Animal companions?
4. Do you appreciate the beauty around you? Landscape or cityscape, architecture or nature, sky, trees, flowers, and the colors? How many shades of green can you see?