

Thoughts on Gratitude

Our eyes are opened to that surprise character of the world around us the moment we wake up from taking things for granted. For example, a rainbow always comes as a surprise. Gratuitousness bursts in on us, the gratuitousness for all there is. When this happens, our spontaneous response is surprise. It is also the beginning of gratefulness... Do we find it difficult to imagine that gratefulness could ever become our basic attitude toward life? In moments of surprise we catch at least a glimpse of the joy to which gratefulness opens the door. What counts on our path to fulfillment is that we remember the great truth that moments of surprise want to teach us: everything is a gift. The degree to which we are awake to this truth is the measure of our gratefulness. And gratefulness is the measure of our aliveness.

~ *Brother David Steindl-Rast*

Gratitude focuses our attention on the good things in life. It takes our blessings and multiplies them. When we joyfully express appreciation, it opens our hearts and allows us to experience more love. ~ *Daniel T. Peralta*

Gratitude is our heart-filled thankfulness in action. It is a living expression of our connectedness with everything around us. All that happens in our lives can be viewed through the eyes of abundance and deepening wisdom. Continuously acknowledging our thanks with compassionate attention and mindful action is the essence of a fulfilled life. ~ *Chris Mathe*

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. ~ *Melody Beattie*

There is a calmness to a life lived in Gratitude, a quiet joy. ~ *Ralph H. Blum*

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~ *John Fitzgerald Kennedy*

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts. ~ *David O. McKay*

Feeling gratitude and not expressing it is like wrapping a present and not giving it.
~ *William Arthur Ward*

Our indebtedness . . . is not virtue; our repayment is. Virtue begins when we dedicate ourselves actively to the job of gratitude. ~ *Ruth Benedict*

