

GRATEFULNESS

Happiness is not what makes us grateful. It is gratefulness that makes us

happy.

David Steindl-Rast
A Listening Heart

Gratitude makes us feel bursting with delight, just to remember the gifts we have received. Thus we are doubly blessed when we receive something: for the gift itself and later, in recall, for the miracle of having been given it.

M.J. Ryan

A thankful person is thankful under all circumstances. A complaining soul complains even in paradise.

Baha'u'llah

For all that has been, thanks; to all that will be, yes.

Dag Hammarskjold

God always provides what we need, but we must be ready to open our eyes and see it.

The Midrash

Holiness comes wrapped in the ordinary. There are burning bushes all around you. Every tree is full of angels. Hidden beauty is waiting in every crumb.

Macrina Wiederkehr, O.S.B
A Tree Full of Angels

Grief and gratitude are kindred souls, each pointing to the beauty of what is transient and given to us by grace.

Patricia Campbell Carlson
(Letter to a friend)

For many years, at great cost, I traveled through many countries, saw the high mountains, the oceans. The only things I did not see were the sparkling dewdrops in the grass just outside my door.

Rabindranath Tagore

How lucky I am to have something that makes saying goodbye so hard.

A.A. Milne

Winnie-the-Pooh

Prosperity depends more on wanting what you have than having what you want.

Geoffrey F. Abert

Something precious is lost if we rush headlong into the details of life without pausing for a moment to pay homage to the mystery of life and the gift of another day.

Kent Nerburn

Perpetual gratitude toward people around us initiates habits of thankful prayer. It also starts a chain reaction of giving thanks, till our friends and loved ones and our whole world become imbued in grateful living.

Edward Hays

The Great Escape Manual

Everyone needs beauty as well as bread, places to play and pray, where nature heals and gives strength to body and soul alike.

John Muir

True wealth is not measured in money or status or power. It is measured in the legacy we leave behind for those we love and those we inspire.

Cesar Chavez

Eulogy for Rufino Contreras, Calexico, CA, Feb. 14, 1979

Can you see the holiness in those things you take for granted – a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.

Rabbi Harold Kushner

A lack of a daily tonic of gratitude results in an anemic soul, which, in turn, contributes to a physical sense of listlessness. A grateful soul, on the other hand, is vibrant and animated and so permeates your body with zest and with an enjoyment of a life littered with gifts.

Edward Hays

Prayer Notes to a Friend, Forest of Peace Publishing, 2002

People who have faith in life are like swimmers who entrust themselves to a rushing river. They neither abandon themselves to its current nor try to resist it. Rather, they adjust their every movement to the watercourse, use it with purpose and skill, and enjoy the adventure.

David Steindl-Rast

You don't get to choose how you're going to die. Or when. You can decide how you're going to live now.

Joan Baez

I personally believe that each of us was put here for a purpose – to build not to destroy. If I can make people smile, then I have served my purpose for God.

Red Skelton, Comedian, 1913-1997

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, "I used everything you gave me."

Erma Bombeck

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it.

The Talmud

Any kind of expectation creates a problem. We should accept, but not expect. Whatever comes, accept it. Whatever goes, accept it. The immediate benefit is that your mind is always peaceful.

Sri Swami Satchidananda

I have sometimes been wildly, despairingly, acutely miserable...but through it all I still know quite certainly that just to be alive is a grand thing.

Agatha Christi

In moments of surprise we catch at least a glimpse of the joy to which gratefulness opens the door.

David Steindl-Rast

Gratefulness, the Heart of Prayer

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.

Helen Keller

Most of us look at our ideals, say how far we are from them, and get depressed. But it is heroic simply to say, "Here are my ideals," state them before the world, and then spend your life trying to live up to them.

Keshavan Nair

New Dimensions Radio interview

I think over again my small adventures, my fears, those small ones that seemed so big, all those vital things I had to get and to reach, and yet there is only one great thing: to live and see the great day that dawns, and the light that fills the world.

Old Innuite Song