

"When, through consistent practice, we consciously generate and uphold gratitude, we build up a storehouse of gratitude within, which then arises whenever we are appreciative of some blessing we might have previously overlooked or taken for granted."

~ Ram Butler

Happy, Happy Tuesday!!! and a great, gratitude filled day to you all . . . gratitude is an interesting thing. All spiritual teachings stress the importance of gratitude, of feeling gratitude, of making gratitude lists . . . but, when I did not live in a space of gratitude, I was not feelin' it, period. Didn't matter what list I made, or if I said I was grateful, I was simply not . . . on the other hand, living in a space of gratitude, as I have been for some time, completely, totally, the feeling simply arises, or is there, with me as my constant companion. What is key is to act as if. When we pretend, or act as if, we, with consistent practice and over time, create neural pathways corresponding to whatever that practice is, in this case gratitude. I encourage y'all to practice feeling gratitude, even when you are not, because feeling grateful as a state of being is . . . a true blessing unto itself . . . Peace . . . 😊