

Gratitude is Many Things!

Gratitude is much more than the simple act of saying thank you. Did you know that there is a spiritual quality to gratitude? A vibration that recognizes we are all connected to each other in a mysterious, miraculous and almost magical way. To celebrate is to experience gratitude—celebration is intensified gratitude.

There is so much empowerment within one who truly understands, appreciates and lives with gratitude, that it actually changes their whole outlook on life to one that is incredibly positive, enlightening and happy. In fact, creating a positive attitude begins by developing a sense of appreciation and thanks for all of the things that are a part of our lives. Gratitude helps develop a positive attitude because it turns our focus toward what is good in our lives. Thinking of things we can be grateful for and of things we like about ourselves, serves to develop a higher sense of self-esteem, self-confidence and self-worth. **This leads to a more positive outlook on life.**

Gratitude is the act of intellectually recognizing, willingly acknowledging and emotionally appreciating such things as the kindness of others, gifts bestowed upon us, or the beauty of a grand, majestic mountain. We have all felt the power of these feelings at one time or another in our lives. We do not need to take in the awesome wonderment of the Grand Canyon to experience a feeling of immense peace and calmness; we can grasp that feeling anytime, anywhere, if we train ourselves to think with a gracious attitude. That's truly all it takes. Gratitude is to feel the beauty of life in everything, from the simple and small things, to the breathtaking beauty of mountainous landscapes and the grandiose accomplishments of human beings. We don't need to look far. **It's all around us and most importantly, it's within us.**

Discovering the power of gratitude allows us to tap into feelings that are important to us, to understand them, embrace them and act upon them. This begins with our grateful acknowledgement of the world in which we live, the people with whom we share this planet; and of course, acknowledging the importance of our own being. **You are important! We are important! The world is grateful to have us!**

Dr. Stacey Scott is a Doctor of Chiropractic, co-owner of Woodgrove Pines Clinic in Nanaimo, and president of Banana Moon. She creates unique products of gratitude, inspiration and celebration, visit www.bananamoon.ca



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Psychometry is the act of using an inanimate object that carries a persons' energy, to receive impressions and readings of energy related to that person.

bnglacasse@shaw.ca

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