

Gratitude

A heart that makes room for gratitude is never disappointed. God sees to it that the blessings we bestow on others boomerang back to us—sometimes in unexpected ways but always there nonetheless. An attitude of gratitude equips us to face both the mountains and the valleys of life because we know who our Navigator is. Everything we encounter contributes to our ultimate good when we trust the journey to God.

May your happiness be complete as you give thanks for the good things He has brought your way.

*The unthankful heart...discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!

Henry Ward Beecher

*I thank you God for this most amazing day; for the leaping greenly spirits of trees and a blue dream of sky; and for everything which is natural which is infinite which is yes.

E.E. Cummings

God's Harvest For All

General Dag Hammarskjold once stated *For all that has been—thanks! For all that will be—yes!*

Gratitude is the gift of “yes”—yes to life, yes to blessing, yes to God, yes to the possibility, and yes to others. In an interdependent universe, the energy of life is constantly flowing through us, and we are constantly receiving and giving—gratitude is the awareness that we can shape our lives to bless and heal and love out of the bounty we have received. So, throughout the day give “thanks”—remember those who have supported you and upon whom you depend today; notice your interchanges with others; and look for the movements of God in every interaction. This is a wonderful life that beckons us to give thanks at every turn.

Why does this holiday hold such meaning? It's about gratitude for Life's simplest joys and greatest blessings! Its about being thankful for each other.

An art to live fully

To live fully means living passionately, peacefully, joyfully and healthfully while celebrating and playing at this game of life. In order to do this, look at your life from a higher perspective rather than getting caught up in the day-to-day inconsequential matters. Love all aspects of your life. Be grateful for your challenges because they make you grow and become stronger.

Living fully means playing at work and working at your play. Nurture your spiritual life. Make everything you do sacred for every step you take is on holy ground. Play at this game of life and live in alignment with your integrity and highest vision. Commit to becoming master of your life and captain of your soul.

There is more hunger for love and appreciation in this world than for bread.

Mother Teresa



Thankful

Remember: YOU ARE SPECIAL

You are special. In all the world there is nobody like you.

Since the beginning of time, there has never been another person like you. Nobody has your smile. Nobody has your eyes, your nose, your hair, your hands, your voice. YOU ARE SPECIAL!

In all of time there has been no one who laughs like you, no one who cries like you. And what makes you laugh and cry will never provoke identical laughter and tears from anyone else ever...

You're the only one in all of creation who has your set of abilities. Oh, there will always be somebody who is better at one of the things you're good at, but no one in the Universe can reach the quality of your combination of talents, ideas, abilities and feelings.

Through all of eternity no one will ever look, talk, walk, think, or do like you. YOU ARE SPECIAL. YOU ARE RARE!

And, as in all rarity, there is great value. Because of your great rare value, you need not attempt to imitate others, you accept—yes, celebrate—your differences.

YOU ARE SPECIAL! And begin to realize it's no accident that you're special. Begin to see that God has made you special for a very special purpose. He must have a job for you that no one else can do so well as you. Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes...

That one is YOU. Because YOU ARE SPECIAL!!!



HEALTH MATTERS

What is A-fib? During atrial fibrillation (A-fib), the upper chambers of the heart don't beat in coordination with the lower chambers, which results in an irregular heartbeat. A-fib can weaken the heart and lead to heart failure. It can also cause blood to pool and form clots. If a clot breaks off and blocks blood flow to the brain, a stroke may occur. Fortunately, surgical procedures, medications and lifestyle changes can help. In fact, the American Heart Association recently updated treatment guidelines.

The question asked is: How do I know if I have A-fib? Certain conditions, like high blood pressure, can raise your risk for developing A-fib. While some people experience palpitations, dizziness, or weakness, others have no symptoms at all, so seeing your physician if you are feeling off your game is a good move.

Friends...

Friends are like balloons; once you let them go, you might not get them back. Sometimes we get so busy with our own lives and problems that we may not even notice that we've let them fly away. Sometimes, we are so caught up in who's right and who's wrong. Sometimes we just don't realize what real friendship means, until it is too late. Don't let that happen. Tie your friends to your heart so you never lose them.