

Gratitude

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.

John O'Donohue

Make every day a day of Thanksgiving
And continuous contentment will
Sparkle in your body, mind and soul.

Paramahansa Yogananda