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From Holistic Health Practice

"If the only prayer you ever say in your entire life is thank you, it will be enough." ~ Meister Eckhart

It is easy to be grateful for all the many blessings in our lives... or, more authentically, the people, things, and ideas that we **perceive** as blessings. Many of us this Thursday will have no trouble sitting down and expressing our gratitude for our family and friends, our health, the fact that in a turbulent economy we are still capable of putting a feast on the table, for the abundant richness of our lives beyond dollars and cents.

It is much more difficult to be thankful for the complexities that confront us - the challenges that cause us to question our identity in the world, that force us to look at our beliefs, our hopes, our needs, and begin to change. And yet, with time, it is exactly these events that we are able to look back upon and see how much their occurrence has ultimately improved the quality of our lives and the depth of our consciousness.

Gratitude is a critical component of the letting go process. Being able to look at an event or relationship and be grateful for what DID happen as opposed to what didn't, to appreciate what was instead of what wasn't or isn't, to seek for and acknowledge the ultimate value of the experience allows us to move beyond the pain and confusion that keep us trapped in the **woulda-coulda-shouldas** of the past and move into the future with new understanding and a positive outlook.

This Thanksgiving, in addition to expressing your thankfulness for all the many blessings in your life that you hope will continue, consider those things that you are grateful for that you are ready to surrender.

Life will be lighter and brighter for it.

Wishing you a happy & healthy celebration and with much gratitude for your presence in our lives!

Kurt, Sara, Amie, Kevin, Sheree, Derrick, Matt, Kelly, & Tara

"Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight." ~ Joan D. Chittister

HHP/ts



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