



# DAILY GRATITUDE *Reflections*

365 Inspirational  
Daily Guides  
to Grateful Living

Deborah Perdue

## *DEDICATION*

*To all of the spiritual lightworkers  
who assist in bringing more peace, joy and love  
into the world.*

*And to all who are striving to awaken and help too.*

*Thank you!*

## - DAY 1 -

*"The universe buries strange jewels deep within us all, and then stands back to see if we can find them."*

Elizabeth Gilbert

As I soul-search and keep evolving, I discover and excavate more and more precious jewels within me.

Who I was in my twenties is not a reflection of who I am now.

I have become more extroverted, though I am still an introvert.

I keep finding facets of creativity to bring forth.

My ability to love has grown exponentially.

I am still a diamond in the rough but life is polishing me.

And yes, I am grateful.



## - DAY 2 -

*"With the opening of the New Year, all the closed portals of limitations will be thrown open, and I shall move through them to vaster fields, where my worthwhile dreams of life will be fulfilled."*

Paramahansa Yogananda

I throw my own arms open to let the vaster fields of my dreams come into my life.

How amazing it is to always have more to wish for, more to accomplish, more to manifest.

Life is not static, and it is a great gift that it's ever-changing and fluid.

I am incredibly grateful for all of this and so much more.

Thank you, Infinite Universe.

### – DAY 3 –

*“Soft, fluid and ever changing, a jellyfish surrenders to the ocean’s drifts and currents . . . by letting go, it gets to where it needs to go. We can learn a lesson from the jellyfish: Soften, let go, be patient and you will get where you need to go. Surrender is powerful.”*

Emily Silva

I embrace surrender and letting go even though that goes against the tenaciousness in me. I soften my assured stance and trust that Spirit leads me. I need not fight against any currents. I am right where I need to be in every moment.

I am grateful for this wisdom. I am grateful for letting God and letting go.



### – DAY 4 –

*“You are loved just for being who you are, just for existing. You don’t have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success – none of that matters. No one can take this love away from you, and it will always be here.”*

Ram Dass

Oh, to remember this every second of my life!  
I am eternally grateful for every minute that I DO know and realize the truth of the inherent love that is the truth of life, of me,  
of every single bit of life.

Let me love without measure.

And let me love myself as much as those I adore.

Let me love, love and then love some more.

Thank you.

## – DAY 5 –

*“People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?”*

Thich Nhat Hanh

I am resolute in my devotion to the beauty, the compassion, the harmony of life. I envision deep peace, and pivot away from any lack.

Doing so, I nurture the blooming that opens my heart and soul,  
rather than what mutes my zest.

LIFE IS TRULY SO BREATHTAKINGLY BEAUTIFUL  
and I am grateful beyond reason for that.



## – DAY 6 –

*“Back of our smallest act is the strength of the Universe.  
Behind all our thoughts is the Infinite Thinker.  
Diffused through every human activity is the Divine Presence.”*

Ernest Holmes

Wow! I sometimes find this hard to believe, going into doubt or fear,  
however, I shore up my faith and trust in this knowing.

I tap into the Divine strength and guidance every single day, religiously.

I ward off thoughts of how this couldn't be possible  
looking at the state of the world and some people's actions,  
yet I know without an iota of doubt that Oneness is the truth of life  
and in that Oneness, we can know it all and I am deeply thankful.

## – DAY 7 –

You know how sometimes things go wrong, and then we are very disappointed and dismayed?

When things happen where I am let down, I can feel hopeless, as if there is a big blockade in front of me.

What I am grateful for is how when roadblocks happen in my life, (after I go through the process of disappointment and grief), then like a phoenix, I DO rise from the ashes, filled with new energy and enthusiasm and motivation to try, try again!

I am thankful for my stick-to-it-ness!



## – DAY 8 –

Sometimes I feel like a broken record, repeating grateful, positive ideas and messages over and over and over.

Yet, as a society don't we bang the drum time and time again on what is wrong, what is not working?

I'm speaking of a prevailing, ongoing commentary of lack, scarcity, disease, nature catastrophes, war, domination – all with the predominating feeling of FEAR.

So consider my messages a healing balm.  
I proudly and firmly bang my dream for love, peace, harmony, plenty, well-being, joy and all-good.  
It is a steady, insistent beat, and I do not apologize. Forever thankful.



## - DAY 9 -

*"Do not be dismayed by the darkness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you."*

L.R. Knost

I find great solace in the quote above as so much appears to be not right on Earth. And with all my heart, I wish to shine my loving light on all I encounter. I am thankful to stand for peace and to walk the talk too.

Darkness can always be dissipated completely with light. Sow love instead of hate. Have compassion for even those who seem to be snuffing out the light. I am grateful for every bright-light wayshowers on this planet, myself included.



## - DAY 10 -

*"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."*

Albert Einstein

I sometimes am guilty of forgetting the sacred gift of intuition. And yet I know my intuition serves me in benevolent ways, when I trust it. It is all-knowing and omniscient.

When we are intuitive, we are tapping into the Divine mind.

It takes listening and paying attention, not letting it be drowned out by facts and rationalizations.

Intuition is quiet, and I find that the logical, rational mind can shout at me. Thank you, Great Spirit, for the plethora of gifts you bestow upon all of us and let us use them for all good.

## – DAY 23 –

So thankful for the happy home where I abide . . .  
with forests and rivers and clear blue skies surrounding us,  
with cherished pets that delight me in their company every single day . . .  
our happy home is the retreat I come home to whenever I am away.

And more than that, I abide in my own happy home,  
the one that is within me, the place that always offers comfort  
and quiet solace as I commune with the Oneness that is deep within me  
and all around me.

Home is where the heart is  
and I am deeply grateful.



## – DAY 24 –

It is said, and I believe, that when one door closes, another opens.

How thankful I am that I am willing to enter new territory  
even when I've never ventured there before.

I am supremely grateful for the courage, inner strength  
and resilience I possess.

It bides me well when the old and familiar is over,  
and it's time to move on.  
I can accept it and feel trust that I am supported, guided  
and always taken care of.

That which I am seeking is also seeking me and we find each other!



– DAY 67 –

I am grateful for my own sunny nature!  
I tend to see the glass half full,  
I enjoy wearing my rose-colored glasses,  
and I am optimistic and cheery most of the time.  
(Of course, I have my moods.)

I also so appreciate the upbeat people in my life who share these qualities.  
How glad I am to have a bit of Pollyanna in me.

I am sure as can be that positive thoughts and feelings help the world!  
Keep smiling . . .



– DAY 68 –

I am greatly thankful for  
ACCEPTANCE.

It is the key to peace of mind; it is the key to letting go of my own agenda  
when I really don't know what is right.

It is a way to garner patience if I think I know when something should  
happen, and it doesn't.

To be spiritually mature, as I strive to be, I know that acceptance, allowing,  
and surrender always help, they do not hinder.

I appreciate my ability to accept and surrender  
to my Higher Power's wisdom.

## - DAY 69 -

*"In the stillness of the quiet, if we listen, we can hear the whisper of the heart giving strength to weakness, courage to fear, hope to despair."*

Howard Thurman

Silence is so sacred.

I gently welcome it in the morning, in the wee hours of dawn.  
Every day I am thankful for this precious time to connect with Spirit,  
with angelic presences, and with my own higher self.  
The stillness offers replenishment, offers forgiveness, offers so much  
that can't be seen or measured  
but is the essence of life . . . love and peace and deep inner joy.  
I am grateful to listen in the silence, and let that which is more  
than me preside.



## - DAY 70 -

*"The head is like a public square. Anything at all can enter there, come, cross over, go out, and create a lot of disorder . . .  
It's not the head that has wings, it's the heart."*

Mirra Alfassa, known as The Mother

How grateful I am to listen to my compassionate, caring heart,  
instead of letting that voice from my head worry and gnaw on crazy-  
making thoughts, and fabricate scenarios as it tends to do.

I am deeply appreciative of the vital energy, the love and power,  
the strength that is there when I hone in on my heart chakra.

When I go within and listen, true wisdom lives!  
So very thankful.

## – DAY 71 –

*“Always hold fast to the present. Every situation, indeed every moment, is of infinite value, for it is the representative of a whole eternity.”*

Johann Wolfgang von Goethe

What a cosmic reminder this is.

I am grateful for all the benefits of staying in the now, which include staying in peace, in plenty, in joy. And I love the idea of eternity held in the present moment. Every tiny blade of grass, grain of sand, piece of earth, molecule, atom and particle is a representative of all that is.

I relish my connection to the Oneness that is inherent in every single person, place and thing – and I am both awestruck, and supremely grateful.



## – DAY 72 –

*“How do we look with spiritual eyes? Begin with kindness.”*

David Ault

I am thankful to look at the world and its inhabitants with my spiritual eyes.

With that vision, everything and everyone is beautiful, is good, is filled with light.

Judgment falls away . . . because I am positive that each person is doing the absolute best they can.

I am supremely grateful for inner luminosity that helps me to see clearly and kindly.

## - DAY 73 -

*"The more that we allow our hearts to expand to love, deeply appreciate, and feel inextricably tied to the places, things and people of this world, the more we are likely to take a stand on behalf of what we value."*

Kristi Nelson

It is sometimes tempting to close my heart – when someone hurts my feelings, when I feel rejection, when I lose someone precious to me. It is easy for me to lash out, to put up barriers, to decide I will close up. Yet as I grow more spiritually awake, I purposely keep my heart open in expansion, appreciating even the pain, feeling it and letting it go.

Love is the power that rules the universe and I am grateful to have an open, caring, loving heart. Today, I take a stand for love!



## - DAY 74 -

*"We are all multidimensional beings, crossing the dimensions at will and unknowingly. The higher your vibrations and natural positivity, the higher dimension you are dwelling upon."*

Andre Fau

I appreciate so very much knowing that the dimension we live in on a day-to-day basis is not the only one! As my consciousness expands, I can feel other dimensions even within myself, and when I am there, there is bliss, there is joy, there is deep peace.

There is so much more! Mystics from all ages report so too. I am grateful for all the levels of existence, often invisible to us. I am grateful for the veil between worlds lightening and lifting.

– DAY 75 –

*“If you find yourself in a hole, stop digging.”*

Will Rogers

These days, when I encounter obstacles, I don’t push and shove to make things happen. I realize it is a sign from the Universe that a pause is needed and maybe I don’t go forward with my plan after all.

Persistence is a virtue, and tenaciousness is sometimes a very good quality, but I know where my limits are, and don’t get stuck in a hole of my own making.

I am so grateful to know when to listen to my inner guidance, and to let things go when it is right, resting in Divine right order and timing.



– DAY 76 –

*“Wholeness is not a goal that we achieve. It’s not a place that we can get to; it is an awareness that awakens within us.”*

Sherri Mitchell

I am grateful for the harmonious wholeness and unity that is always there for me to tap into.

At my core is a serene, peaceful sense of completeness . . .

I can’t always access it, yet I do touch into it when I am quiet, when I go deep within, when I listen to inner guidance, when I realize how interconnected all of life is.

How glad I am to know that I am wholeness; I am well-being, I am the perfection of God, with all of my qualities and shortcomings.

– DAY 77 –

I am so thankful to realize that people and situations that may dismay me  
are actually conjured up by me for my own growing and evolving!

As I can genuinely thank the person or event,  
I move into a greater knowing  
of my own power as an individualized expression of Spirit,  
stemming from the Truth of who I am.

Thank you, Life, with all my heart,  
for the learning and wisdom I am gaining (remembering)  
in this lifetime.



– DAY 78 –

*“Listen to the river sing sweet songs to rock my soul.”*  
Robert Hunter/Jerry Garcia

Oftentimes when I am down, I hear a tender voice within me that soothes  
my cares and concerns.

It can happen when I’ve had a tough work day and I look around, and there is  
so much still left to do – cleaning my messy house, making meals, walking our  
dogs – just a few examples. I get tempted to feel overwhelmed.

The wise one within tells me “No worries, you will be fresh in the morning  
and things will get done with grace and ease.” I didn’t always have this  
support in my own mind, and it calms me down, and lets me give myself  
a break. Great gratitude for the self-soothing I know how to do, and for  
shiny, bright, brand new mornings!



– DAY 79 –

ABUNDANCE IS EVIDENT IN EVERY NOOK AND CRANNY.

How grand it is to live in a universe with such infinite bounty . . .

I am grateful to live my life opening my arms wider and wider, to receive  
all the good that is constantly offered to me.

I am thankful for the teeming life on this planet and beyond.  
I feel humble when I ponder the diversity and grandeur  
that has been created.

And I gratefully give of the plentiful gifts and love I offer.



– DAY 80 –

*“In this moment of quietude, this moment of devotion, this moment of  
resolve, I let go of all that would inhibit my realization of my Oneness  
with the Spirit.”*

Michael B. Beckwith

I am grateful for the serenity of my heart and soul when I go within.  
I am thankful for devoting time with absolute dedication to the Oneness  
that I recognize in all of nature, in the zillions of stars each night,  
in the clockwork of the seasons, and in all creatures great and small,  
including humans.

This world is filled with judgment, divisiveness and separation, I realize.  
And yet I know that if we could each consciously strive to feel the  
connection of everything and everyone racial tensions would disappear,  
love and peace would rule this world at last. Join me there.

## - DAY 81 -

In gratitude for my lifelong learning on a soul level,  
to bring me where I am today.

How thankful I am to know, truly, that everything, absolutely everything,  
happens for the evolution of our consciousness;  
that I am shifting to a greater yet-to-be, and so is planet Earth  
and its people, regardless of the evidence to the contrary.

Earth is a school and a world of contrasts.

Life can be heaven on Earth; let's make it so.



## - DAY 82 -

*"When we chase things, they can seem perpetually just out of reach.  
There is an illusion of control in the chase. But the more we try to control,  
the less control we actually have. When we let things go, what we are  
searching for has the freedom to appear or even return to us."*

Emily Silva

How great it is to have learned life lessons that let me surrender more  
easily. I know that there is Divine attraction, so that if I am meant to have  
something or be with someone, I will be.

And no amount of coercion will help! In fact, it hinders.

Used to believe I could control the world. Ha!

I am grateful for acceptance and gentle acquiescence.

– DAY 83 –

Thank you, Spirit, for sweet surprises.

Life goes along, at times mundane,  
and then a “yes” from the universe slips in gently and lightly,  
like a snowflake falling to the ground.

I love to be gifted with these surprises – they are usually not material  
but a hint that I am on the right path, that my calling is worthwhile,  
that I can affect the world as a benevolent light.

Deeply thankful.



– DAY 84 –

Beauty abounds.  
Love abounds.  
Peace abounds.  
Thank you, Spirit!

Grateful beyond measure when my vibration matches up  
with beauty, love and peace.  
It is always there, both inwardly and outwardly.

To allow my heart to open amplifies the exquisite beauty, the angelic love,  
the serenity and soothing peace that exists for the taking.

This peace, love and beauty can prevail if we are open, if we are giving and  
receiving in magnanimous, beneficial ways. And I am.

– DAY 85 –

*“Do the best you can until you know better.  
And when you know better, do better.”*  
Maya Angelou

I feel completely thankful to know every single person, yes, every single man and woman, IS doing the best they can; given their upbringing, given their social training and given all their life experiences.

If you had known me 30 years ago, you would be so surprised.

I was out for myself; I over-imbibed and lived hedonistically. And while I had a grand ol’ time, mostly caring about me, myself and I, how grateful I am to know better now, and to do better now.



– DAY 86 –

*“Not everything that can be faced can be changed, but nothing can be changed that is not faced.”*  
James Baldwin

I know in my own life, I used to live in denial and hiding, especially to myself! How could I see what needed to be changed if I wasn’t willing to be honest about my own problems?

I am extremely grateful that we as a society are looking at racism with a magnifying glass right now; that so many are marching and keep marching; that this matter seems not to be going away this time. However, I feel encouraged that the scab and scourge of racial prejudice has been picked. I am so thankful that we as a civilization are waking up to what is wrong, lifting out of apathy, and I know this way the wrongs can be remedied, at last.

– DAY 87 –

*“The material world is but a fleeting shadow of the unseen.”*

Myrtle Fillmore

Gratefully, I put stock in the unseen, which overrides and negates all the seeming problems, evil and destruction of this world.

What is real is permanent, unchanging, and we can always go to this realm in our minds.

The unseen that animates everything is creativity, is power, is love, is the peace which passeth all understanding.

I am incredibly grateful to realize that what we can't see with our human eyes is much more real than what we can see.



– DAY 88 –

*“When you can't go far, you go deep.”*

Br. David Steindl-Rast

How grand it is to explore my own mind and heart and soul.  
Each of us is a mini-cosmos, a microcosm of the Divine in human form.

I am grateful to be an inner explorer and navigator,  
not dependent on outside travel.

I am thankful to know that everything is within me;  
we are deep and vast like infinity  
with layers and layers to explore.

– DAY 89 –

*“Everything is built in your favor, Dear One, and we await your decision to stand in the light of this joy.”*

Doreen Virtue

I know and believe that angels cheer us on;  
that the Divine supports and protects us;  
that life is basically Good despite big and little challenges;  
that we can bask in the glory of love and light and peace and joy  
at any chosen moment.

How supremely grateful I am to consistently feel guidance and angelic presence and God’s love.



– DAY 90 –

*“For many years, at great cost, I traveled through many countries, saw the high mountains, the oceans. The only things I did not see were the sparkling dewdrops in the grass just outside my door.”*

Rabindranath Tagore

I am incredibly grateful to pay attention to all the tiny and vast miracles that are literally right outside my doorstep.

Nature constantly reveals the blessing of life, the beauty of life,  
the joy of life.

I stop and breathe, I live in the present moment, and when I do,  
sparkling wonders do await.



– DAY 91 –

*“Every day we are engaged in a miracle which we don’t even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child – our own two eyes. All is a miracle.”*

Thich Nhat Hanh

So thankful to be present to the miracles that abound.  
I wake up with a thank you in my heart and as the day begins, often there is this wondrous golden light shining in the early morning time.

I say thank you for my eyes that see, for the love all around me and within me, for the peace and splendor of every single day.

LIFE IS SO GOOD and I am filled with appreciation from sunrise to deep, starry nights.



– DAY 92 –

*“Gratitude places you in the energy field of plentitude. Glow with gratitude and see how awe and joy will make their home in you.”*

Michael B. Beckwith

I am grateful to be filled with appreciation for all that is.

I am grateful to be glowing with gratitude.

I am grateful to live in plentitude of all good . . . friends, family, love, peace, prosperity and vibrant health.

I am grateful to welcome awe and joy to live with me.

Thank you, abundant overflowing universe!

– DAY 195 –

*“For my yoke is easy, and my burden is light.”*

Matthew 11:30

I am thankful for joy, for lightheartedness, for fun!  
I am thankful when I don’t take things so darn seriously;  
when I take my nose off the grindstone, and relax into trust and faith  
that all is truly well.

We are supported, guided and loved by the Great Creator/God/  
The Universe always, and when I truly realize this, it feels so good  
to lay my burdens down.



– DAY 196 –

*“Reflection is the lamp of the heart.  
If it departs, the heart will have no light.”*

Imam Al-Haddad

I am indubitably grateful for the light shining from my heart,  
and for the reflection and contemplation I choose to practice each day.

My soul reflects all the wisdom and love that comes from Spirit  
and when I am feeling healed and whole,  
I cast light in all directions.

When I go into fear or doubt or worry, the lamp dims.  
I am thankful when my inner light shines brightly.

## - DAY 197 -

*"The life of spirit is everywhere: in dust waiting for light,  
in music waiting to be heard, in the sensations of the day waiting to be felt.  
Being spiritual is much more useful and immediate than the books about  
books would have you think."*

Mark Nepo

It is so true and easy to forget that Spirit is alive and in everything, and in everyone. When I pay attention and take time to breathe and be present, I see this life reaching out to me, calling to me from every tiny plant, in the new blossoms of spring fruit trees, and in the vast and infinite sky.

I have read many, many spiritual books and the thing is, it is the practice, it is the noticing, it is the love and peace and joy that I get from living life that truly matters. How grateful am I.



## - DAY 198 -

*"The wisdom and beauty of Infinite Love & Gratitude  
is all around you and within you, in the essence of your soul's longing  
to experience life."*

Darren Weissman

Everywhere I look is a part of me, and I am a part of everything too. If I ever feel alone or lonely, I can take comfort in this fact, and shift to joy and peace.

I am thankful, so thankful, for connection, for unity, for the vast and infinite Oneness that we are each an essential, precious, unique part of. For me, it doesn't get much better than realizing how true this is, and reminding myself through the power of constant appreciation.

## - DAY 199 -

*"All too many students are over-read and under-done."*

Eric Butterworth

I have read and read and read spiritual books galore – many times rereading, and always getting something new because I have transformed since the first time I read the wise words. New passages get highlighted.

Yet, it is essential to LIVE the spiritual principles I read about. That is my mission these days. To love freely, feeling compassion, being kind, letting go of grievances and surrendering to what is. Key points for me.

I am grateful to realize that I am nicely done! More to learn, more to grow into, but doing just fine.



## - DAY 200 -

*"One of life's most fulfilling moments occurs in the split-second when the familiar is suddenly transformed into the dazzling aura of the profoundly new."*

Edward B. Lindaman

It thrills me when I find myself in the dazzling aura of new territory! I forget time for a moment. I am immersed in the spirit world, and lose my usual grounded self for that time.

Just a couple of examples. It happens when I swim in the river because that is a place of joy and bliss for me. It occurs when I am teaching spiritual workshops or classes because that is a calling for me.

When time stands still, all is made new!

I "wake up" and life is transformed into magic and awe and splendor. I am grateful for those precious times that remind me how much more is revealed that our eyes just cannot see.

## - DAY 201 -

One of my life's lessons is to know my worth, to be filled with self-love, even when I make a mistake or do something that isn't "perfect."

I sometimes feel all alone, like everything is up to me.

When really, truly, nothing is up to me, the world outside of myself is decidedly not in my control.

I am responsible for me, and for tuning into my wise higher self where I can access the expansive love that I am.

When mistakes are made, I forgive myself fully. I love myself deeply. Knowing I am more than worthy no matter what.

When I feel this and let it sink in, I am incredibly thankful.



## - DAY 202 -

*"We think that accomplishing things will complete us, when it is experiencing life that will."*

Mark Nepo

Someone who was working toward a goal confided in me that she didn't even notice the seasons because she was so focused on what she wanted to accomplish. Autumn leaves turned gold and orange and red, and fluttered to the ground around her, and she was completely oblivious.

I must admit I get really focused on my work at times, and miss the present moment. Yet now is the most important moment we have. I realize that in the big picture, it is essential to stop so much doing and just be. I give myself permission to notice the astounding nature around me, and to love and give and care more freely. I am so thankful to slow down and allow myself the chance to truly see.

– DAY 203 –

*“May you grow still enough to hear the splintering of starlight  
in the winter sky and the roar at earth’s fiery core.”*

Br. David Steindl-Rast

How exquisite is nature in every way, every day!

I am so thankful for the stillness of the night sky – for full moons and  
clouds encircling them like last night.

I am grateful for the lacy, silhouetted winter bare trees that are resplendent  
in their own quiet beauty.

When I get still, I notice so much more.

And I am grateful beyond measure for listening and observing the magic  
and wonder and miracles that occur in every moment. Shhhhhh!



– DAY 204 –

*“How grateful I am for my existence, for that of my loved ones, my  
community, my country, and my world. Beauty and bountifulness are  
everywhere present, reminders that I live in a world of opulence that  
advertises Spirit’s omnipresence.”*

Michael B. Beckwith

Every day I give great thanks for the bountiful blessings in my life.

I love so much about this life, and bow down in gratitude for all the  
blessings as well as the challenges. The challenges truly help me grow  
emotionally and spiritually, even if I don’t appreciate them at the time!

I am constantly in touch with the beauty and bounty of nature, which is  
such a palpable reminder of all that Spirit provides,  
as are all of the beautiful souls I am privileged to know. LIFE IS GOOD!



– DAY 205 –

*“The best way to cheer yourself up is to try to cheer somebody else up.”*  
Mark Twain

How thankful I am for this practical solution!

It always works – it is the same with giving when I am down or temporarily feeling lack. Give and give generously; be kind, and there is often a boomerang effect. Lead with your heart, instead of your mind.

And lastly, unearth the gratitude!

This stuff works, folks, and I am so grateful to be the messenger.



– DAY 206 –

*“I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant.”*

Martin Luther King Jr.

Love is the elixir and balm that heals all.

I am in deep gratitude to know this.

There is always hope, always redemption, always the chance to start anew . . . creating a healing, peaceful me as I contribute to a healing, peaceful world.

I am so thankful for leaders, those alive, and those still alive with their powerful, oh-so-inspiring words and beliefs that reverberate on and on . . .

The strongest leaders believe in the good of humans and hope for humankind. I resonate with their optimism.

– DAY 207 –

*“It’s our insides that make us who we are, that allow us to dream and wonder and feel for others. That’s what’s essential. That’s what will always make the biggest difference in our world.”*

Fred Rogers

If we live from the inside out, if we open our hearts and love more, we can affect the world in a beneficial way. We can be lights showing the way.

I stopped striving for “success” as defined by outside influences long ago. My definition of success is feeling joy, feeling peace, feeling loved and loving, feeling fulfillment through my creativity and all that I think, do and say. With this perspective, all my dreams and my sense of wonder expand in magnanimous ways.



– DAY 208 –

*“The journey of your spirit is to connect with the power of infinite love and gratitude.”*

Darren Weissman

I am grateful to realize that what we can’t see with our human eyes is much more real than what we can see.

I am thankful for the infinity of Divinity – the profusion of Presence that my spiritual eyes behold.

– DAY 353 –

Feeling infinitely supported,  
I row gently, gently down the stream of life letting go of expectations,  
trusting in the benevolence of the universe . . .  
safe and secure and serene.

I am grateful for a silent partnership with the Infinite!

The still, small voice is always whispering wisdom  
when I get quiet and listen.



– DAY 354 –

*“Find the balance in the center and you will live in harmony.”*  
Michael A. Singer

Earlier in my life, I tended toward extremes.  
Balance, the Middle Way, and discipline didn’t speak to my rebel  
hedonistic heart, and I still tend to go full-tilt boogie into the things I love.

Nowadays I am totally focused on my spiritual path and meditation and  
prayer, which actually lead to more balance.

I bow to balance.  
I embrace balance in my life in every way.  
I am so grateful for feeling balanced and purposely being balanced in my  
mind, body and spirit. Harmony prevails.

– DAY 357 –

*“Those who contemplate the beauty of the Earth find reserves of strength  
that will endure as long as life lasts.”*

Rachel Carson

I always find solace in the nature around me, in the sacred beauty of  
where I live.

I am so very grateful to live near rivers, in the forest,  
near the powerful, vast Pacific Ocean.

It makes me strong to live each day seeped in the wonder and magic of  
Mother Nature. Thankful beyond measure for all of creation.



– DAY 358 –

*“The world is shifting, awakening. As we become better stewards of  
ourselves, we are better stewards of the world.  
Sharing the love we are, the healing begins.”*

Jane Beach

I am deeply grateful for my own self-care.  
As I keep myself vital and healthy in all ways – physically, emotionally,  
mentally and spiritually,  
I know I am expanding my loving presence.

Because I am the only one I can change and improve, I am thankful  
to let this sink in deeper and deeper as life goes on.

I am thankful for my new motto: “I do me and you do you!”

– DAY 359 –

*“The spaciousness love creates can feel as vast as the ocean’s depths. Let love be fluid. Let the rising and falling occur, knowing that love is endless.”*

Emily Silva

Love is so infinite when my heart is open.

I feel deep unconditional love for myself, for all others,  
when I can release judgment – a challenge sometimes, for sure.

Let me love, let me love in a wholly, holy way, as Rickie Byars Beckwith’s beautiful song invites us. Let us all love more and more, and let go of the divisiveness that holds us back from being love incarnate.

It is an incredible gift to love, to be loved, and to know it.

Thank you, Loving Presence.



– DAY 360 –

*“Pay attention to the beckoning whispers of the things you love to do  
as well as to your dreams and visions.”*

Sanaya Roman

I am thankful to listen to my inner self, filled with wisdom,  
filled with love, filled with hopes and dreams, and creative fulfillment.

I don’t ignore the whispers I hear ever so faintly,  
that still small voice within.

And I celebrate that I hear, and then often take action.

– DAY 361 –

*“Love your edges because they point the way to freedom.  
Let yourself fall through into the infinite. That’s what it means to go beyond.”*  
Michael A. Singer

How good it is to know that my rough edges, the thorns that poke me, are a part of me, but do not have to rule me. I am so thankful to be aware of the prickly parts of myself that show me where I can soften and keep my heart open instead of closing.

How grand it is to let myself fall through into the infinite,  
because each of us is so much more than our personality and ego.  
In the bigger picture, we are spinning in space on a beautiful jewel of a planet  
and the things I choose to make a big deal really aren’t.



– DAY 362 –

*“Although we have been made to believe that  
if we let go we will end up with nothing,  
life reveals just the opposite: that letting go  
is the real path to freedom.”*  
Sogyal Rinpoche

I am so grateful for the realization that letting go and surrendering  
is a true blessing in my life.  
I can be so sure I know what an outcome should be;  
I can be so proactive in making this outcome happen;  
and then when life takes a surprise turn instead and it doesn’t happen,  
I am almost always delightfully surprised to see what transpires instead of  
my own ego-driven plans!  
I let go and I let God.



– DAY 363 –

*“So it is totally wrong to say that the practice of tolerance and practice of forgiveness are signs of weakness. Totally wrong. Hundred percent wrong. Thousand percent wrong. Forgiveness is a sign of strength.”*

Dalai Lama

The strongest role models I know practice radical forgiveness, such as the Dalai Lama, for his exile from his homeland. May I learn from the great leaders of our world, and also the common amazing person who is able to forgive, even when there has been great harm done to them or their family.

I am grateful to understand that forgiveness sets me free, and holding on to grievances binds me. I forgive all who I feel need my forgiveness, and that includes myself. And I forgive again and again as needed.

I am gentle and loving and strong!



– DAY 364 –

I am thankful for all the encouragement I have received in my life – from my “cheerleader” mother; teachers who believed in me and praised me highly; and those who are mentors to me now – including wise friends; awe-inspiring authors and leaders, both current and from the distant past, who I many times quote in my gratitude passages.

And I am also grateful for those I am honored to teach; to those I am honored to inspire and mentor; to those I know who join me on a growing, meandering spiritual path too.

It feels so good to pay it forward.

– DAY 365 –

*“Everything is a gift. The degree to which we are awake to this truth is a measure of our gratefulness, and gratefulness is a measure of our aliveness.”*

Br. David Steindl-Rast

I am grateful for the practice of radical gratitude . . .  
meaning that when tough times come, or something goes seriously awry,  
I look for the blessing in it. I look for what it is teaching me.

It may take time to find what is a gift about a situation,  
but it is always revealed.

And it is not always easy to be thankful for trials and challenges,  
but it is possible. I stand strong with a grateful, open heart no matter  
what. And I am thankful to be fully alive.

