

# The Practice of Gratitude

By Deborah Bergeron

**“If** the only prayer you ever said in your whole life is ‘thank you,’ that would suffice.”  
- Meister Eckhart

## Gratitude makes every day sacred

- it is the key to living with an open heart. From the moment we wake up until drifting off to sleep, life presents one opportunity after another to be grateful. The daily practice of gratitude will bring your focus to the present and your life will be enriched when it is seen through the eyes of gratitude.

Focusing on what you appreciate each day creates a powerful compounding effect. Being thankful for what is working in your life actually activates “The Law of Attraction.” This universal law states that “like attracts like” and ensures that you bring into your experience whatever you are predominantly thinking about. If you are focusing on everything that has blessed your life and makes you feel good, you are going to receive more of the same. Being in a state of appreciation and gratitude allows you to realize how rich and abundant your life already is.

As Melody Beattie reminds us, “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.”

When we consciously choose to be grateful, even in times of adversity, our ability to see the good in life is strengthened. If we can appreciate our capacity to learn and grow from difficult circumstances, then we

## Ways to Practice Gratitude

Keep a daily gratitude journal

Slow down and appreciate the present moment

Find the blessings in everything

Focus on what’s right

Honor the special people in your life

Say “Thank You” as often as possible

Practice random acts of kindness

Appreciate the special talents you were created with

Give thanks for life

can create value where no one imagined it possible. Victor Frankel, author of *Man’s Search for Meaning* tells us that, “We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof

that everything can be taken from a man but one thing: the last of the human freedoms- to choose one’s attitude in any given set of circumstances”. By becoming grateful for every experience in our lives, we discover that we are in fact not victims of circumstances but beings worthy of love and a life filled with divine purpose and inspiration. The more we learn to express thanks and focus on our genuine appreciation of all things, the more space we make for new, unexpected blessings to appear in our lives

Imagine for a moment, if all of the people in the world were aware of their own permanent connection to goodness and showed it with some expression of gratitude in every interaction. The world would be transformed.

Dive into and swim in an ocean of gratitude and let the waves of thankfulness propel you into pools of peace, joy, and humility.

### Share Your Gratitude

I invite you to participate in my new project, *The Practice of Gratitude*. The intent of this project is to collect stories of gratitude - the way it has enriched your life, your relationships, your work, and contributed to your well-being. Please visit my website [www.oceanofpossibilities.com](http://www.oceanofpossibilities.com) and go to The Practice of Gratitude link to share your own personal stories of gratitude.



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