

My Gratitude List for 2020

Rather than focusing on all the difficulties present this year (and yes, I acknowledge there were some) I want to focus on what went right, what worked, what was beautiful or joyous, or what was just a little blessing in my life this year.



“Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend...when we choose NOT to focus on what is missing—but are grateful for the abundance that is present—the wasteland of illusion falls away and we experience Heaven on Earth.”

–Sarah Ban Breathnach

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“Gratitude opens our ‘receiving portals’ and allows the Infinite Good that is already within us to pour out into our experience.”

–Victoria Loveland-Coen

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“Gratitude is your expression of acknowledging the oneness of universal energy working in cooperation with your desires.”

–Stretton Smith

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“Clearly, one of the major obstacles to our experience of gratitude is the habit we have of sleepwalking through life. The truth is that we are never lacking for blessings in our lives, but we are often lacking in awareness and recognition of them.”

–Rev. Diane Berke, Ph.D., Founder, One Spirit Learning Alliance

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“There is something about the mental act of thanksgiving that seems to carry the human mind far beyond the region of doubt into the clear atmosphere of faith and trust, where ‘all things are possible.’”

–H. Emilie Cady

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“The happy heart is one that is filled with gratitude. A simple ritual such as bowing and breathing deeply to greet each day awakens joy in us. Each day, each season, each cycle offers something of beauty. Let us notice and give thanks.”

–Diane Mariechild