



Gratitude & Gratefulness

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- If the only prayer you ever pray is “thank you” that will suffice.>

Meister Eckhart



Are gratitude and gratefulness the same thing or are they different?



Gratitude

A good thing, of course

We keep track of it, we express it, we seek it out

We may even “keep score” with it

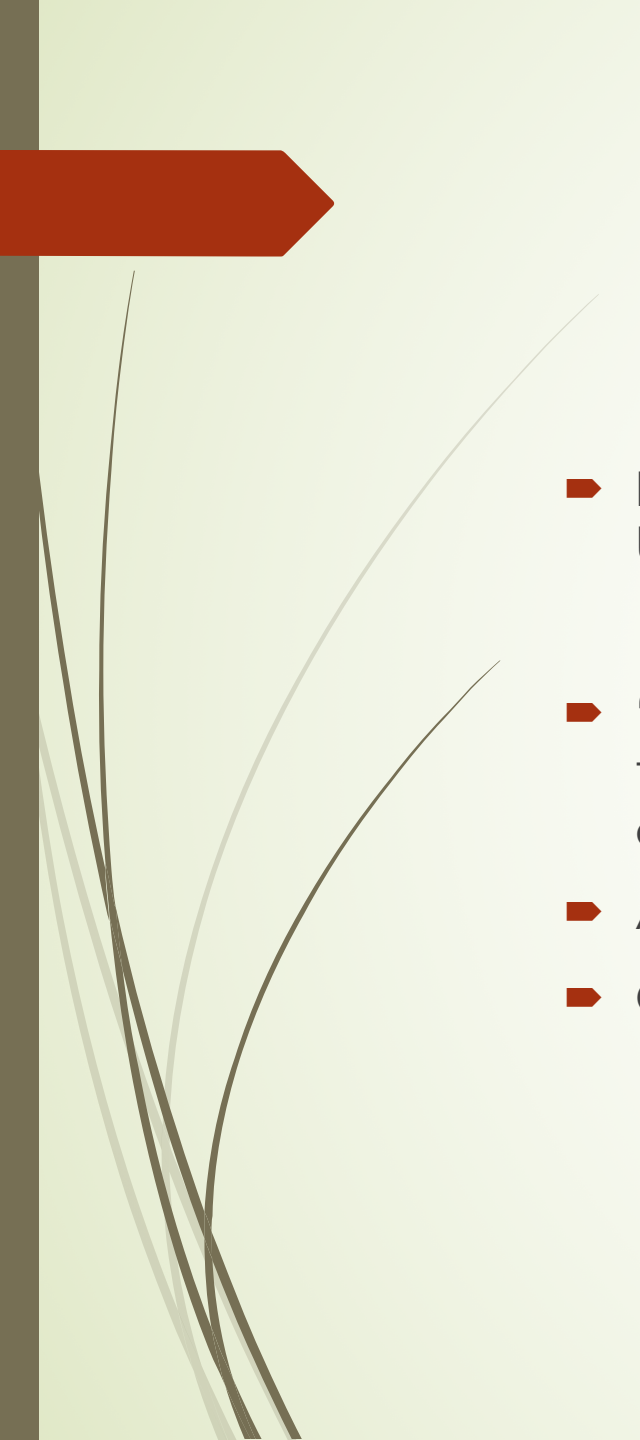
It is good for the soul, so they say.

We teach our children to say, “thank you”, to be appreciative.

We tend to understand it as a “feeling” that comes when we get something we want.

It has an acquisitional nature.

There is a cause/effect type of relationship with gratitude.

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- Kristi Nelson, Executive Director of The Grateful Network and author of Wake Up Grateful says,
 - “In Western cultures, we are likely to understand gratitude as a feeling state that arises when we get something we want or need: Something we judge as good happens, and gratitude arises. We smile. We give thanks.”
 - And then, we move on...life happens...
 - Gratitude on its own can become elusive/slippery



From Gratitude to Gratefulness



From Kristi Nelson

- “Not dying changed everything. Not only did I not die, I actually got to live!”
- “When will I be out of the woods?”
- “You will never be out of the woods.”
- Gratitude Tolerance...we “put up a good front”, go through the motions
- Having cheated death, I began cheating life, forgot the gratitude
- Maintaining a grateful perspective is a true practice



Gratefulness

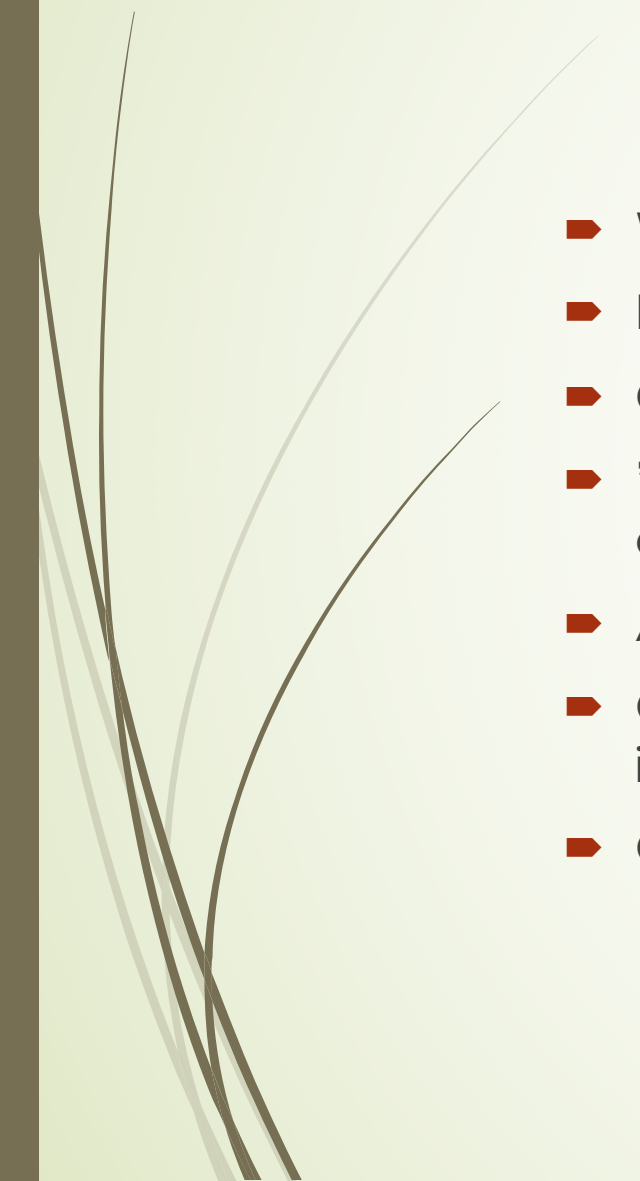




- ▶ “Gratefulness is gratitude for life. It reminds us that, in simply being alive, we are always receiving. While gratitude – as we know it – needs something good to happen, gratefulness only needs us to be awake. We do not need to do anything to feel grateful, or wait for anything more. We merely need to allow ourselves to notice and be wowed by things we so often overlook and tend to take for granted in the lives we already have.”

▶ Kristi Nelson



A Grateful Perspective is A Way of Life

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- Work at it everyday
 - Focus on what is working and what is enough.
 - Grateful living reconnects us to a fidelity to life.
 - "A grateful life is made up of grateful days, and grateful days are made up of grateful moments."
 - A path and a promise, an intimate orientation to life.
 - Grateful living rests in the paradox of vulnerability, uncertainty, and impermanence.
 - Gratefulness is a where we begin.

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- “Grateful living allows us to show up for life, and then it sticks with us unconditionally – whether we feel gratitude or not, whether we are happy or not. It hangs around as we go through the great fullness of life, offering its radically gracious presence.”

➤ Kristi Nelson



➤ “For all that has been, “thank you.”

➤ “For all that will be, “yes”

➤ Dag Hammarskjöld