

## Gratitude

These days, it's pretty easy to put oneself in a negative mood given the myriad of unpleasanties, injustices, disappointments, dysfunctions, unexpected challenges, etc, etc, etc that we personally encounter as part of our day to day existence and which we witness on a larger scale on earth.

Life pretty much sucks on this dimension for a lot of people. Apparently, it sucks even more on the lower realms of existence, but that perhaps is little comfort to us here who have our hands full being miserable on this dimension, but I guess it gives us something to look forward to, if we continue to be stuck in our misery :)

So, what to do? Where do you find the light of hope in the darkness?

Yes, we all know the answer is that it exists within us and it always has, but I would say that this answer qualifies as simple rather than easy. That said, just look into someone's eyes for long enough and you can experience a universe.

So is there an easy way (without the use of mind altering substances like chocolate) to find the light of our soul, the source of joy that reflects our true essence as beings supposedly created in the image and likeness of God?

I do not know that answer, but I can tell you what I have discovered so far.

As old souls, many of us are familiar with the term "The dark night of the soul". Perhaps people have different definitions of what this means to them? My definition is when you are awoken in the middle of the night by your worst imaginable fear (nightmare) and you must face that fear. Not a pleasant experience. Perhaps, it's not even an experience that once getting through it will cause an improvement in one's attitude.

There are others who come to realize that this dimension is in a sense illusory, that nothing is ultimately real as compared to the absolute reality of God. Perhaps that is true but when you are laying in a hospital in absolute agony, perhaps the notion of things not being real is somehow less meaningful than the IV narcotics that you are waiting for to help relieve the illusion of pain that you are feeling. ( your daymare )

I would like to share with you what helped me have a little more gratitude.

I call it the dark day of the soul.

Imagine what it would be like if you never existed in any dimensional reality? Total non consciousness and non existence.

Of course one could argue that if you never existed, you could never feel the emptiness of not being.

Well, it seems for some reason I did go to that place and you know what? It wasn't a great place.

Gratitude to me = Great + Attitude

If you are looking for a place or a reason to feel gratitude, perhaps the fact that you exist and that because you were created, you have the capacity for self awareness.

YOU EXIST (consider the alternative)

I know that my diet could be better. I should also pray or meditate with some regularity and of course exercise more often than I do.

I don't score for high marks for achieving those noble habits on a regular basis.

That said, I have one discipline.

Before I go to bed, I count my blessings.

The first is that I was created and that I exist.

The second is that someone cared enough about me to raise me to the best of their ability.

The third is the rest of my family and friends.

The fourth is my teachers.

The fifth is everyone else.

It is what it is here on planet earth. Things are changing and we can be part of that change.

Perhaps I can not do a lot about what other people do outside of my sphere of influence. But we all have a sphere of influence and within that sphere we can make a difference by having a good attitude.

I thank God everyday that I am alive and that I exist because I did not like the alternative.

I thank God that you exist too.

Well most of you (just kidding)