

Happy Thanksgiving



Dear Gene,

Happy Thanksgiving!

The approaching holidays and family gatherings are much anticipated blessings for some of us and ordeals to be endured for others. I'm hoping you will find the little blurb in this newsletter valuable no matter where you fall on the spectrum.

Sending Appreciation

We've all heard about pouring oil on troubled waters, and when we generously pour the oil of appreciation onto our lives and loves, there will be fewer troubled waters for us to wade through. The oil of appreciation energizes all it touches, for appreciation comes from the heart; the throne of Spirit.

One of the best ways to build our appreciation muscles is to bless everything and everyone, especially our family and friends. Without the oil of appreciation, our relationships can become dry and chafing.

To practice sending appreciation, center your awareness in your heart and rest there for a few minutes with no expectations. Simply breathe in and out. In your mind's eye allow yourself to go to a beautiful place. Glancing around, appreciate the beauty and grace of the place you have chosen. After a minute or two, very gently begin to appreciate yourself, both for who you are and for your willingness to learn and grow. Invite a few family members and friends into your awareness. Send appreciation to each one. For a difficult person, find at least one characteristic or one tiny action that you can appreciate. If the waters between you are very troubled, you may only be able to appreciate how many times they have given you the opportunity to practice patience and forgiveness.

By sending thoughts of appreciation to others, you bless them and strengthen the bond between the two of you. Sending appreciation also reinforces the connection between you and your spirit.

May your holiday waters be trouble-free and filled with love, joy, and gratitude. Please remember that appreciation of yourself creates a climate in which appreciation of others can flow more easily.

Live gently with yourself,

Sue



[Join Our Mailing List!](#)