



Haiku from Sue

*Heartfelt Gratitude
Enhances Awareness of
Blessings everywhere.*

*Generosity
Is gratitude in practice
Love overflowing.*

*Compassion flows and
Loving kindness emanates
From a grateful heart.*

*Gratitude gives rise
To compassion and
kindness
Gratitude grows souls.*

And one from Colleen

*Appreciation
Fills the Heart with Love
and Joy
True Prosperity.*

A Request

from **Gene**, without whom none of my books would be on shelves, let alone in cyberspace, and **Colleen**, whose creativity includes the technical savvy to get this MuseLetter to you...

"If you have read either Sue's [The Woman's Book of Soul](#) or [Growing Hope](#), please consider writing a brief review of her Kindle Version. Click on the highlighted titles above and then click on "Review this item" at the top of each page. Thank you!"

Dear Friends,

The holidays are upon us. For some of us, the season elicits a wholehearted **Whoopie!**, while others feel lukewarm, and still others dread the upcoming festivities and wish they could lapse into a gentle coma until January 2nd. No matter where you fall on the Holiday spectrum, I hope the following hints on gratitude can help.

This morning, I was in the midst of reading a little blurb about thinking small while incorporating gratitude into your life when Gene enthused, "There's *nothing* better than burned cinnamon raisin toast!" The smell wafting from the kitchen affirmed he had just practiced what I'd been reading about. Instead of lamenting the unintended layer of charcoal, Gene chose to be grateful--even enthusiastic--for the small pleasure of an extra crispy breakfast.

His delight in charred toast was a great example of **choosing** to be **grateful** for **small stuff**. Not only did that attitude help his day begin more pleasantly, it gave me the blueprint for this MuseLetter which made me happy. Good choice all around!

Especially in this holiday season, I am aware of the incredible gratitude I feel for *you!* Readers, mentors, supporters, encouragers. Without you, I would never have had a writing career; a surprising aspect of my life that regularly fills my heart with awed gratitude. Thank you, thank you, thank you!!!

State of Gratitude

*For citizens of the state of Gratitude,
Sun shines brightly and rain falls lightly.*

Choose to Reside in Gratitude

Gratitude is a choice. Gratitude is a decision. Gratitude is an attitude that benefits our lives, hearts, health, and relationships.

Gratitude is also work. It requires mindfulness and commitment, but is well worth the effort.

We have control over where our minds live. Whether your mind lives in the pleasant state of gratitude or habitually hangs out in the more disturbing neighborhoods of resentment, worry, fear, criticism, etc. is totally up to you.

If having an attitude of gratitude is a new (or difficult) habit for you, please be gentle and patient with yourself during the process of change. Old habits take a while to dissipate, and new ones take time to grow roots and take hold in consciousness. Please do yourself the life-enhancing kindness of *choosing* to live in gratitude.

Think Small

The small step approach is usually a gentle, effective way to do anything. Choosing to live in a state of gratitude is no exception. Therefore, it's a good idea to start noticing, and being grateful for, small--even itsy teeny--things around you. For instance, while walking our dog Lily this morning, I noticed her cute little tush and was thankful for the smiles she brings to my heart each day. Whoops, Lily is actually a huge happiness in my life so that may not be a good example. How about Band-Aids? I'm thankful for the band-aid on my thumb that makes it less painful to tap the space bar.

Practice makes progress. Start inhabiting the state of gratitude slowly by *noticing* small blessings and *remembering* to feel thankful for them. Maybe one of the small things you can feel grateful for today is the relative brevity of this MuseLetter.

Choosing gratitude as an overriding quality in your life, allows you to notice, even in the midst of calamity, that there is usually *something* for which to be grateful. Breath, for instance.

Gratitude is a **good** choice!

Happy Holidays

Wholesome Days

Healing Days

Holy Days

to You!

