

Gratitude Creed

As I awaken each morning, I will give thanks for ten things, people or experiences in my life. I envision each one in turn, meditating upon the effect it has on my life, and what my life would be without it.

Because I am grateful, I take nothing for granted. I pledge to never lose my sense of childlike wonder. I am curious. I marvel at common miracles: the newborn baby, the growing seed, every beat of my heart.

Whenever I feel angry, frustrated, or discouraged I choose to contemplate instead that which makes me grateful, until the negative emotions have been transformed into peace and joy.

When life does not meet my expectations, I thank God for the privilege of growth and find opportunities that lie hidden within disappointments.

When faced with trials, I consider those suffered by others and thank God for mine. I thereby cultivate the deep and refreshing well of empathy and my common lot with others. I remember that, as gold is extracted from ore through fire, it is through trials that I too am purified and refined. I submit my life to God who can transform even that which is unwanted to greater good.

When I see people who appear to be more blessed than I, I recognize that they often carry unseen burdens, which I would not be eager to carry even were I to enjoy their blessings.

And when I see people struggling or in pain, I thank God for my own struggles, which have given me eyes to see and increased my desire and capacity to uplift others.

My conscious, persistent gratitude is the catalyst for compassionate service, and the fruit of service is joy.

I choose to be grateful.

I choose to thank God for blessings beyond my ability to fully count them.

And I choose to express gratitude and thanks to people perhaps even surprising them with the very touch of God through me.

I choose to be grateful!

based on "The Enlightened Alchemist's Creed"

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