

# Gratitude is for everyone

Rachel Scriven

In a world that has become fast paced and materialistic it is easy to forget to be grateful.

We moan that the cost of living is high and that our boss makes us work late. We complain that the shops have run out of our usual brand and that the woman in the queue is taking too long to pack her shopping. We worry that our children are not progressing quickly enough, that our house is too small and that our furniture is too old...How exhausting!

How many times do you stop to be grateful for what you do have? You have the money to purchase life's essentials, you have a boss and therefore work, you have time on your side, children and a roof over your head. If we all spent more time being grateful for the simple things in life, I feel that the world would be a happier place.

About a year ago, I was watching The Secret ([www.theseecret.tv](http://www.theseecret.tv)). There was a story about a man who carried a gratitude rock, (which was about the size of a pebble) with him every day. As he put the rock into his pocket in the morning he would think about all the things he was grateful for and in the evening when he emptied his pocket, he would be thankful for all the wonderful things that had happened to him throughout the day.

I found a small pebble, which I now keep in my car, mainly because it would get lost in my handbag!

Whenever I am driving around I think about all the things I am grateful for, my list goes something like this.

I am grateful for my health, that I can see clearly and smell the flowers in my garden, that I can hear the bird song and walk without effort. I am grateful for my family and friends, for the home in which I live, I am grateful for living a life that I have chosen and am excited about what my future will bring.

It can sometimes be hard to focus on what you are grateful for, especially when things don't seem to be going well, but reminding yourself of what you do have will help to put your life back into perspective.

Many people spend their time worrying about things they have no control over, getting angry at people when things don't go their way, getting caught up in the pursuit of material pleasures and working in jobs and careers that don't meet their emotional needs.

When you start on the route of personal development many of the top coaches discuss 'Gratitude.' Whether you listen to Anthony Robbins, Steven Covey, Jack Canfield or you speak to the top entrepreneurs around the world, the one thing they have in common, is that even when they seemed to be at their lowest point, they all remained grateful for what they had.

The more I study and read the more the word 'gratitude' seems to appear.

Last weekend whilst studying Reiki I learnt the five Reiki Principles that we should live by. The last was 'show gratitude to every living thing'.

The next time you feel like your life is not what you want it to be, have a think about what you could be grateful for and I guarantee you that you will feel so much better.

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