**Gratitude**

Gratitude unlocks the fullness of life.

It turns what we have into enough and more.

It turns denial into acceptance,

Chaos to order, confusion to clarity.

It can turn a meal into a feast,

A house into a home,

A stranger into a friend.

Gratitude makes sense of our past,

Brings peace for today,

And creates a vision for tomorrow.

 *John O’Donohue*

Make every day a day of Thanksgiving

And continuous contentment will

Sparkle in your body, mind and soul.

 *Paramahansa Yogananda*