

## **A Gratitude Ritual**

by Debbie Ford

The beautiful gifts of gratitude begin at home  
so today invite a healing to happen  
in your own body  
in your own consciousness  
in your own loving heart  
that feels blessed to be alive

Notice all the riches you've been given  
the feet that allow you to stand  
the legs that allow you to walk  
the stomach that allows you to eat  
the lungs that allow you to breathe  
the throat that allows you to speak  
the mouth that allows you to taste  
the nose that allows you to smell  
the eyes that allow you to see  
and your beating heart  
that allows you to love  
Honor them all

Become present to the treasures of your life  
the opportunities that you have been given  
the ones that have effortlessly opened up for you this year  
Reflect on your family, your kids, your partner, your friends  
Look through appreciative eyes  
the eyes of what's right  
the eyes of the Divine  
Give thanks in a way that you never have before

Allow fear, doubt, struggle and pain  
to melt away in the presence of this all-loving appreciation  
Thank God that you have a consciousness  
that is able to shift and transform in just a moment  
Thank God that you are courageous enough  
to take a moment to bless yourself  
to bless the universe  
to bless all those who love and guide you  
and then to bless all of the world

Send your tears of love and gratitude  
to those who are in pain  
to those who are alone  
to those who are confused  
Allow the heavenly vibration of gratitude  
to puncture their fearful illusions  
and open up their hearts to what is truly Divine

Today, take this vow of deep self-love and gratitude  
knowing that when you are in the presence of this kind of love  
you - as well as all of those around you - will flourish

Take five slow deep breaths, breathing in love, appreciation, gratitude and joy  
Know that you are never alone and you will never be alone  
We are all here surrounding you with love.