



*If the only prayer you said in your whole life was,  
"thank you," that would suffice. ~ Meister Eckhart*

*Gratitude is the memory of the heart. ~ Jean Baptiste Massieu*

*At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.  
~ Albert Schweitzer*

*When our perils are past, shall our gratitude sleep? ~ George Canning*

*Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy -- because we will always want to have something else or something more. ~ Brother David Steindl-Rast*

*Gratitude is the fairest blossom which springs from the soul. ~ Henry Ward Beecher*

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.  
~ Melodie Beattie*

*Gratitude is a vaccine, an antitoxin and an antiseptic ~ John Henry Jowett*

*Wake at dawn with a winged heart and give thanks for another day of loving. ~ Kahlil Gibran*

*To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude. ~ Albert Schweitzer*

*We can only be said to be alive in those moments when our hearts are conscious of our treasures. ~ Thornton Wilder*

*You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you. ~ Sarah Ban Breathnach*