

*Greatest Secret of Gratitude*  
*Dr. Ani Kalayjian*

“Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.”

~ **John Henry Jowett**

Gratitude is the greatest secret ever!  
Gratitude is indeed like a gear shift, that  
Can move our mental mechanism from obsession to peacefulness,  
From stuckness to freedom, from fear to courage,  
From anxiety to relaxation and bliss,  
From worry to peaceful surrender!

The great secret of gratitude is that it's  
Not dependent on external circumstances, such  
As the rain, the snow, your neighbor, nor your partner.  
It's like a setting or a channel that we can switch to  
At any moment, no matter what's going on around us.  
It helps us connect to our basic right to be here, and to be in joy!

The great secret of gratitude is that  
It increases our happiness by 25%,  
It helps us cope more effectively with everyday stress,  
It will increase resilience in the face of trauma induced stress, and  
Help us recover more quickly from illness and  
Improve our physical health (R. Emmons).

Instead of feeling grateful **to** someone, we feel grateful **for** them;  
We feel grateful for God or Spirit working through them,  
We begin to feel grateful for everyone and everything in our lives,  
This feeling uplifts us and energizes us internally, like oxygen does to our cells,  
We then help uplift others, and embrace others without judgment,  
Knowing that we are, in fact, in this world together in harmony.

Gratitude, in the form of counting our blessings  
Has been shown to be related to subjective well-being,  
And gratitude induction is related to enhanced well-being,

Which remarkably decreases our negative affect.  
When we start being grateful for small things,  
Life begins to make sense, we discover a positive meaning,  
And we begin feeling fortunate, full of love, and purposeful.

There are two ways to live your life. One is as though nothing is a miracle.  
The other is as though everything is a miracle.”  
~**Albert Einstein**