

UNIVERSITY OF SANTA MONICA
WORLDWIDE COMMUNITY GATHERING
NOVEMBER 25, 2020

FEAST ON GRATITUDE

*“For each new morning with its light,
For rest and shelter of the night,
For health and food, For love and friends,
For everything Thy goodness sends.”*

◆ Ralph Waldo Emerson

*“Piglet noticed that even though he had a Very Small Heart,
it could hold a rather large amount of Gratitude.”*

◆ A.A. Milne

Gratitude is a positive and powerful attractor field. It's a portal to Grace. The sharing of Gratitude creates an experience of sanctuary and nourishment for all to partake. As we gather in the Spirit of Thanksgiving, we invite you to consider the following.

What experiences have you had using the *Principles and Practices of Spiritual Psychology* for which you are most grateful? Express from that place of Joy and Gratitude experiences that you still remember and that were life-changing for you.

- A particular *Principle of Spiritual Psychology*
- A favorite *Soul-Centered Basic Skill*
- An issue or pattern truly being healed for the last time
- Experiences of the revelation of the Authentic Self
- The healing and transformation of a relationship
- Shift in your perception from seeing with ego-centered eyes to seeing through Soul-Centered eyes
- The Magic of Soul Moments

Reflections of a Grateful Heart:

“If the only prayer you say in your whole life is “Thank you,” that would suffice.

◆ Meister Eckhart
