

# I AM WISDOM ELIMINATES FEAR AND DOUBT

*“Let gratitude be the pillow upon which you kneel to say  
your nightly prayer. And let faith be the bridge you build to  
overcome evil and welcome good.”*

Maya Angelou, Celebrations: Rituals of Peace and Prayer

## **GRATITUDE**

Wisdom is an aspiration that seems impossible to reach. There are many threads that weave a blanket to fully engulf a person in the feeling that says, “I am wise always”. Each week these talks are addressing areas where all human beings may strive to increase knowledge. “Realism” and “Forgiveness” are the most recent topics, so today I feel led to write about striving for wisdom as it relates to Gratitude. For example, we can all show gratefulness to people who make us happy, but I can’t describe that feeling any better than French novelist Marcel Proust who wrote “they are the charming gardeners who make our souls blossom.”

Well said Monsieur Proust!!

One of the best ways to enhance gratitude is to express it to the people who have either momentarily, or continually, made us happy. Practicing thankfulness leads to perfecting the way we express our love for one another. I believe wisdom deserves to be renewed and take its place among goals one might strengthen. When you believe that practicing expressions of forgiveness, gratitude, (and more to come), enhanced wisdom will ensue.

Acutely aware that much can go wrong, the wise are unusually alive to and aware of moments of serenity and beauty. Caring people choose to reward the person who made those instances happen in their presence, and they simply express a sincere “thank you.” Recipients of gratitude feel good about their expression or action that generated a show of appreciation from others.

This is also true of extremely modest people who give much of themselves in service to others. They’re the kind that people with more arrogant demeanor may rush past without noticing kindness that deserves compliments. People who miss the opportunity to express gratitude are often more aware of what catches their eye rather than what touches their soul. It’s a sad loss.

With the dangers and tragedies of existence firmly in mind, gracious people can take pleasure in a gentle rain as it cools a hot summer day. They can find peace sensing pretty flowers growing by a brick wall. Joy can enter hearts by the charm of a three-year-old playing alone in a garden. Laughter brought on during an evening of banter

among a few friends can renew spirits. It is not that they are sentimental and innocent but precisely the opposite. People of this ilk know how to extract value from the serene and the sweet wherever and whenever generosity and love arise.

Possibly the gift of graciousness can be better shared when we learn to appreciate freely granted wonder to all God's children. Walking barefoot thorough thick soft grass in the spring and feeling as though your feet are kissing the earth glorifies God. It is the kind of activity that helps us appreciate the good in people we encounter. Additionally, I believe each morning when we awake and express our gratitude to God and the Universe, it is important to be thankful for what we already have and avoid pleading for what we do not have.

Starting each day with a grateful heart and positive thoughts is a huge catalyst to expressions of love and caring for people on every inch of the home we call Earth. Each day we are faced with "bad" news about the happenings in the world. Fussing and complaining does not relieve the tension and melancholy, but perhaps we can recognize that happiness is not the absence of problems. Rather, it is the ability to deal with them and be grateful for gifts we receive from God, family, friends and total strangers no matter their appearance or background.

Wouldn't that be wonderful?

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

A.A. Milne, Winnie the Pooh

*Peace Always*  
*Ted*