

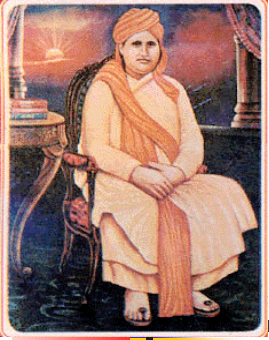


# Be thankful



2019-12-01

Arya Samaj Greater Houston



यो भूतं च भव्यं च सर्वं यश्चाधितिष्ठति ।  
स्वर्यस्य च केवलं तस्मै ज्येष्ठाय ब्रह्मणे नमः ॥ 4

*Atharva Veda-10-8-1*

Obeisance to the Lord supreme, who governs all that  
ever was, and all that ever will be, and all that now  
exists, He is the absolute bliss.

Be grateful  
to those  
who have  
contributed  
to your life.





Feeling grateful and  
expressing it decreases  
stress, increases happiness,  
and makes people feel  
better about life.





Gratitude does not  
depend on how much  
we possess.

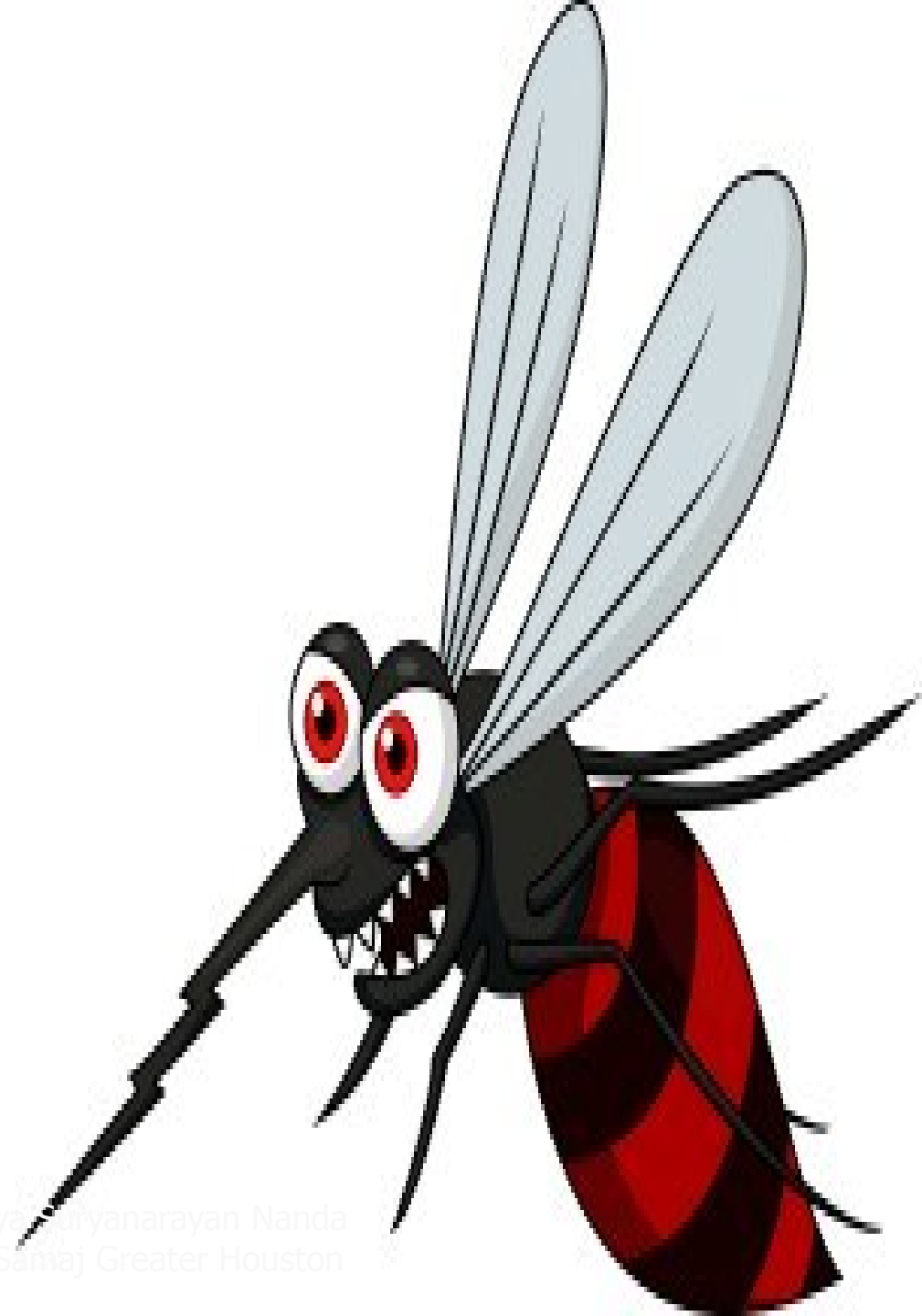
We are grateful for  
whatever we have, no  
matter how little or  
how much.

It is more than feeling thankful for something, it is more like a deeper appreciation for someone or something. This beautiful, soulful quality available to everyone in every circumstance.



It's opposite,  
ingratitude, is a quality  
of the external ego.

When in ego  
consciousness, we are  
never grateful or  
satisfied, no matter  
how much we have.






It's easy to get lost in the hassles of our everyday lives and never pause to look at the big picture and realize there's a lot to be grateful for.

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By Acharya Suryanarayan Nanda  
for Arya Samaj Greater Houston







We can be very  
focused on what we  
don't have – so  
much so that we  
forget about the  
things we do have.

# why does bad stuff happen to me?

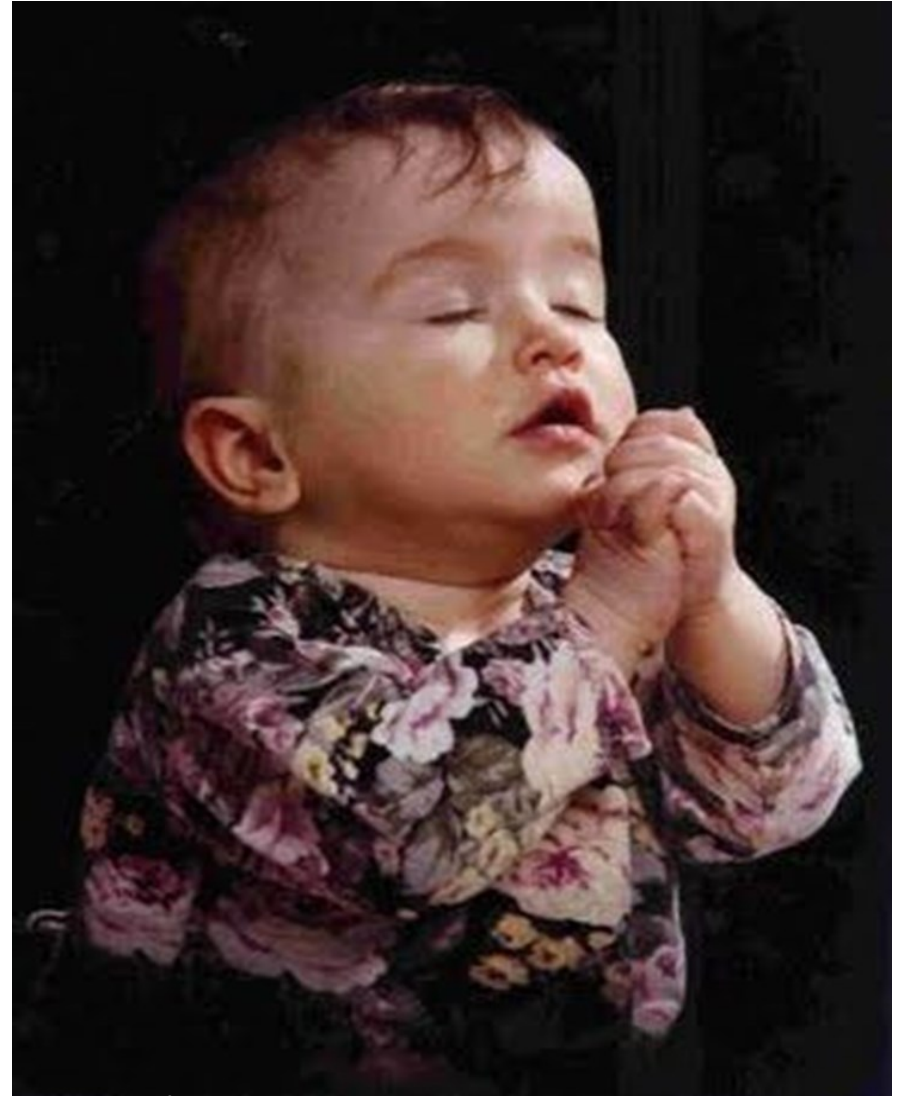


Most often, people remember the bad happenings, perhaps because they make the deepest impressions in the subconscious and are not expected.

Good happenings are expected and, therefore, tend to be overlooked.

# Thank God

Let us develop a sense of gratitude to the Lord by focusing our attention on what we have.







Some people  
complain because  
God put thorns on  
roses.

Others praise Him  
for putting roses  
among thorns.

# Thank God

Our gratitude towards God for every breath of our life.

God has given us this life, this tremendously valuable gift.

# God blesses us every moment

But we are habituated in taking all his blessings for granted or we are busy comparing and proving that we got less... or we pay more attention to what is missing and thus miss out what is present.

*At the end of the day there is a thankless, discontented heart craving for more. No wonder why our hearts ever remain hard and dry, in spite of receiving so much in abundance.*



# We get and forget

True happiness lies not in gaining what we don't have, but in recognizing and appreciating what we already have.

Soon we will discover that counting our blessings is the hardest arithmetic to master!

God's gifts are priceless  
and invaluable.

I was sad that I didn't have shoes till I saw someone  
who didn't have legs !

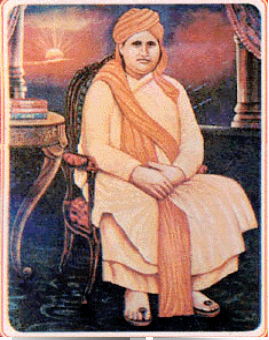
We thank the one who gave us the wrist watch but  
forget the One who gave us the wrist !

Noble persons find ample reasons to thank the Lord even in the most tragic situations.

One should acknowledge and appreciate the gifts of life which we have long forgotten in today's mad pursuit.

The surge of gratitude to God in one is a profound way of looking at life more positively.



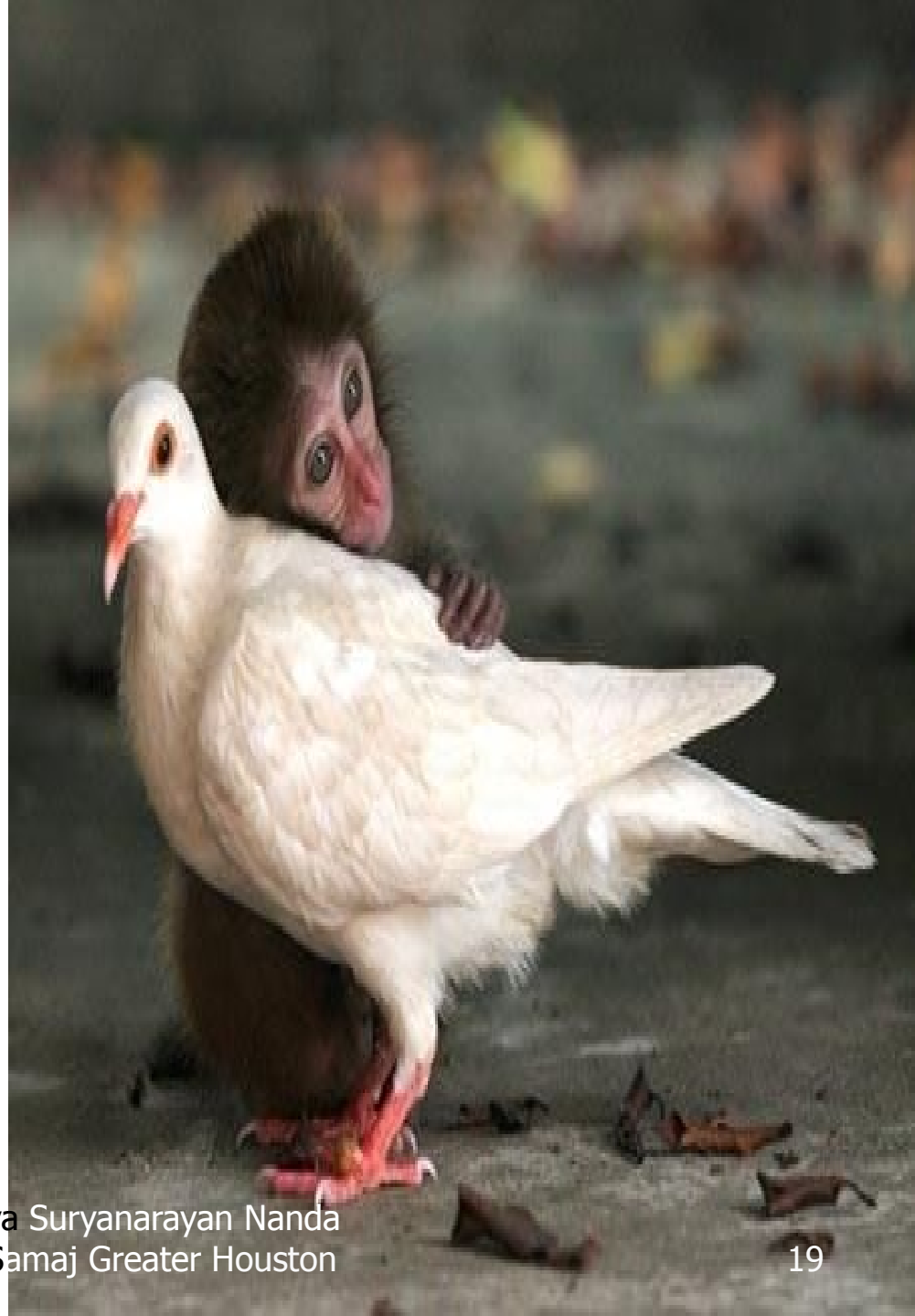


Let us be grateful to people  
who make us happy; they are the  
charming gardeners who make our souls  
blossom.

Understand, if ever you feel life is dull, that it is not as juicy as it should be, **it is because gratitude has not happened in you.**

When you carry causeless gratitude with you, life will be sweet all the time irrespective of external circumstances.

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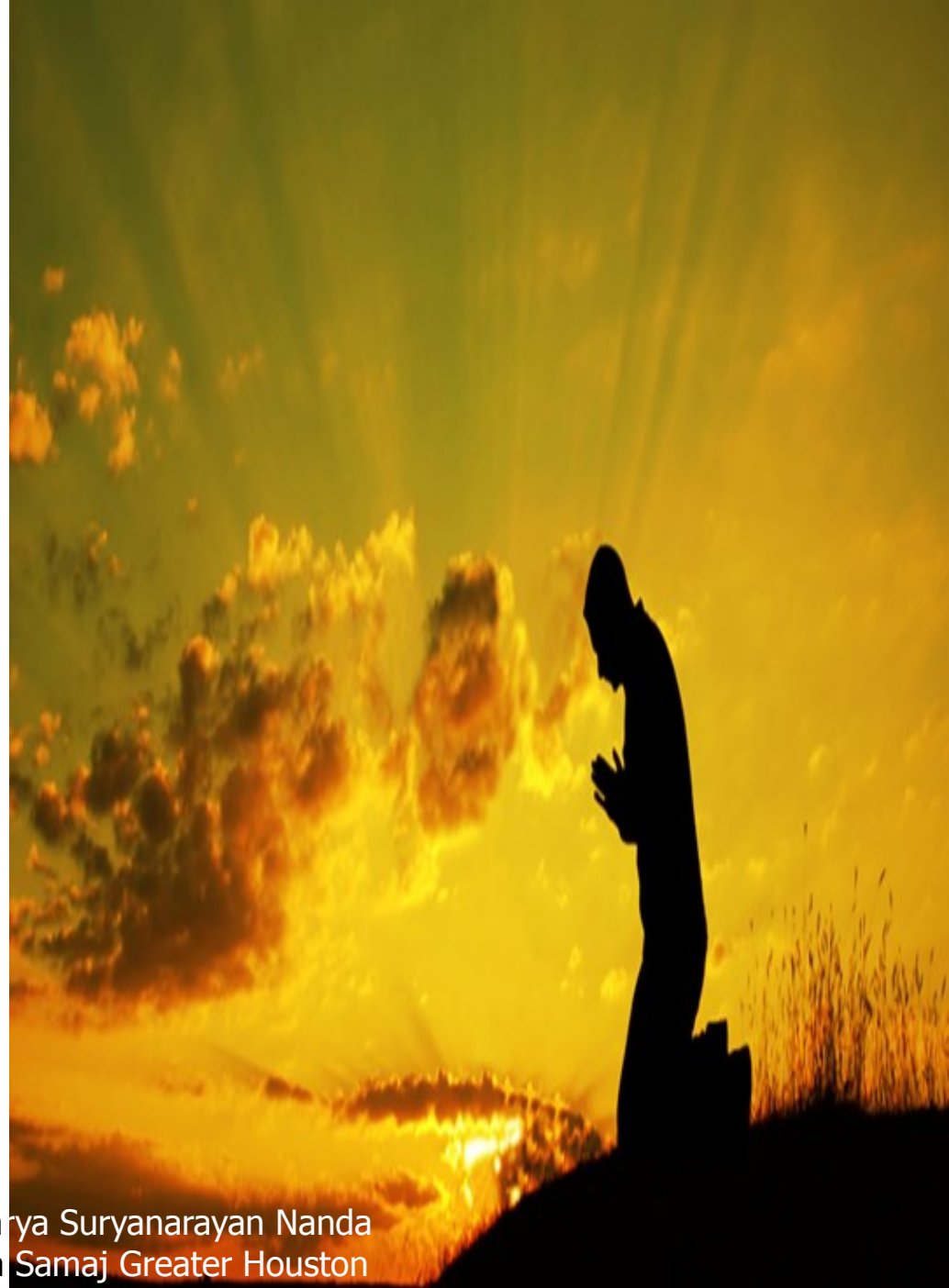
We must be grateful for everything that we get, but we must not expect any gratitude from others.

**Service should not be exhibitionistic.**

You must seek **no reward**, not even gratitude or thanks from the recipients.

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By Acharya Suryanarayan Nanda  
for Arya Samaj Greater Houston





O God , source of all life,

**I am Grateful**

for My life

for the breath that sustains my life,

for the beating of My heart,

for the food of this earth that nurtures life,

**I am Grateful**

for Beloved Ones who share life with me, those in  
our world beside me and those in worlds beyond  
my knowing

for the love of family and friends, without which  
there would be no life.





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