

GRATEFULNESS

Daniel Bowling, July 13, 2011

Coastside Vipassana, Montara Lighthouse, Montara CA

- **"Bhikkhus (meaning everyone who practices), I will teach you the level of a person of no integrity and the level of a person of integrity. Listen & pay close attention. I will speak."**
"As you say, lord," the monks responded.
The Blessed One said: "Now what is the level of a person of no integrity? A person of no integrity is ungrateful, doesn't acknowledge the help given to him. This ingratitude, this lack of acknowledgment is second nature among rude people. It is entirely on the level of a person of no integrity. A person of integrity is grateful & acknowledges the help given to him. This gratitude, this acknowledgment is second nature among fine people. It is entirely on the level of a person of integrity." *Katannu or Gratitude Sutta*
- **Gratitude is not only the greatest of virtues, but the parent of all others. – *Cicero***
- **Melodie Beattie, one of the founders of the recovery movement, writing often on overcoming co-dependency: "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."**
- **Hindu teacher, Shantidevi, said: "Why be unhappy about something if it can be remedied? Remedy it. Why be unhappy about something if it can't be remedied? There is nothing to do but accept it."**
- **William James wrote: "The deepest craving of all human beings is to be appreciated."**
- **"I am larger than I thought! I did not know I held so much goodness!" *Walt Whitman***

- “There are only 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
- “Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.” ~William Faulkner
- “Bhikkhus (meaning everyone who practices), you should train yourselves thus: ‘We will be grateful and thankful, and we will not overlook even the least favor done to us.’ Thus should you train yourselves.” *Samyutta Nikaya*
- If the only prayer you said in your whole life was, "thank you," that would suffice. ~Meister Eckhart

FOUR DISTINCTIONS OF GRATEFULNESS

1. **CALMNESS** into being **ENERGIZED & available to MINDFUL PRACTICE**
2. **CONNECTEDNESS** allows us to **FORGET OURSELVES**, to let go of the illusion of Self that “it’s about me” & therefore open to gratitude
3. **UPLIFTED** is balanced because it induces **HUMILITY** (comes from humus/earth...down to earth). A truly humble person is much more likely to be grateful for whatever arises in her life.
4. **FULFILLED** leads to being **RECEPTIVE/EMPTY & therefore open to whatever Life is offering**

SEVEN PRACTICES:

1. **MINDFULNESS & NOTING**
2. **INVESTIGATION TO CLARIFY**
3. **LISTENING TO LIFE, ESPECIALLY FOR A GUIDING THEME**
4. **ALLOWING OURSELVES TO BE IN DEVELOPMENT**
5. **GENEROSITY**
6. **ACCEPTANCE/BOWING TO LIFE – NAIKAN**
7. **METTA**