There is so much said and written about gratitude. Here's what is coming through in my heart about it right now:

Gratitude is being aware of the magnificence that you are and seeing that same magnificence everywhere you look.

Gratitude is forgiving who you are, where you live, what you did or do just because you can.

Gratitude is unconditional love, seeing beauty and potential everywhere you look.

Gratitude is becoming an ally to your deepest shadows, your challenges and all your wounds, and thanking them for contributing to your aliveness.

Gratitude is knowing that no one who ever lived had access to this much information, this many tools and teachers ever in their lives. You get to create your own healing toolbox just the way you like.

Gratitude is taking a step back and becoming aware of your patterns, loving the beauty of how life operates, choosing new life-affirming vibrations with every breath.

Gratitude is self-healing, knowing your worth, knowing everyone and every being’s worth.

Gratitude surrounds you if you know where to look.

Gratitude is infectious.

Hope you get to spread gratitude like confetti this holiday season.

With love, light, and gratitude,

Damla