

# GRATITUDE 感谢



Gratitude is the feeling of thankfulness for the benefits that others have conferred on us and the desire to express our thanks or to repay it. The Buddha said that gratitude is a mark of a good person: 'Truly, good people are thankful and grateful.' But he also recognized that gratitude is not common: 'These two types of people are hard to find in the world. What two? One who will do a favor first and one who is grateful for a favor done.'

Buddhist monks begin each day with a chant of gratitude for the blessings of their life. Native American elders begin each ceremony with grateful prayers to mother earth and father sky, to the four directions, to the animal, plant, and mineral brothers and sisters who share our earth and support our life. In Tibet, the monks and nuns even offer prayers of gratitude for the suffering they have been given: "Grant that I might have enough suffering to awaken in the deepest possible compassion and wisdom."

Gratitude is a gracious acknowledgment of all that sustains us, a bow to our blessings, great and small, an appreciation of the moments of good fortune that sustain our life every day. We have so much to be grateful for.

As gratitude grows it gives rise to joy. We experience the courage to rejoice in our own good fortune and in the good fortune of others.

Joy is natural to an open heart. In it, we are not afraid of pleasure. We do not mistakenly believe it is disloyal to the suffering of the world to honor the happiness we have been given.

Like gratitude, joy gladdens the heart. We can be joyful for people we love, for moments of goodness, for sunlight and trees, and for the breath within our breast. And as our joy grows we finally discover a happiness without cause. Like an innocent child who does not have to do anything to be happy, we can rejoice in life itself, in being alive.

With gratitude I remember the care and labor of a thousand generations of elders and ancestors who came before me.

I offer my gratitude for the safety and well-being I have been given.

I offer my gratitude for the blessing of this earth I have been given.

I offer my gratitude for the measure of health I have been given.

I offer my gratitude for the family and friends I have been given.

I offer my gratitude for the community I have been given.

I offer my gratitude for the teachings and lessons I have been given.

I offer my gratitude for the life I have been given.