

Are You Grateful?

Are you grateful for life? Do you have an appreciation, or thankfulness for what you have received, or will receive in the future?

Having an attitude of gratitude is really a matter of choice. It doesn't depend on circumstances, or genetic wiring, or something that we have no control over. Gratitude really becomes an attitude that we can choose that will make life better for ourselves, and for others. When things go well, gratitude enables us to savor things going well. When things go poorly, gratitude enables us to get over those situations and to realize they are temporary.

We should have gratitude for things we cannot in any meaningful sense repay: such as life. Hume, a Scottish historian, and philosopher (1711-1776) indicated that gratitude requires a feeling of love or honor for the benefactor, and deficiency in this feeling is a failing so severe as to be "of all crimes that human beings are capable of committing, the most horrid and unnatural." ret