

Being Grateful

(4.20.2023)

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Gratitude is the best medicine.

The reciprocation of energy... results in the expression 'return kindness with kindness'. It is part of our human nature and is present from birth as an intuitive understanding. It is the ability to notice and see deeply, allowing that awareness to blossom into appreciation. It is not a skill that requires formal education but rather a willingness to act from the heart.

There is an old saying that goes, 'the more you give, the more you receive,' and in the sweetness of receiving, you find yourself giving even more. Giving enables one to experience and expand beyond earthly limitations because 'true joy' lies in the act of giving with pure intent. Joy is a special gift that, when embraced, can bring healing to the body, nourishment to the mind, and peace to the soul. Life may not be perfect, but it can be beautiful if you allow it.



By Ms. Esther

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