

Gratitude Quotes:

Note: Some quotes were condensed for easier recording on the flipchart during the 2010 Teachers Conference. Gratitude with comings, gratitude with goings, continually with chi.

If the only prayer you utter is "thank you", it will be enough. Meister Eckhart

A day of profound gratitude. When we are grateful we are joyous. Gratitude does not mean rejoicing because some desire has been satisfied. Justin Stone, from *Spiritual Odyssey*

How grateful I am with no thing to be grateful for. Paul Reps, from *Spiritual Odyssey*

When acknowledging an introduction, Paul Reps would say: "Thank you for your life.", from *Spiritual Odyssey*

All that we send into the lives of others comes back into our own.

Consciously cultivating thankfulness is a journey of the soul, one that begins when we look around us and see the positive effects that gratitude creates. MJ Ryan

I express GRATITUDE upon awakening EACH day for granting me a new day of possibility, joy and love. Jan Block

Maintaining an open, grateful heart

Dear T'ai Chi Chih Community,

A favorite story of Justin's is about a conversation between a Sage and someone asking what he would do in a particular situation. And this is how I remember it: "You have been asked to travel to another part of the country and promised to be met at the station. You arrive, but no one is there to pick you up. What would you do? He responds: I give thanks to God. The person persists: Three days later you are still at the station, now you are sitting on the floor, tired, hungry and dirty. What would you do? He responds: I give thanks to God.

It sounds like an extreme situation, but the person who experiences the "growth of certainty" from *Spiritual Practice*, knows that there is more to a situation than what meets the eye. No matter what happens, they still maintain an open, grateful heart. Justin makes interesting yet familiar statements in *Spiritual Odyssey* under the title: *Rapid Growth of T'ai Chi Chih Greatly Surprises Originator*, and ends with the statement: So there is much to be grateful for. And it reads:

Often people do not remember what they were like before, and do not recall the "troubles" that had bothered them. Remake "your" Chi and you remake yourself. Apparently T'ai Chi Chih can do this quickly and efficiently, and it is easy to learn and easy to do. I firmly believe this, and see the benefits in my own life. Over 80 years of age, this appears to be one of the most energetic and creative periods of my life. So there is much to be grateful for. [Spiritual Odyssey](#): p 69

I encourage you to read though *Spiritual Odyssey* to get a sense of Justin's sense of gratitude. Not long ago during a visit he told me that he offers gratitude throughout the day. Such stories are great to share with students. Being Grateful is a part of the spiritual benefits of T'ai Chi Chih practice. Teachers and others who practice on a regular basis are discovering many spiritual benefits. Others want to discuss what those benefits are, but like all of T'ai Chi Chih's benefits, what the practitioner needs, that is exactly what is brought into balance.

Reflection: Can you name the spiritual benefits you are noticing from your practice? FOCUS during practice: Simply enjoy!

Wishing you Peace and All Good ... with blessings in abundance,
Sr. Antonia, OSF

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