

A Thanksgiving for being grateful

Pat Heydlauff

Does Thanksgiving mean something very special to you? Is this one of those holidays you celebrate but are not sure why? Or, is this one of those holidays you look forward to because it means great food, family and friends gathered around your table?

Thanksgiving has come to mean many things for each of us but I believe most of us use it as a time to reflect, be grateful for our abundance whatever that may be and appreciate the gathering of family and friends for a time of sharing, being together and enjoying that wonderful energy such gatherings generate. Not only is our body nourished with the abundance of good food and drink but our soul is nourished as well because of our intention of the holiday, that of showing gratitude.

Even though we celebrate this holiday once a year, it is truly the showing of gratitude that is the uplifting energy we receive that gives us hope for the future and peace of mind for self. This is the type of energy that each of us needs to nurture all year round so that we can benefit from its peace and hopefulness. There are several Feng Shui tools you can use to maintain this wonderful energy year around. Start by creating a small area on your kitchen counter or kitchen table where you can place a bowl of fresh fruit all year long. It does not have to be very big and does not have to have any special type of fruit but should always be filled and replaced when eaten. Fruit is the symbol of abundance and will remind you of the gratefulness of plenty from Thanksgivings past and those yet to come. If you absolutely cannot use fresh fruit then use the very best looking brightest colored artificial fruit you can find. Be sure to keep the artificial fruit clean and well dusted at all times.

A second technique you can incorporate into your everyday world is to find something symbolic of Thanksgiving that you can keep on display year around in the south area of your living room to remind you of your gratitude for all that you have including family, friends, wealth and prosperity. It can be as simple as a picture of you and your family or

friends gathered together at a happy celebration. Or, a small grouping of collectibles you love placed in the same area of your living room will also work. It can be large or small; size doesn't matter as long as you receive the energy of abundance and gratitude from it every time you look at it.

A third option would be to place in the southwest area of your living room a beautiful earth tone container filled with a bouquet of flowers in colors you really love and in a variety of sizes and shapes. This special bouquet will constantly remind you of your abundance of family members and/or friends and the thankfulness of times shared whether in the present, the past or yet to come.

The energy of gratitude for things present, past and future carry with it one of the greatest of energies, peace within. We all start out our journey in life with joy, hope and peace but must remember to re-energize each through simple thoughts like being thankful.