

Turn Your Cup Over

Things to Remember

Einstein said: **“You can see in life that nothing is a miracle or that everything is a miracle”**.

We need to perceive life with new eyes, have a new vision realizing that everything in life is a miracle and the best way to do that, is through praise and thanks giving.

Thanksgiving is a choice. Gratitude is not just giving thanks when something good happens; it’s choosing to be thankful all the time.

“Gratitude is not about “looking at the bright side or denying the realities of life”. Gratitude goes much deeper than that. It’s about seeing the gift behind the situation and learning to perceive it as an opportunity. It’s about finding out that you have more power over your life than you previously imagined.

Gratitude is the single most powerful spiritual practice that I know of that will bring us into alignment with our life purpose. Joel Goldsmith said, “Gratitude, like love, is God expressing Itself through man as man!”

Rev. Carlos Romanillos OUM
Unity of the valley. Pharr, Texas
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