

## Gratitude - a way of simple happiness

16. 4. 2015

Gratitude. This word came up this morning, like a key, bright and meaningful. We always forget the simplicity and maximum effectiveness of this state of mind! There are many things in our lives perhaps which may not at all cause this feeling and usually we focus on these problems. Once again today the invitation to focus on what we could be thankful for.

Everyone who was really sick already knows how grateful we can be to be able walking independently on two legs anywhere we want to go. We can also be thankful for our food every day and that we have a warm home. Really! And so there are many events that we can be so happy about in our lives. If we succeed to find that place in ourselves, we are like a king or queen!

If we are grateful so many things seemed to be easier. Our teacher Swami Kaleshwar once said that there is already a solution to every problem. That's comforting.

He also noticed very sadly in another place: "There is no gratitude!" This comment from him showed us clearly that we are not in a position to be able to recognize the true gifts that lie in front of us without that feeling of gratitude.

The basic sense of satisfaction, as latent attitude and a precursor to gratitude, fascinated me already many years ago in India. The simplest living conditions can give much more happiness than a complicated-comfortable life!

We find a world that is in the truest sense of the word still 'in order' when we sing bhajans. The certainty of a higher power that is always there for us if we trust in it, gives our soul truly wings.

The bhajan '[Jai Jai Guru Deva](#)' (# 27, Shiva Sai Mandir Bhajan Book)) is a wonderful song that gives this simple truth that lies dormant in all of us an expression: We are all children of a great divine power that can take many names. It is there for us as a mother and father in the best sense, always - always and everywhere so omnipresent and bright which our mind cannot imagine. Jay!

Happy Guruday Sabeenamayi

