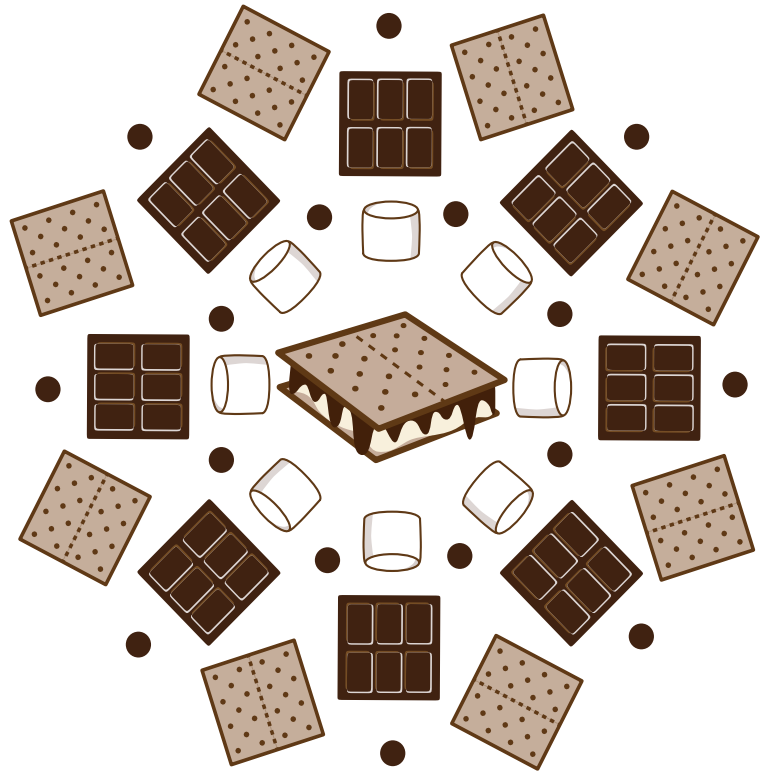


Psychic Horizons

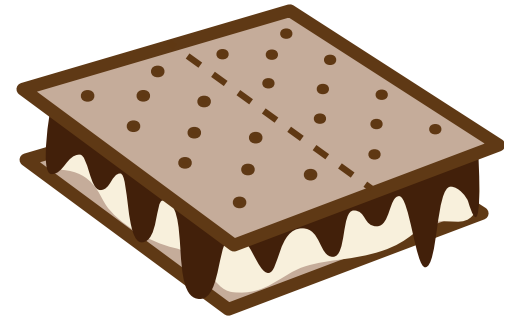
**S'More
Gratitude
Calendar**



Welcome to the Gratitude Calendar of Psychic Horizons S'Mores Gratitude Gala

Experts said it takes 18 days to form a new positive habit or practice. This is a flip-book of 18 days of gratitude practice. You can work with one gratitude habit per day.

You can send us a note about it.



A personal note from Rev. Katie King (who created this gratitude calendar):

In one memorable growth period, I needed to make a LOT of big changes. Someone suggested starting my day in a way that was sure to shake up my routine. “Put your slippers under your bed.” Even though I thought it was silly, I did it anyway. After I turned off the alarm, I had to look for my slippers. That simple act interrupted my habits. It was through that interruption that new energy came in. I created a new life.

You may move your phone, your teacup, your glasses, your running gear.

You can interrupt your routine.

Will you? And then....

Day 1

Habit has Energy!

The word Habit has energy on it. Time to let it go....

Merriam Webster Dictionary:

Habit, noun

1. a settled tendency or usual manner of behavior. As in: A habit of a morning walk
2. strong need to use drug or smoke cigarette
3. a piece of clothing as costume characteristic of a calling, rank or function as in a nun's habit

Root or grounding of the word:

Latin, Habere to have, to hold, to possess, to wear, to find oneself, be situated

We will consider habit of gratitude as a way of wearing or presenting gratitude.

Fun version: Grab a pair of gratitude glasses and join us!

Day 2

Easy Start: Hide Your Slippers

Fast easy way to change myself is to hide my slippers or whatever works for you. Look at the first things you do every morning. Alarm, open your eyes, sit up and then.....PICK ONE.

Whatever you pick, it's where you can break up a pattern.

1. Slippers..put them well under the bed.
2. Glasses... put them on a different table – enough to make you think.
3. Water glass...move it and put a lid on it. Make yourself think.

You got the idea.

As soon as we do this...we open up for new energy to come in.

We know we can do this energetically, but this helps in the everyday.

Day 3

Easy Start: Attention

Pay attention to your attention.

Your attention frames your day, your thoughts, your energy.

Look around you, look outside, sniff, listen, wiggle your toes. What do you want to eat or drink?

What information will you take in? music, sports, news, spiritual thought?

What is your wake-up trigger? An alarm, music, dog, cat, roosters, making breakfast, school schedule, meeting, or conference call schedule?

Paying attention to where our attention is, let's us appreciate what we have. My Grandma congratulated everyone at the breakfast table for getting there! Congrats to you!

Day 4

Easy Start: What's gratitude?

Merriam-Webster definition

Gratitude, noun. Feeling of appreciation or thanks

Root: Latin gratus: thankful, pleasing, to favor

Sanskrit grmati: sings praises, announces

Gratitude is feeling appreciation, thankful and a **Gratitude Practice** sings praises and announces it.

Try it! Choose a Place: a jar, bowl, notebook, board

This is your **Gratitude Place**

Write names of people you are grateful for and to and put the slips of paper in.

....More tomorrow

Day 5

Gratitude Practice

Yesterday we Chose a Place.

Today Choose an Action: Say it, Stand here, Walk this path

Say thanks for your body and how it works.

Say thanks for air, earth, water, fire, sun, moon, tides.

Say thanks for shelter and transportation.

Stand in place and say thanks to and for your feet and legs. Say thanks for all that is behind you physically and all of life that got you to this moment.

Step forward and dust off the past and

Walk your path today. Say thanks for smooth travels today.

This is your Gratitude Action

...More tomorrow

Day 6

Gratitude Practice

Yesterday we chose an Action.

Today Choose a Time: morning, noon, night.

In the morning, You greet the day, greet the sunrise, start the day.

Shinto religion celebrates break of day with standing anticipating the sun and greeting it with clapping. It is described as the happy religion. So clap gratitude to start of your day!

At Noon, say thanks for your morning and say thanks to the full sun. Crops get nourished and harvested. Food grows in the sun. Praise the fullness of the sunlight.

In the evening, say thanks for the warmth and light of the sun. Say thanks for having this day and all the people in it. The setting sun is marked by playing Taps and lowering the flag, by the song "Day is Done." People in the San Diego come out to watch the sun set. Say thanks to our earth and the measure of time.

This is your Gratitude Action

....More tomorrow

Day 7

Gratitude Practices: Christian

One Christian tradition of gratitude is around eating -- bless ourselves, bless our food-- preferably blessing before we eat!

- At the moment you gaze at your meal, P-A-U-S-E
- Think of what it is-the animal or plant sources
- Think of the labor contributed to grow or raise your meal
- Be grateful for your meal.

Day 8

Gratitude Practices: **Buddhist**

A Shin Buddhist practice of gratitude on recognizing the positive in circumstances.

Every circumstance, no matter how complex, challenging and frustrating, contains a positive seed that should be nurtured.

Always look for the silver lining.

Know how many factors work together to make your life possible and pleasant.

Nurture the positive seed – water it with gratitude.

Day 9

Gratitude Practices: Jewish

Some Jewish traditions teach that opening to gratitude allows you to see clearly the good you have.

Who is rich?

Those who rejoice in their own lot.

In the practice B'racha, the root of this term is knee. When you say a blessing it's as if you bent your knee in gratitude. Practice reciting 100 blessings a day. A teacher mentioned blessing that the toilet worked, the pipes work, the city system works, the sky is clear/cloudy/raining....continue on.

Open your day with ***“My cup is filled with riches.”***

Day 10

Gratitude Practices: Native American

Native Americans are closely tied to our earth and their spirituality of nature is intertwined with our planet. A common thread in tribal gratitude practices is a sense of planetary place in the present moment-- Where I am right now. Being grateful for what is behind me and having vision of what is before me.

A Three Step Morning Practice:

- Place your feet firmly on the earth. Be grateful for feeling the earth and the sun, wind, seasons, temperatures, what you hear, what you smell, what you taste, what you see.
- Let go of pain, regret, struggle. Step away & brush the dust of past from your feet.
- Step forward into the gift of your new day.

Day 11

Gratitude Practice: Islamic

Islam teaches shukr, a praise for all Allah gives.

Shukr is like the effect that food has on an animal's body. The fullness of the body after a feast is like the gratitude to Allah. In Islam, the holy place of Mecca is the center of holiness and reflects to us what Allah gives.

Muslims pray with a focus on Mecca.

Prayers are said on a prayer rug. On the rug in the design is a mihrab, a design in mosques, and this is used to place the rug pointing toward the holiness of Mecca. Hotel rooms in Muslim countries have arrows showing the direction of Mecca. This makes for very strong gratitude practice!

Day 12

Make your own practice

A friend makes her coffee in the morning and then walks around her house and is grateful for everything she has and everything she sees.

One person I worked with took time every Friday to call each person they dealt with that week and thanked them for their part in that week.

- Indulge your memories now and take a moment for your life.
- Write a quick-or not so quick-note to someone you are grateful to or for.
- Make a call-thank someone for a favor or for what they mean to you.

Day 13

Make your own practice

Our own gratitude includes moments in our lives:

1. Good memories of life's events
2. Good we know came out of our growth
3. Friends, relatives, work folks who we learned and grew around

Remember your moments, write some down, reflect.

Feel grateful for all your moments.

Day 14

Make your own practice

Add to your gratitude jar, bowl, notes, board.

Writing short notes and placing them reinforces your gratitude.

At the end of your day, week, or month-check your gratitude notes.

Each note is a treasure in your gratitude journey and reminds us of how rich we are!

Day 15

Make your own practice

Let's reflect a minute on what we have been doing.

What's gratitude? Gratitude is feeling appreciation, being thankful
A habit of gratitude sings praises and announces being thankful.

You may have:

a place for gratitude: jar, notebook, board, or a circle or a yoga mat in the yard
an action routine for gratitude: say it, stand here, walk like this
a time to be grateful: morning, noon or evening

You may have adopted new ideas on gratitude practices from other traditions.

From Christian, Buddhist, Jewish, Native American, Islamic.
Who are you grateful to?
What memories are you grateful for?
What have you practiced?

Day 16

Make your own practice

You feel grateful.

You made it a habit.

It's time to thank yourself!

Hurray!

Day 17

Make your own practice

How do you keep what you created - your place, your action, your time- ALIVE?

Keep your place, your action, your time alive & feel grateful.

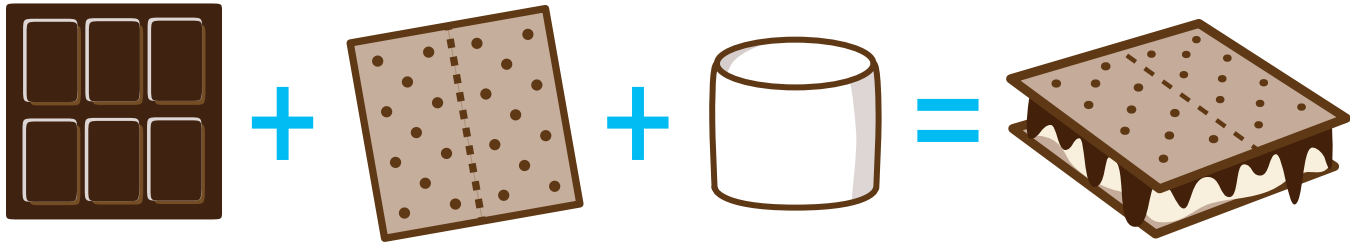
Keep finding your slippers and carrying on.

Day 18

Gratitude Practice

Put on your gratitude glasses and your silly hat and sprinkle your aura with **GRATITUDE**.

S'Mores



Gratitude