

The Miracle of Gratitude

by Jinny S. Ditzler



2010 has been a tough year. Palpable stress and fear in the air, recovery expectations dashed, bad news night after night, human suffering reaching new depths. All occurring in an environment of chaos and ever-increasing distractions. New challenges, problems and tasks being added daily to lists already impossibly long.

It may be shocking to read words like these coming from Mrs. Best Year Yet, but these realities have affected all of us, including me. And sometimes it felt more like especially me. Here I am working in the business 24/7 way past retirement age, and the stress of years of working this hard finally erupted this year in scary pain and health issues - for both Tim and me. We've had our home on the market for two and a half years, long since said goodbye to that nest egg strategy, while struggling through months of low sales waiting for our new Best Year Yet online software to take off. Will we ever be able to stop? And 10 days ago I broke my foot, leaving the emergency room on crutches!

In the midst of all this, **I couldn't find my way and nothing seemed to work. I was lost in the pit of self-pity** and didn't even know it. I've always believed in miracles, but the well was dry.

Then one day I overheard my lifelong friend Sally talking about a conversation she'd had with friends the evening before. Someone had asked the question, "What's the source of miracles?" A deep discussion followed and reached a profound conclusion. **The source of miracles is gratitude.**

The light came on. That's the truth - and I've always known it. But knowing something is one thing and living it is another.

Yes, I'd been expressing gratitude daily in my meditation, but too often climbed back on the pity pot as soon as I returned to my day. But hearing her words, I saw that gratitude means living in gratitude - and here's the trick ~

The secret is authentic and heart-felt gratitude for what I have, living in appreciation for the blessings that already are, not wanting more, and living in abundance now. And above all, not expressing appreciation and gratitude for the blessings because it works to generate miracles. The truth is that there IS so much for me to be grateful for now. **And that truth overpowers everything that's happening now** in each of our lives.

If you've read my book, you may remember that Tim and I go for dinner every Friday and spend the meal taking turns toasting miracles that have happened in the past

week. We've often said that our **Friday Night Miracles** habit is the source of our sanity and the incredible results we've achieved in our 31 years together. But even those moments of gratitude had not been spilling over into the rest of the week.

Since the light came on in August when I heard my friend's story, its glow has been becoming brighter every day. My thinking is focused on gratitude and my ability to let go of fear, judgment, worry and resentment is getting stronger every day. I wake up faster and faster and let go more and more quickly of thoughts and assumptions that take me back into the dark black hole where everything is awful and things are hopeless. Finally and incredibly I have come to a place where it really doesn't matter if things don't change. I am so, so lucky!

And - believe it or not - when I was halfway through writing this article and had just finished writing the words - **the source of miracles is gratitude** - Tim came to me and asked if he could interrupt me for a minute. He said, "if you'll sign this document, the sale of our home is firm, and we're closing a week from Tuesday".

If it has taken these difficult times to force us to remember to be grateful - above all and every day - **every painful and fearful minute has been more than worth it.**