



# *My Journal Of Gratitude*

*By*

*Gayathri Sivarajah*

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## *My Journal Of Gratitude*

*Thank you is a simple phrase yet we are so reluctant to use it. Our busy lives seldom permits us to stop and feel the gentle breeze and hear the whispers, an answer to our every request from the Infinite Spirit. So my dear fellow travelers, join me for thirty one days and thank the ever giving universe for the rich tapestry of our nourished and nurtured lives. Let us claim the promised land by saying "Thank you, I am Grateful."*



*"There is only one corner of the universe you  
can be certain of improving and that's your  
own self." ~ Aldous Huxley*

*Day 1*

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*“There are only two ways to live your life.  
One is as though nothing is a miracle. The  
other is as though everything is a miracle.”  
~ Albert Einstein*

## *Day 2*

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*“In dreams begins responsibility.”  
~ William Butler Yeats*

*Day 3*

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*“Change everything except your loves.”*  
*~ Voltaire*

*Day 5*

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*“Out of your vulnerabilities will come your strength.”*

*~ Sigmund Freud*

## *Day 7*

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*“Music produces a kind of pleasure which human nature cannot do without.”*

*~ Confucius*

## *Day 8*

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*“To me every hour of the light and dark is a miracle.”*

*~ Walt Whitman*

## *Day 9*

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*“You never know what is enough unless you know what is more than enough.”  
~ William Blake*

## *Day 10*

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*"I love those who yearn for the impossible."  
~ Johann Wolfgang Von Goethe*

*Day 13*

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*“Imagination is more important than knowledge.”*

*~ Albert Einstein*

## *Day 14*

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*“A compliment is something like a kiss  
through a veil.”*

*~ Victor Hugo*

## *Day 16*

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*“Four thousand volumes of metaphysics will not teach us what the soul is.”*

*~ Voltaire*

*Day 17*

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*“The shortest answer is doing.”*  
*~ English Proverb*

*Day 18*

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*“If we have listening ears, God speaks to us in our own language, what ever that language is.”*

*~ Mahatma Gandhi*

## *Day 20*

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*“No great discovery was ever made without a bold guess.”*

*~ Isaac Newton*

*Day 23*

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*“Greater happiness comes with simplicity than with complexity.”*

*~ Buddha*

## *Day 24*

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*"I did not find you outside, oh Lord, because I made the mistake of seeking outside You who were within."*

*~ St. Augustine Of Hippo*

*Day 25*

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*“Everything has its wonders, even darkness  
and silence, and I learn, whatever state I may  
be in, therein to be content.”*

*~ Helen Keller*

## *Day 28*

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*“He is well paid that is well satisfied.”  
~ William Shakespeare*

*Day 29*

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*“Do you not see how necessary a world of  
pains and troubles is to school an intelligence  
and make it a soul?”*

*~ John Keats*

*Day 31*

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*Now that your journey with me is complete, I hope  
you have enjoyed the many miracles that have  
manifested along the way.*

*May your lives overflow with prosperity, abundance  
and everlasting joy as you continue on your path to  
fulfillment.*

*Love and light,  
Gaya*