

Title:

Of Gratitude, Sickness And Spiders

Word Count:

949

Summary:

It's the season of gratitude, yet last week I found myself in a sea of darkness. I was sick. I

Keywords:

Article Body:

It's the season of gratitude, yet last week I found myself in a sea of darkness. I was sick. I

Still, it took me a full four days of acute sickness before I was able to stop and allow myself

While my wife was working I was driving Ella to get her to sleep (being sick, my patience was

When the turbulence ended and we were back on a straight stretch, that spider somehow knew exa

Watching the spider do its thing, I imagined myself on one of those amusement park rides where

Spidey's demonstration was just what I needed to remind myself to come back to my center. With

For me, being in the center meant being fully in my sickness, not fighting it, not trying to p

I believe it was the gratitude that shifted me into the center of that ride. Instead of worryi

Just like that little spider, we get to choose how we experience each moment of our lives. We

And neither do you. For many people the holidays can be a whirlwind of too much shopping, cook

I've quoted Meister Eckhart before, and I'm sure I'll do so again, but he stated it so simply

Thank you!

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