



Release, Let Go, Give Thanks—I am Great and Grateful

Affirmation: I release anything and everything that no longer serves my unfolding good.

Release (Elimination)—The ability to let go.

The disciple is Thaddeus. He represents the expulsion of negative thinking.

The corresponding color is russet and the location is the abdominal region.

What are YOU Thankful For?



Gratitude is an Aspect of God and is available to us always as is God. The holidays give us an opportunity to reflect on what we have, what we're grateful for, and what we can give to uplift others. Gratitude is a powerful amplifier of heart energy and one of the quickest ways to offset stress and lift our mood. Gratitude and appreciation aren't just nice gestures but

powerful emotions that activate the brain's reward pathways, feel-good hormones, and endorphins that can greatly improve our outlook on life. Providing a service to another is character building and makes friends. Being grateful and giving thanks, are both necessary in demonstrating prosperity through divine law. Gratitude will help you remember the small blessings you may take for granted in your day to day life.

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships



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Receive and Release

Charles Fillmore explains: “It is just as necessary that one should **learn to let go of thoughts, conditions, and substances in consciousness, body, and affairs, when they have served their purpose** and one no longer needs them, as it is that one should lay hold of new ideas and new substances to meet one's daily requirements.

“Therefore it is very necessary that the eliminative faculty be quickened in one, and a right balance between receiving and giving, laying hold and letting go, be established” (Metaphysical Bible Dictionary, pp. 652-653).

As elimination is necessary to the completion of the digestive process in the body, so renunciation is important to the completion of the establishment of divine order ...

As the channel of elimination must be kept open if the body is to continue to receive nourishment, so the channels of mind power must be kept open for the digestion of greater ideas through the release of old, outworn, negative thoughts and feelings ...

Renunciation must work in conjunction with all of the faculties, as we replace old, wrong habits of thought and feeling with the new concepts and understanding that will be the basis for spiritual growth and development. As we would remove weeds from our flower or vegetable gardens in order to give the desired plants room to grow, so we must remove weed-thoughts from our minds to prepare room for our budding spiritual assets.



Meditation on the Power of Release By Rev. Bronte Colbert

In the quiet of thought, I ask for guidance on what and how to let go.

I clear out, eliminate, and give away what I no longer need. I remove physical clutter— the unused items and things I've outgrown. Then I release habits, dependencies, unhealthy boundaries, and relationships that are not for my highest good.

I release any unforgiveness or judgments that tether me to the past. Instead, I affirm a vital, positive life in the present. My experiences, in all their variety, have led me to the beauty of today.

I let go of negative thinking or limited ideas about myself and my capabilities. I release doubt and fear. I break free from any feelings of inadequacy or lack. I shed the habit of criticizing others or myself.

As I continue to release what no longer serves me, I make room for delightful circumstances and opportunities.

SOME TECHNIQUES TO HELP KIDS BE GRATEFUL



Keep a gratitude journal ▲

Note one to three good things that happened during the day—and be specific.



Watch your language ►

Using disparaging words, even in talking to yourself, reinforces negative thoughts.



Savor good times ►

Photographs, drawings and written accounts help reinforce memories. Collect them in scrap-books or post around your home.



You're Welcome

Researchers believe gratitude may actually help your mental and physical health.

Source: WSJ reporting



Find a 'gratitude accountability buddy' ▲

Swap gratitude lists with a friend; acknowledging where gratitude is due will keep it from sounding like bragging.



Go on a gratitude visit ▲

Write a letter of thanks to someone who has helped you in the past. Read it in person or over the phone.



Pause mindfully ▲

Several times a day, stop whatever you are doing and focus on the sounds, smells, touches around you.



Count blessings, not sheep ▲

Review events and people to be grateful for during the day as you're falling asleep.

For adults:

- More optimistic
- More social satisfaction
- Less envy
- Less depression
- Fewer physical complaints
- Better sleep
- More exercise

For children:

- Better grades
- Higher goals
- More satisfaction with lives, friends, family and school
- Less materialistic
- More desire to give back

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DAYS IN THE MONTH

National Play Monopoly Day

Day of the Dead

National Fun with Fondue Month

Turtle Adoption Day

Chrysanthemum Flowers

National French Toast Day

Veterans Day

World Kindness Day

National Pickle Day

Fall Season

Astrology Signs
Scorpio Sagittarius

National Mason Jar Day

Thanksgiving

Topaz Birthstone

NOVEMBER FUN FACTS

11th Month of The Year

MADEWITHHAPPY.COM

HEALTH BENEFITS OF GRATITUDE





1. IMPROVES SLEEP QUALITY 
2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION 
3. INCREASES YOUR ENERGY LEVELS
4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS 
5. HELPS YOU LIVE LONGER

HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS 
2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR 
3. VOLUNTEER IN YOUR COMMUNITY
4. DO SMALL RANDOM ACTS OF KINDNESS
5. SMILE! 

The Secret of Saying Thanks

By Douglas Wood

Story Line	Yoga Pose/cues	Illustration
<p><u>1. Sun</u> Thank you sun for a new day for all its choices and challenges.</p>	<p><u>Sun Breath:</u> Inhale lift arms out wide over head. Exhale hands to heart. 3-5 times</p>	
<p><u>2. Flower</u> Thank it for its bright color, graceful blossom, sweet breath, making you smile.</p>	<p><u>Flower Pose:</u> Sit with a tall spine, lift up your legs, balance on sitting bones, weave arms under legs</p>	
<p><u>3. Tree</u> Grateful for the cool shade on a hot day, sound of the leaves in a breeze, roots to hold the earth in place.</p>	<p><u>Tree Pose:</u> Stand on one leg, bend other knee, place the sole of foot on inner leg/thigh/calf and balance.</p>	
<p><u>4. Rock/Stone</u> Thank you for your patience and silence in a world full of speed, noise and change</p>	<p><u>Child's Pose:</u> Sit back on heels, slowly bring your forehead down to rest in front of your knees, arms rest along body.</p>	



THE CHALLENGE DETAILS

“Challenge” is just a word.

The goal is to focus on (and share, if you want!) something (a photo, illustration, quote, etc.) every day, using the prompts to help you feel more grateful. Feel free to get creative. You can make up your own prompts, do them in a different order, etc. Gratitude is the point so do whatever works for you!

Join in at any time.

TABLE TOPICS



- ☞ •What memory always makes you smile?
- ☞ •Do you typically think that you have more than you need, less than you need, or exactly what you need?
- ☞ •Can you remember a time you received something that you totally didn't deserve? How did that make you feel?
- ☞ •What's the best thing that happened to you today?
- ☞ •What positive adjectives do you think people would use to describe you?
- ☞ •What do you hope people will say about you at your funeral?
- ☞ •What is something you have given away that you regret?
- ☞ •Can you remember a time when you could have given something, but didn't?
- ☞ •If you could spend an entire day doing whatever you want, what would it be?
- ☞ •Who is the most generous person you know? What makes them that way?
- ☞ •What is your favorite season? What do you love about it?
- ☞ •What is the sickest you've ever been? How did you get better?
- ☞ •What is the nicest thing a stranger has ever done for you?
- ☞ •Do you have a story of about a prayer that was answered? What happened?
- ☞ •Is there a time that you had a prayer go unanswered and it turned out for the best?
- ☞ •Imagine you're being interviewed for a newspaper article and the interviewer asks, "Who made you the person you are today?" Whose names would you say?
- ☞ •What do you like about your home? City? Country?
- ☞ •What is the hardest thing you've ever learned to do?
- ☞ •What is your greatest accomplishment?
- ☞ •Who is the person you trust the most? What makes them so trustworthy?

Your 5-day gratitude challenge: 5 exercises to increase your gratefulness



These five different exercises — all from TED speakers — can help you add more thanks to your life. The key is discovering the practices that increase the gratefulness in your life. Enlisting a gratitude buddy — someone else who will do these exercises at the same time as you so you'll be able to share your experiences — can help, too.

<https://ideas.ted.com/your-5-day-gratitude-challenge-from-ted/>

- ☞ Challenge #1: Take a photo every day of something you're thankful for.
- ☞ Challenge #2: In your transactions with cashiers, baristas and others, take the time to look them in the eye and really thank them.
- ☞ Challenge #3: Put up gratitude "stop signs" in your life.
- ☞ Challenge #4: Write a eulogy for a loved one — while they're still alive — and give it to them.
- ☞ Challenge #5: Be honest about the thanks you'd like to hear from the people in your life.