

GRATITUDE PRAYER

Adapted from many sources by SerenaDee

I give thanks for my many sacred blessings.

I give thanks for the sacred medicine of many illnesses.

I give thanks for love, past, present and future.

I give thanks for family, and friends, and the support of my spiritual communities.

I give thanks for my resources, financial, health, time, and energy.

But most of all I give thanks to YOU, that YOU are in my life.

I count my blessings with an attitude of gratitude and

I show my gratitude to every sentient being.

Just for today, I am free and happy.

Just for today I am joyful and know that I am taken care of.

I also know and am thankful that I take care of myself, and, as needed, take care of others.

I earn my living honestly;

I respected my parents when they were alive and I still respect my teachers and elders.

I treat my neighbors as I would treat myself.

I live honestly and consciously in the moment.

I am here, here is now, I am now.

Amen