

Please get comfortable.
Begin by thinking of a beautiful moment you've had,
When, just for a moment, nothing came to interrupt your peace,
When you were certain you were loved and safe,
When, for a moment, everything seemed OK, or even better than OK.
Maybe it was a moment of genuine love with another person.
Maybe it was a spiritual experience you had in meditation and prayer.
Maybe it was an exalted moment in nature.
Feel your gratitude for this moment.
Say "thank you" to God.
Imagine that this moment is your best window onto the nature of reality.
Behind the challenging appearances, this is what's it's really all about.
This experience is your best window onto the nature of God,
... onto your own true nature,
... onto your destiny,
... onto the true nature of everyone and everything.
Seeing this experience as the window onto reality, let yourself be truly grateful.
You're not just being grateful for this experience,
You're being grateful for the reality it discloses.
Bask in the experience of being grateful to reality itself.
Because reality has no limits.
Take the limits off of your gratitude.
Feel it expand.
And expand.
Realize that as it expands, it heals.
For gratitude is a healing power.
As your gratitude grows, it sweeps up everyone with you,
Drawing all of you closer to reality.
And let your gratitude make room for all who will escape with you;
the sick, the weak, the needy and afraid,
and those who mourn a seeming loss or feel apparent pain,
who suffer cold or hunger,
or who walk the way of hatred and the path of death.
All these go with you.
Being aware of all these going with you,
Be grateful to them, as they are grateful to you.
Don't compare yourself with them.
Love makes no comparisons.
The same beautiful divine light exists in all of them.
Know that you all are one,
One family joined in gratitude to God.
Spend a few moments in this feeling of gratitude.
This is true Thanksgiving.
Amen.

Thank you