

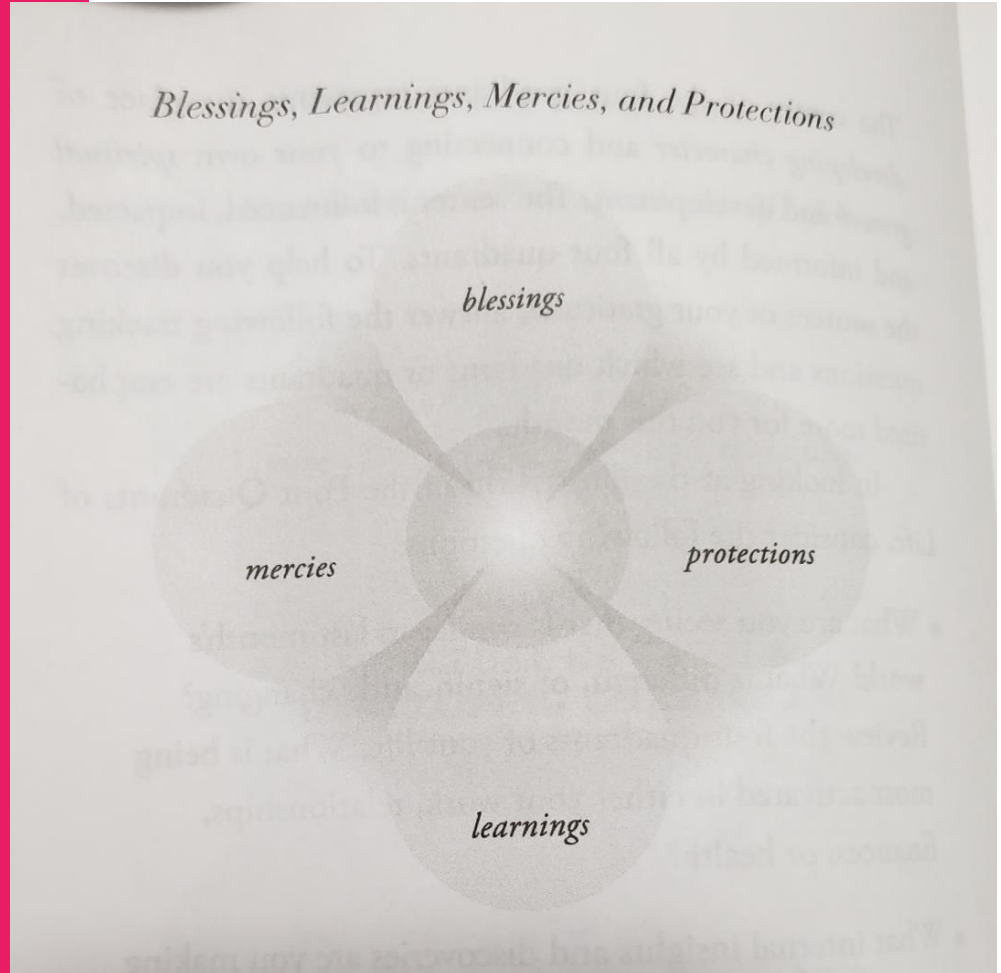
**Living in Gratitude**  
**by Angeles Arrien**  
**A Study With Eileen Selleck**

**February: Attend to the Heart**

# Blessings, Learnings, Mercies, and Protections

Express your gratitude by reflecting upon:

- The major Blessings you have given and received since we last met in gratitude.
- The major Learnings you have given and received since we last met in gratitude.
- The major Mercies you have given and received since we last met in gratitude.
- The major Protections you have given and received since we last met in gratitude.



# February Prayer - For Success

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Lord, behold our family here assembled.

We thank thee for this place in which we dwell, for the love that unites us, for the peace accorded to us this day, for the hope with which we expect the morrow, for the health, the work, the food and the bright skies that make our lives delightful; for our friends in all parts of the earth.

Amen.

From Robert Louis Stevenson's Prayers Written at Vailima

~1 John 4:16

“God is

*© The Beauty of His Word,  
and His World*

*Love.*

“Whoever lives in love,  
lives in God, and God in him.”



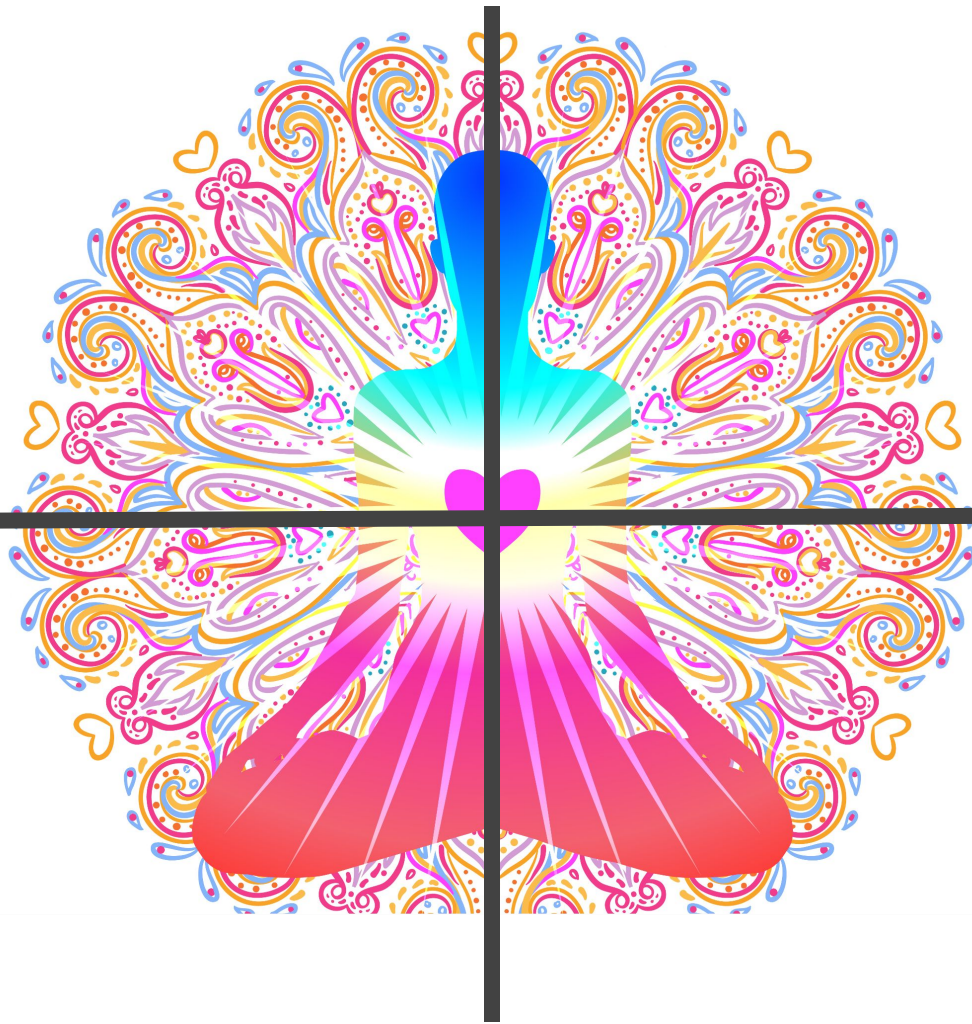


**God gave you a gift of 86,400  
seconds today. Have you used  
one to say 'thank you?'**

William Arthur Ward

Full

Strong



Open

Clear

# Full-Heart

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Where we are  
*full-hearted* in our  
lives, we are deeply  
engaged,  
responsible,  
reliable, and  
committed.



© jecoster



# Strong-Heart

The *strong heart* demonstrates courage; it neither avoids conflict nor seeks approval from others.



# Open-Heart

— — —  
The *open heart*  
releases attachments  
and opens us to  
compassion and mercy,  
which draw forth the  
power of genuine  
apology and  
forgiveness work.





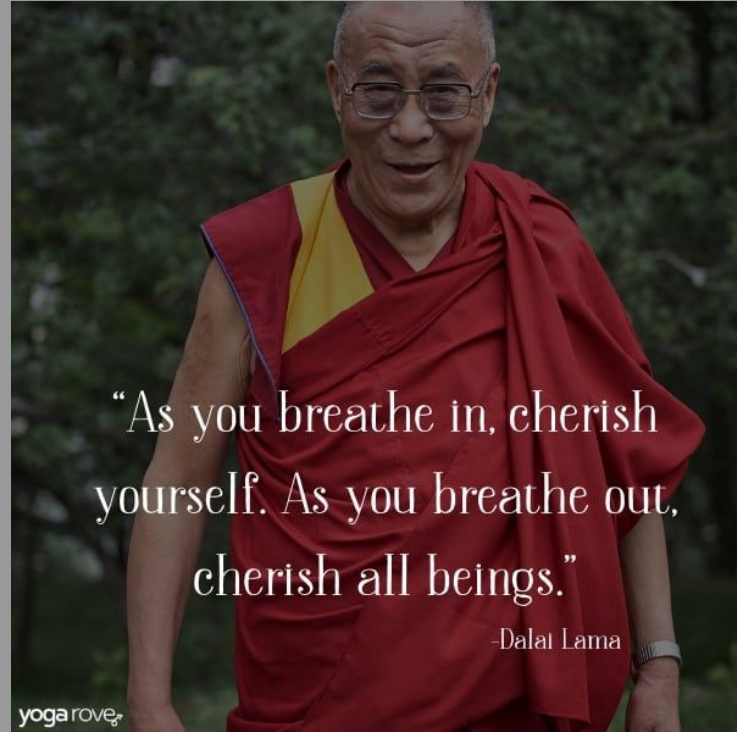
# Clear-Heart

The *clear heart*  
expresses wisdom.



# A Gratitude Building Practice from the Dalai Lama

1. Spend five minutes at the beginning of each day remembering that we all want the same thing: to be happy, to be loved, and to feel connected.
2. Spend five minutes cherishing yourself and others. Let go of judgements. Breathe in cherishing yourself, and breathe out cherishing others. If the faces of people you are having trouble with appear, cherish them as well.
3. During the day, extend that attitude to everyone you meet -- we are all the same -- with “ I cherish myself and you too (the store clerk, the client, a family member, a coworker, a fellow bus-rider).”
4. Stay in the practice no matter what happens!





## February Benefits of Gratitude Practice

# Reflections

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**Which of these questions capture your attention and which are less interesting or appealing to you at this time?**

- Who have been the teachers of your heart in the past? What are you currently learning about love? Who are your current teachers of the heart?
- Attend daily to the four-chambered heart:
  - In what areas of your life do you feel half-hearted rather than full-hearted?
  - Where do you feel weak-hearted rather than strong-hearted?
  - Where are you closed-hearted when you could be open-hearted?
  - In what ways are you confused or doubting rather than clear-hearted?
- Review the Dalai Lama's four practices: Which ones are consistently easy for you to sustain on a daily basis? Which are challenging?
- What are you currently learning about love? How are the people around you manifesting love? This can tell you how they themselves want to be loved.
- In what specific ways are you being more expressive and demonstrative in your love and gratefulness?

# Practices

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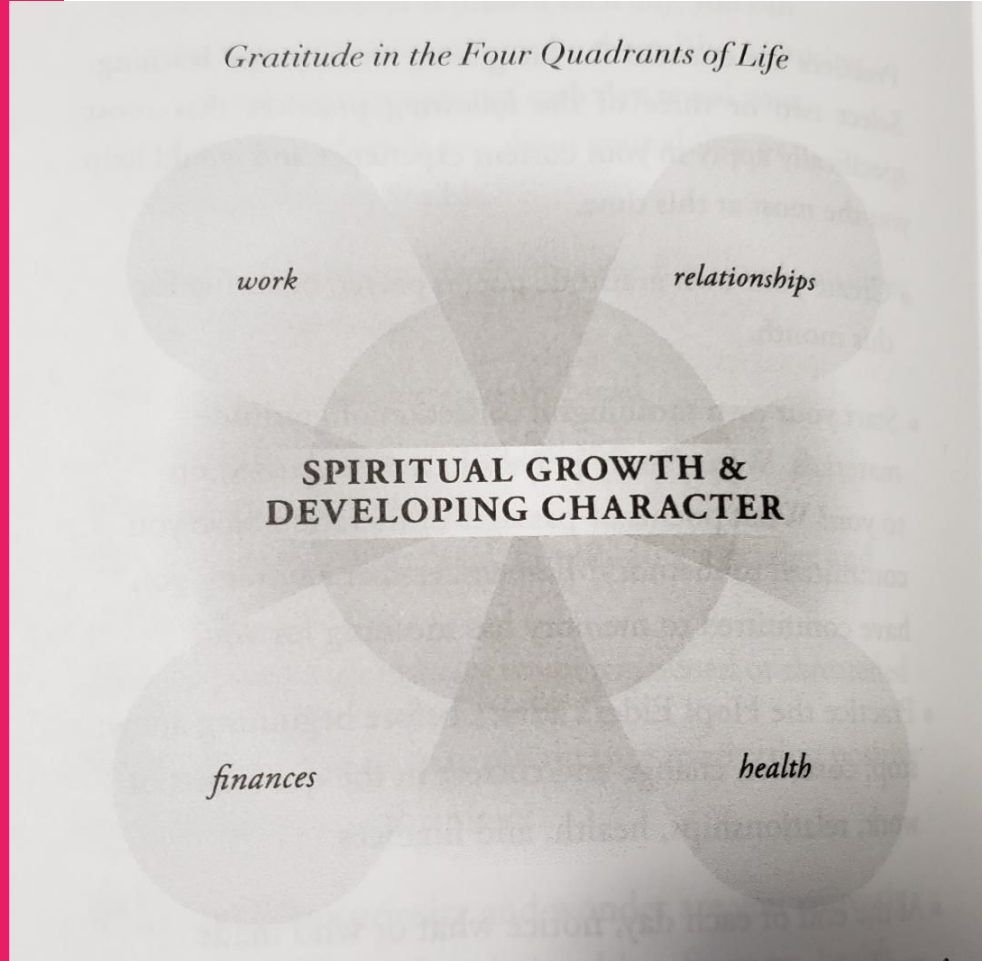
**Select two or three of these practices that most specifically apply to your current experience and would help you the most at this time.**

- Each day for the next month, take an action that brings more love into the world and relieves suffering. What are your strongest experiences?
- Practice making a conscious choice to shift your attention from worries and resentments and place it upon tenderness and affection. What do you observe?
- At the beginning of each week create a plan for expressing love in the four quadrants of your life: work, relationships, health, and generating abundance. Write down one action you plan to take to express love in each quadrant. Post his list in a place where you will see it as that you do not forget to put your plan into action.
- Choose in advance a particular day to notice the many ways people express affection and love. On that day, carrying a small notebook with you, set out to observe any expressions of love that may occur around you. Write these down as they happen, or as soon as you can. Choose the ones that most deeply moved you, then notice when you express your love in these similar ways.

# Review and Integration

Notice what you are grateful for in the four quadrants of your life:

- Work/creative service
- Relationships: friends, colleagues, and family
- Finances and right livelihood
- Health and well-being





*May*  
*you be filled with*  
*loving kindness.*

—Buddhist Metta Meditation  
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