



"Acknowledging the good that you already have in your life is the foundation for all abundance."

*Eckhart Tolle, A New Earth: Awakening to Your Life's Purpose

I'm grateful
Journal



dharmaholic
Buddhism + alcoholism

Strengthening my gratitude

In 2008, I reached a liminal moment in my life. It was as difficult a moment as any I have had.

Twelve months earlier, my father died of lung cancer. I had been going to AA for my addiction but getting average results from my attempts and on the occasion of his first anniversary I thought a drink was a good idea. For me, a drink is never a good idea.

I drank for nine days and nights, and haven't had another one since.

I am so grateful.

Gratitude is like a muscle in our minds. It needs continual nourishment and exercise to do its job well. This journal helps me to stay grateful with constant effort, concentration and patience - three of the six perfections. This work is a continuation of the 30 years experience I had in my alcoholism. It's the result of over 15 years of staying sober one day at a time. And it's the culmination of the study I and countless others have done in learning the hard way.

Has anyone learned the easy way?

"Gratitude is not only the greatest of virtues, but the parent of all others."

Cicero



In my Life I'm grateful for...

“The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.”

*Thich Nhat Hanh

(write a list of... 'In my life I'm grateful for...)

[illegible]

p.s. I hope you need more paper



Morning Gratitude

Date: _____

Today I want to feel...

Today I will spread kindness by...

3 things I'm grateful for today are...

"Happiness is a habit."



Strengthening my gratitude

The Six Perfections, also known as the Six Paramitas, are fundamental virtues or qualities that are important for spiritual development in Buddhism. Why bother? What is the reason some people choose to devote themselves to Buddhist practise?

We all have suffering, and mostly we have a suffering called delusion. We see life, ourselves and all external things in error.

Buddha tries to help us see things as they truly are and relieve our suffering through teachings and suggested practises. Atop of the list of lists is the Six Perfections. These virtues are considered essential for the attainment of enlightenment and for developing compassion and wisdom.

The Six Perfections are:

1. Generosity (Dana): This refers to the act of giving, sharing, or offering without expecting anything in return. It is an essential practice in Buddhism and is believed to purify the mind and create positive karma.
2. Ethics (Sila): This refers to the practice of ethical conduct or morality, which includes refraining from harming others, speaking truthfully, and avoiding actions that lead to negative consequences. It is the foundation for a peaceful and harmonious society. Sometimes I refer to this as moral discipline.
3. Patience (Kshanti): This refers to the ability to remain calm and composed in the face of adversity or difficulties. It involves cultivating a sense of forbearance, tolerance, and acceptance.
4. Perseverance (Virya): This refers to the quality of persistence and determination in the pursuit of spiritual goals. It involves developing a strong will and the ability to overcome obstacles and challenges. I call it simply, Effort.
5. Concentration (Dhyana): This refers to the practice of meditation and mindfulness, which involves focusing the mind and achieving a state of calm and clarity. It is essential for developing insight and wisdom.
6. Wisdom (Prajna): This refers to the understanding of the true nature of reality and the interdependent nature of all things. It involves developing insight into the nature of suffering and the causes of suffering, and understanding the path to liberation.

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Strengthening my gratitude

In Buddhism, gratitude is considered a fundamental virtue that is essential for spiritual development and well-being.

Gratitude involves recognising and appreciating the positive aspects of our lives, including the people, experiences, and things that bring us joy and happiness.

By cultivating a sense of gratitude, we can train our minds to focus on the positive aspects of life, rather than dwelling on negative thoughts or experiences. This can lead to greater contentment, peace, and happiness.

Gratitude is seen as a powerful tool for staying sane and happy. By nurturing our gratitude, we are able to focus on what we have, rather than what we lack.

In turn, we will develop a more positive outlook on life and to appreciate the present moment.

<https://dharmaholic.com>