

Gratitude

A friend of mine recently showed me a personal ritual she invented; writing out *thank you* cards. She uses her computer and scissors to create colorful rectangles of paper, like a stack of business cards, where the words, "Thank you" are printed on one side. On the blank side, she will write down a single expression of gratitude, being as specific as possible. When she compiles a number of cards acknowledging things she received from a particular person, she'll give that person the deck. My friend honors the spontaneity of her thoughts by writing them down as they occur. She also let people know what they did that made a difference for her, which served to prime the cycle of giving and receiving for her friends. But I think the thing I liked best about her thank you cards was that she only wrote ONE thought on each card. She took time and deliberately reflected on exactly what she received that touched her. To feel gratitude, you have to slow down.

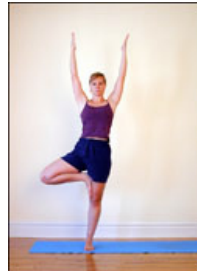
Asanas



Parsvakonasana



Trikonasana



Vrksasana



Parvrtta Ardha Chandrasana



Urdhva Dhanurasana



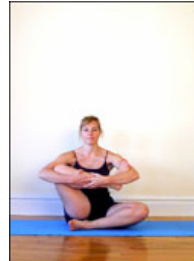
Sucirasana



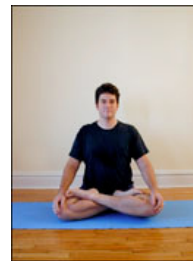
Virasana



Supta Krauncasana



Baby Cradle



Padmasana



FULCRUM BLU

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Application:

As you practice your asanas, go slowly. Take time to focus on different parts of your body and consider what you are feeling in each specific place. How do you feel in your neck, your back, your legs, your chest? If you thanked each part of your body that enabled you to do a pose, what exactly would you say? As you rested in savasana at the end of your practice, what would you like to say to your entire body – in gratitude?

Photos by Alyce Henson