

# CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



## Gratitude and Thanksgiving in Painful or Turbulent Times by Charlyne Gelt, Ph.D.

Gratitude, giving thanks, is one of the most important tools to help shift our perception or transform the patterns of our thinking from "I'm not enough" to living life in a lavishly enthusiastic mode. When you raise awareness of all you feel grateful about you can generate more goodness for yourself.



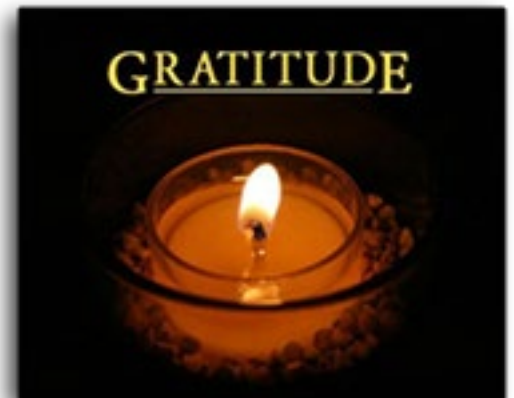
America the Beautiful, is in pain! The tension is high! It is reeling from painful emotional storms, and deep seeded fears. We are torn by politics, religion, race, and class. Furthermore, we are polarized by emotional positions of dominance and a submission. From a position of gratitude, dignity and wholeness, not fear or control, we can build bridges to cross the divide (within). Positive emotions have an upward spiraling effect. Harnessing this positive mind-set requires reprogramming the brain through gratitude...stepping forward, drawing what you want into your life to fulfill your highest potential — as individuals, as a nation and as one global family.

Anthony Williams was left homeless at a young age when his mom, the primary provider, died from colon cancer and he ended up on the streets homeless. Now, after a harrowing experience with the police, he has a lot to be grateful for. It all began on the afternoon of November 7, in Washington, D.C when Grace McKinnon a social worker on her way back to her office noticed a confrontation occurring between U.S. Capitol Police officers and a homeless man by the name of Anthony Williams.

McKinnon tells that she was once homeless herself. Your life has purpose. You never know who you can help. You matter. Here is a beautiful example of what *compassion* can do. What *love* can do.

Grace immediately stopped her car, got out and began recording. "I knew I had to help," McKinnon said. "I saw it happen. I had to get involved." Armed with only her phone, her professional training, and a wealth of basic human decency, she appears to have singlehandedly saved Anthony from death. "I literally think I just saved someone's life...I'm shaking y'all," she stated.

"When it comes to instances like this where we have an option to do something, always do what you can," McKinnon said. "This was a decision I made in a direction of love. It has to be aligned with love. The more we can see ourselves in others, the more we can unite." She later created a GoFundMe site and McKinnon has since opened (and closed!) a GoFundMe campaign for Anthony to help him get a fresh start; before McKinnon stopped accepting donations, over \$25,000 had been collected.



Gratitude also plays an important role in strengthening the relationship we have with others, promoting connection and satisfaction. Gratitude gives us opportunity to focus on our inner needs, those we often forget about: the soul's need for love and belonging, family, and friends.

It is during difficult times that a positive outlook becomes essential. It may seem impractical, even unrealistic, to be thankful when you are in physical or emotional pain. However, studies show that practicing gratitude can have a profound and sustained effect. Take Jack, pinned between his driver's door and the steering wheel when his car was broadsided at an intersection. He nearly died. That near-death, vehicle accident left Jack immobilized, with fractured ribs, broken bones, hospitalized, unable to walk, and physically dependent while recovering for months on end. With gratitude he stated, "I've already won the lottery!" For Jack, gratitude involved being thankful for what he already had, his life! While in great pain gratitude for his life became one of the most powerful tools in his healing process, his focus changed to being even more thankful for supportive friends and family,

Additionally, emotionally healthy, stable relationships have little to do with education, financial wealth or achievement of external goals. They come from gratitude and confidence in knowing you are "okay" and that you feel comfortable in your own skin. From this perspective, we are driven to seek meaning and purpose. We get inspired and our days are lived from an enthusiastic mode of gratitude.

You can develop your own agenda, find your own voice, build up a drive, a strength from within to better understand yourself and promote your best potential.

If you are healthy, you are wealthy. If you feel a sense of love and belonging, you are wealthy. If you bring support to others, you are wealthy. Gratitude makes every day one of Thanksgiving.

Thank you for your support!

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