



**There is so much to be grateful for . . . and**

Giving thanks for all the gifts and blessings in our life is a wonderful practice at any time, but especially around Thanksgiving. It is very powerful to have the thoughts and prayers of so many people focused on thankfulness at the same time.

As we pause to remember and feel grateful for all the wonderful things in our lives, the door opens to experiencing love, peace and joy that always exist within the space of thankfulness.

Thank you, thank you!  
Namaste,  
Addie





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