

**Lessons from the Half Moon Bay, CA Teaching Mission Group
transmitted by Susan Kimsey**

A lesson on Gratitude from Olfana Jan. 13, 1994

Gratitude is as a flower blooming in your heart, the petals opening to receive the blessed light of God. Think of this image when you feel your heart swell with gratitude. The flower blooms. The beauty of its petals reflect the light of God. Grateful hearts are like a beautiful field of flowers to the Father. He sees the light shining from these petals, and knows his garden of created souls flourishes. Turn your attention to the many ways in which you are blessed in your lives. Think on these things with sincerity, and you will discover an endless stream of blessings that come to you. Realize that you can encourage this gratitude in others, in many ways. First, speak of the gratefulness you have for your own life's blessings. Others hear these words, and are cheered. Second, encourage those you see who struggle in negative thoughts to turn their thoughts with intention to the blessings which come to them. Speak yourself of blessings you see coming to them. This is a model of encouragement which will heighten their own perception of these blessings. Third, give thanks always for the good that shows itself in your life: the love you receive from others, the beauty you perceive in the world, the comfort you obtain from your relationships, and your physical surroundings. Recognize the many ways in which heavenly beings provide you with protection and care. Their unseen efforts must be a part of your perspective if you are truly to see yourself on a path toward God. Thankfulness in your heart is the soil from which the flower of gratitude grows and blooms.