

There is a “*Law of Living*” that goes like this: “*If you focus on adversities, you will attract adversities, however, if you are grateful for life, your life will grow increasingly brighter – if you affirm goodness, goodness will be there – if you affirm love, you will find love – and – if you affirm thanksgiving, blessings will flow!*”

Half a century of observing people have convinced me that this “*Law of Living*” is true. The acknowledgement of past blessings is the activator of more blessings!

William Stidger, suffered a shattering emotional breakdown. For months he was profoundly depressed and unable to work. Doctors were unable to help him.

Then, one day, a friend challenged him by saying, “*Pick those who have helped you in your life and simply thank them. I dare you to do it!*”

William Stidger recalled a schoolteacher who, years before had awakened an appreciation of poetry in him. So he wrote her a short note telling her what it meant to him. Soon a reply came back, “*When I read your letter my eyes were blinded with tears. Yours is the first letter of thanks I ever received from one of my students. I shall cherish it always.*”

Mr. Stidger wrote another note of appreciation to another person – and then another and another – until he had written over five hundred letters of thanks. By that time he had fully recovered and was back at work.

He kept copies of those letters, and the replies to them. He said, “*Whenever depression threatens, I reread some of those letters and let the ‘**therapy of thanksgiving**’ do its work in me. It works every time!*”

Gratitude strengthens and recharges the soul! When we focus on that that is good, we align with a powerful force that begins to flow within us and we draw strength from thanksgiving! But it must be expressed!