

Seeing Life Through "Gratitude Glasses"



by R. Michael Shickich

We have a guest columnist this month. Lori Radun, CEC, is a certified life coach and professional speaker. Visit <http://www.loriradun.com>

• Your boss calls you into her office today and hands you a \$2500.00 bonus check because the company had a good year. Are you thankful?

• You go in for your 20 week ultrasound. The doctor informs you that everything looks great. Your baby boy is healthy. Are you thankful?

Of course you are. It's easy to be thankful when everything is going great. When we're on top of the mountain, and we're having a beautiful day and our blessings are easy to see, we are thankful. And we should be.

• Your attorney informs you that bankruptcy is your only recourse. Your dream and your business are going down the tubes. Are you thankful?

• You and your husband have been going through a rough time in your marriage for more than two years. Are you thankful?

If you answered yes to these last two scenarios, you are way ahead of most people. It is not easy to be thankful when we're sitting in the valley. We usually feel bitter or victimized.

Let's assume there is a new product out on the market. You can buy a pair of "gratitude glasses" that enable you to see life in a whole different way. Here are some of the benefits:

There are no problems.

When we perceive life through eyes of fear, obstacles like unpaid bills and marital issues look like problems. When we look through our "gratitude glasses", however, the unpaid bills look like an opportunity to learn more financial responsibility. The marital issues become an opportunity to learn how to love more deeply. There are no mistakes.

These glasses help us understand that we are doing the best we can at any given moment, and so is everyone else. We all make decisions based on who we are at the time. Instead of viewing poor choices as "mistakes," why not look at them as an opportunity to learn more about ourselves and other people?

There are no annoying people.

You've heard the saying, "Mean people need love." Your new glasses give you the ability to release your anger and understand the annoying people in your life on a much deeper level. You begin to appreciate your differences and the judgments disappear.

Change is good.

Your gratitude glasses help you embrace change. You stop trying to control life, and instead let life unfold. Change is exciting, fear of the unknown is gone, and you can't wait to see what happens next.

Pain has a purpose.

Whether it is physical or emotional pain, nobody goes through life without experiencing it. But with your gratitude glasses, you see that your pain has a purpose. Your physical pain tells you that something in your mind or body is not working well. Your emotional pain is a wake-up call to the transformation that is possible. Without the

valleys, we cannot appreciate the mountain tops.

These inexpensive "gratitude glasses" offer so many more benefits, but what if you only received these five advantages? Would you purchase the glasses? Would you wear your gratitude glasses all the time? What if I told you the glasses were yours for free? All you have to do is change your thought patterns.

When we allow ourselves to wallow in negative thoughts, our brains release catabolic hormones that are destructive to our entire physical system, and ultimately, our success. By wearing your "gratitude glasses" you shift your thoughts to positive and constructive ones. Thinking thoughts of thankfulness and love makes an energetic shift in your mind and body, and yields positive results.

Nothing in this article should be construed as legal advice. You must consult with an attorney for the application of the law to your specific circumstances. The Wyoming State Bar does not certify any lawyer as a specialist or expert. Anyone considering a lawyer should independently investigate the lawyer's credentials and ability, and not rely upon advertisements or self-proclaimed expertise.

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