

## **BE GRATEFUL ALWAYS**

Practice gratitude at night  
then watch,  
stay awake,  
read that writing  
on that wall  
of your own frontier.

There are no trick questions.

Watch the gratitude  
infect each day,  
each moment.

And then

now

by

now

watch your day,

watch your life

bring in your joy –

a fine catch

to be grateful for all over again!

Maybe that's how  
to experience a joyful life  
as we shape and craft  
the gap between  
our birth and  
our death.

## PARADOX

My failings never fail  
to get a rise out of me.

My failings never cease to amaze  
and to faze me.

How could I?

How can I  
possibly have so many  
and still

be

someone

I

like

being

around?!

My failings (and they are – I'm not being mean)  
hold a lot of sway  
inside my vast vast self.

My judging eye hunts and mows them down  
sometimes with magnanimity  
sometimes with brutal abuse....

But they are there

ever present,

like gravel in a river

where a lucky searcher finds the occasional gem

that makes the river

a Giver

to those who persevere.