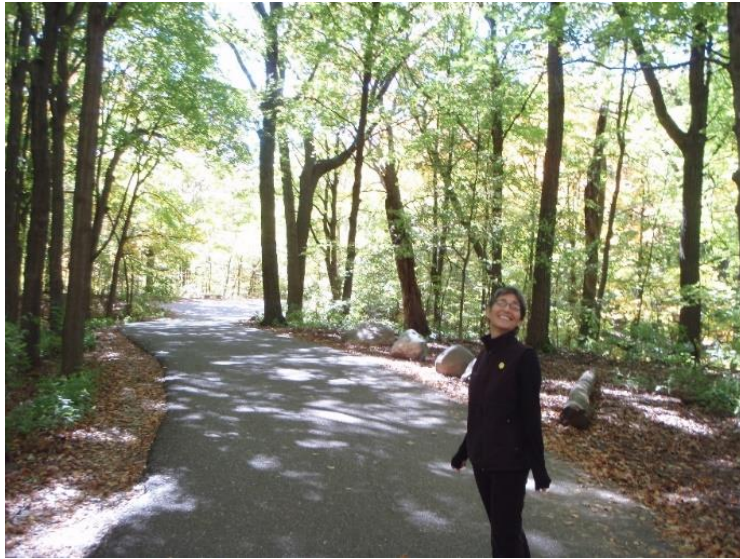




## GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



### GRATITUDE THREE: AMAZING DAY

i thank You God for most this amazing day:  
for the leaping greenly spirits of trees  
and a blue true dream of sky;  
and for everything which is natural which is infinite which is yes.

--e.e. cummings

What if you stopped what you're doing right now and took a walk outside?