



## GRAVA 90 Journey:

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



### GRATITUDE ONE: THE ART OF NOTICING

We were leaving Mary's apartment building, arm in arm as I guided my 93 year old friend on our way to lunch. At the front door, we noticed the mail carrier Dave was also on his way out. Exchanging friendly glances and words of recognition, I realized that Dave's job was more than just delivering the mail.

Even in the 15 seconds of connection with Mary I could see that this man had mastered the balance of task and relationship. I was filled with appreciation, realizing Dave would probably be bringing the mail along with a little bit of joy to many people that day besides Mary. As Dave reached his truck, he glanced back at us and I took the opportunity to express what was in my heart. Smiling in return I said: "Thank you for all you do." Dave was moved and surprised as he broke into a huge smile and his version of "You made my day!"

I reflected for a while on the power of that simple expression of gratitude realizing how often we take for granted the people in our lives employed to serve us, and what a difference a simple gift of gratitude could make.