



GRAVA 90 Journey:

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



GRATITUDE FIVE: A GIFT OF SPIRIT

"Thank you so much for continuing to hold those beautiful intentions for me. I truly appreciate it. I want you to know that even your calm demeanor taught me something about handling life. If you never said a word to me, the way you carried yourself spoke to me and made me make changes in the way I handled myself. Your words taught me a lot. Your spirit taught me so much more."

What if you took time for GRAVA . . . ?

- To give "a gift of spirit" to someone you care about
- To write yourself a "gift of spirit" note
- To bring healing into your life right now!