



GRAVA 90 Journey:

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



GRATITUDE TWO: GRACIAS

Lil sista...your help por favor. My Latino brothers are honoring our house with their labor and diligence = new roof. I am reminded of what I came to know when as a sophomore at Tulane U I was research assistant at the Middle Americas Institute. Brought me into certain knowledge of the brilliance of ancient Aztecan and Mayan people. I wish to thank them in Spanish by praising and valuing their presence and blessing to my home. They already got a case of cerveza!

--Rudy Rousseau to Marcela Sotela

"Thank you" is a simple expression of gratitude that shows you have been impacted in a positive way and when heart-felt, is a great gift in return.

As you read these statements, who in your life do you think about? How and when might you express this to him/her?

Thank you for being...

- Understanding and hopeful
- Creative and inspiring
- A shining star to me
- A burst of energy
- Grounded
- An idea garden in full bloom
- My "sister" or "brother" by choice
- A spirit of gentleness, power, healing and courage