



GRAVA 90 Journey:

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



GRATITUDE

aka "Thank you."

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

Being thanked is a sign that who we are and/or what we do matters. And, in most cultures, "Thank you" is a sign of respect.

There are unlimited forms this expression may take, from verbal to nonverbal; from tangible to virtual; from brief to extended; from written to graphic, and more.

RECOGNITION

aka "I see you."

To truly see another requires getting out of our "self-space" and entering the "other's-space" with an open heart as we fully engage to experience his/her human spirit. Ideally, we do this with curiosity and a desire to discover and then mirror back the answers to life's most important questions:

- Who are you?
- What do you love?
- What are you good at?
- What does your community love and appreciate about you?
- What does your community need?
- How have you helped?

Within the experience of authentic connection comes opportunities to see and to be seen, which deepens the relationship and feeds the soul. Soul connection is fundamental to good self-care, giving recognition high marks when it comes to quality practices that promote emotional well-being.

ACKNOWLEDGMENT

aka "Good job."

The focus of this arm of GRAVA is on making a contribution and providing value through our presence, words and action. The measure and determination of good work can be internal, external or both and has greatest impact when we are able to take in our positive impact regardless of the sender or vehicle.

Sometimes we feel inclined to shy away from public acknowledgement for fear of being seen as too prideful or arrogant. As with all GRAVA that is given wholeheartedly, receiving it with an open heart is a gift back to the sender.

"Good" can be a very subjective experience and often relative or changing, making it either very difficult or very easy to achieve. Consider choosing the latter frame whenever possible, knowing we are always a work in progress and celebrating small steps along our way. This perspective grounded in the core belief that "I am good enough" is important to cultivating a sense of well-being.

VALIDATION

aka "YES!"

Truth and value are at the core of validation, which prompts the compelling question: Is truth objective or subjective? The answer being: It depends on the situation.

The notion of personal truth suggests the answer is in the eye of the beholder / perceiver, providing great comfort to those of us who struggle with right vs wrong and rules vs principles.

When it comes to GRAVA, it is important to remember the focus is on flowing love, to validate oneself or another which requires an open heart and being clear about what truly matters...prompting another set of questions:

- Who am I?
- Who are you?
- What do I care about?
- What really matters to you?
- What is my truth?
- What is true for you?

Validation also requires looking beyond the surface barriers and limitations to core strengths, gifts and talents that every person has so that we can remind ourselves and each other who we really are and what we are here to do. Thus, validation is a powerful arm of love and one that may transform experience if/when we have the courage to give and receive it.

ACCEPTANCE

aka "Let it be."

The focus of this arm of GRAVA is on being at peace with what is. Whether positive or challenging situations, acceptance is about acknowledging "This is how it is sometimes" with an open heart filled with loving kindness and compassion for yourself and others.

Acceptance invites us fully into the here and now and when the mind wanders, being curious and flexible to explore beyond our fixed perspectives. Noticing without judgment is the task at hand in the domain of acceptance, and, given the human brain's negativity bias, often more easily said than done. Yet, repeated practice with "letting go and letting be" affirms our ability accept a wide range of circumstances.