Gratitude (“the mother of all virtues”)

When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself. **Tecumseh**

If the only prayer you ever say in your entire life is thank you, it will be enough. **Meister Eckhart**

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses. **Alphonse Karr**

No duty is more urgent than that of returning thanks. **James Allen**

Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, ... build a shelter against a rainy day, and give thanks for your blessings and pray for guidance every day. **John Wooden**

“You won’t be happy with more until you are happy with what you have.” **Viki King**

“Another shortcoming of desire is that it leads to so much that is undesirable.” **Lama Rinpoche**

*The Door to Satisfaction*