

## **Gratitude**

### **Hinduism**

Dhanya Vad {dahn-yah vahd}: I feel gratitude.

When I'm grateful, I find grace. By looking for the blessings in my life, I open up a space of light in every experience; I open up the path for grace to flow. I make room in the middle of everything for gratitude.

Ananda Hum {ah-nahn-dah hum}: I am bliss.

When I gladden my heart, I awaken the energy of gratitude. This energy uplifts and expands me. By opening my heart, I can feel gratitude deeply. Gratitude shifts the moment by shifting me. Nothing around me changes; *I change.*

### *Hindu Prayers*

### **Buddhism**

You, Universally Honored.  
Are a great benefactor.  
By doing this rare thing,  
You have taught and benefited us  
Out of your compassion toward us;  
I will never be able to repay your favors,  
Even if I try for millions of kalpas;  
I will never be able to repay your favors,  
Even if I bow respectfully to you,  
Offering my hands or feet and everything else;  
I will never be able to repay your favors,  
Even if I carry you on my head or shoulders

And respect you from the bottom of my heart  
For as many kalpas as there is sand in the River Ganges.

*Lotus Sutra 4*

### **Zoroastrian**

In the name of Ahura Mazda, giver of all good things, the generous spirited and loving. Here we revere Ahura Mazda, who created the animals and grains, who created waters and plants, who created the sky and the earth and all the good things.

*Baj Zoroastrian prayers*

Through good deeds and words and deep meditation O, Mazda, whereby the people will attain eternal life, righteousness, spiritual strength and perfection, I will dedicate them all to Thee, O Ahura, as a gift.

The pure-minded and righteous man, O Lord, whose soul is in accord with truth, thinks of Thee alone and dedicates his good actions to Thee. May we approach Thee, O Ahura Mazda, praising Thee and singing Thy songs.

Whatever is due, O Lord of Life, to Thee and to Asha, the symbol of truth and righteousness, we will pay with humble adoration. May all that live in Thy serene domain enjoy perfection through pure mind. The wise and clear-minded man, O Mazda, enjoys always the spiritual strength and bliss complete.

*Yasna 34*

## **Confucianism**

Act with kindness but do not expect gratitude. .It is better to light one small candle of gratitude than to curse the darkness.

*Confucius*

## **Indigenous**

O Great Spirit, whose voice I hear in the wind and whose breath gives life to all the world, hear me. I come before you, one of your many children. I am weak and small. I need your strength and wisdom. Let me walk in beauty and make my eyes ever behold the red and purple sunset; my ears sharp so I may hear your voice. Make me wise, so I may learn the things you have taught my people; the lessons you have hidden under every rock and leaf. I seek strength not to be superior to others, but to come to you with clean hands and straight eyes, so whenever life fades, like the fading sunset, my spirit will come to you without shame.

*Chief Yellow Lark, Blackfoot*

## **Judaism**

Oh give thanks to the LORD, for He is good, for His steadfast love endures forever! Let the redeemed of the LORD say so, whom He has redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south.

*Psalm 107:1-3 (ESV)*

## **Christianity**

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

*Philippians 4:11–12*

## **Islam**

And remember! your Lord caused to be declared (publicly): “If ye are grateful, I will add more (favours) unto you; but if ye show ingratitude, truly My punishment is terrible indeed.”

And Moses said: “If ye show ingratitude, ye and all on earth together, —yet is God free of all wants, worthy of all praise.”

*Qur'an Surah 14:7-8*

## **Truth**

How shall I thank You, my Sovereign,  
For Your bountiful gifts?  
Every gift You give me, my generous Sustainer,  
Is invaluable.

*Gathas, Hazrat Inayat Khan*