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BEING GRATEFUL

Did you know that 99% of the time we have something to be grateful for, but we just don't notice it? The day goes by in daze, and you don't even realize the things you're getting.

Has someone ever given something to you and you forgot to say thank you? Gratefulness is basically the same thing except on a bigger scale. That "someone" is god and that person is you. If you get lucky and you somehow manage to score the winning point for your sports team, you're too busy to be grateful for what happened because you're basking in the compliments of your teammates.

We always cling to the past and think about the future; did you notice I didn't say anything about the present? In our time we never think about the present, we're only worried about what has been or what is coming. I'm not saying to be grateful you should stop for hours and pray, I'm saying that you could at least take 10 seconds off your schedule and think in your mind, "thank you". It's like I said, we're always thinking about the future or clinging on to the past.

Meditation is one of the ways to be grateful; meditation isn't like listing everything you're grateful for in your head. Meditation is when you go within and do simran. Meditation will help you to travel through the mystical plains, and when you do that you will reach God and go back to him. You see, our universal father is God, so in the end we come back to him. It's like a game of snakes and ladders. The ladders are our Guru, and the snakes are karma. The end of the game is God; you can only reach God by not getting bit by any snakes. That may sound easy but it's not, you see there's huge progress to make, there's about a billion spaces and 99,950,000 snakes. This doesn't leave a lot of spaces that are free of snakes. The ladders are the Guru as I told you; if you want to progress faster and get to God faster you meditate and sometimes go in the presence of the Guru. If you show nice traits such as forgiveness, love, charity, and gratefulness this will speed up the process; that is this will help you get to God faster, so don't wait meditate in 2008!

- VINAY YADAV(7th Grade)

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with **LOVE, GRACE and GRATITUDE**"

"If "thank you" is the only prayer you say, that will be enough."





GRATITUDE IS THE BEST ATTITUDE

The simple meaning of Gratitude is a feeling of thankfulness and appreciation. Gratitude can turn a negative into a positive. Saying thank you is more than good manners. It is good spirituality. Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to? we all have so much to be grateful for. And when you feel a sense of gratitude, you feel a sense of happiness and content. My challenge to you today is to learn to look for the good in every situation and live with 'an attitude of gratitude'.

Mother Teresa was a primary example of gratitude. Her entire life revolved around helping others in need. As a result she experienced a great deal of love and self-satisfaction in her life. When you help someone in greater need than yourself, you always feel better. You feel better because you have helped another human being, and this forces you to change your mindset from focusing on your problems to focusing on their solutions. Always focus on the solution, not the problem and live with an attitude of gratitude.

“ I was once distraught because I had no shoes, until I met a man who had *no feet*” (Unknown)

“ Let us rise up and be *thankful*, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so let us all be *thankful*” - Buddha

- RAHUL THAWANI. (2nd Grade)

GRATITUDE

A desiring man
Never gets tired of offering his
gratitude
To his own efforts.
An aspiring man
Never gets tired of offering his
gratitude
To his own faith.
A surrendered seeker
Never gets tired of offering his
gratitude
To his Lord divine.
The Lord Supreme
Never gets tired of offering His
Gratitude
To His infinite Compassion.

- NEAL KHODASKAR(5th Grade)



THANKSGIVING

On Thanksgiving Day each year, Americans give thanks to almighty God for all his blessings and mercies toward us throughout the year.

Thanksgiving is the time for giving and being grateful for what you have. You must always be grateful because you have a lot more blessing than some other unlucky people in the world. You never know what can happen so that all your blessings can be taken away. When I say blessing, this includes your parents, brothers, sisters, and the fact that you live under a roof and you have a bed to sleep in. So you should be thankful every day of your life, because God gave provided you with one.

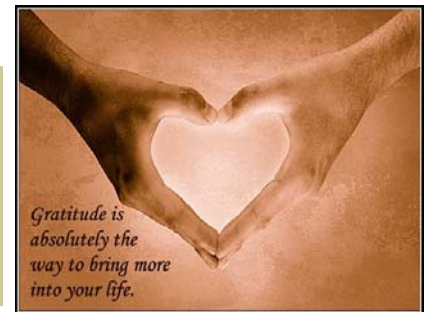
So everyone, on Thanksgiving Day remember that we are very lucky and fortunate to have everything we have.

- JAY AHUJA (7th Grade)

THANKSGIVING

Gratitude is when you are thankful of people who help you out when you need it. You should return the favor by helping them out when they need it. You should keep helping people or they might think twice about helping you next time. Gratitude is very important in life.

- RUCHI GOYAL(5th Grade)



TO BE THANKFUL

Gratitude means to be thankful. When somebody helps you in something when you ask them to then you should be grateful towards them or show them gratitude. When somebody helps you without you asking them then you should be extra grateful and show more gratitude. Whenever somebody helps you and you don't say thank you and show them gratitude then next time when they ask for help they will think twice before wanting to help you because even though they help you they won't even get a thank you from you so they wouldn't have a point of doing it. Whether you ask someone for help or not you should show gratitude if they helped you at all so next time you will get help again if you really need it.

- ANUJ GOYAL (7th Grade)

G R A T I T U D E Q U O T E S

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

“Gratitude is when memory is stored in the heart and not in the mind.”

“When you are grateful fear disappears and abundance appears.”

“If "thank you" is the only prayer you say, that will be enough.”

“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

“Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.”

“Gratitude is not only the greatest of virtues, but the parent of all the others.”

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

“Gratitude takes three forms: a feeling in the heart, an expression in words, and a giving in return.”

“Keep a grateful journal. Every night, list five things that you are grateful for. What it will begin to do is change our perspective of your day and your life.”

“No duty is more urgent than that of returning thanks.”

“Seeds of discouragement will not grow in the thankful heart.”

“A sensible thanksgiving for mercies received is a mighty prayer in the Spirit of God. It prevails with Him unspeakably.”

“Silent gratitude isn't very much to anyone.”

“We give thanks for unknown blessings already on their way.”

“When eating fruit, think of the person who planted the tree.”

There are so many things to be thankful for, like life, love, comforts, family, etc. The list goes on. I think there is really only one most important thing to be thankful for and that is God. The best way I can show my thankfulness is by letting God shine through me and living as God wants me to.

We should thank God for everything He has given to us! Without Him, we would have nothing.

- SUHANI GANDHI (10th Grade)



BEING GRATEFUL



Do you know what gratitude is? Well, it is a fancy word for grateful. You should be grateful for everything you have and not ask for more because...

One day a boy named, Tony was walking to school. He saw his friend Chintu begging on the streets for money. Tony knew that Chintu was very rich, and that he was just pretending to be poor. Tony told Chintu to be grateful for what he had and not beg for more money. But, Chintu didn't listen. One day the people in town noticed that Chintu was begging everyday. They decided that in the night they would steal the money Chintu had and then they would contribute it. The next morning Chintu wanted to count how much money he had collected. When he looked in his piggy-bank he was horrified because all of his money was gone! Then, he felt sorry that he didn't follow Tony's advice for being grateful. He finally realized that he should say sorry to everybody in town. When he said sorry the town said that they won't give any of his money back as a punishment. He accepted this punishment and promised never to commit this mistake again.

I think that this is a good story that explains why all of us should be grateful for what we have and not ask for more.

- ARCHITA GOYAL(4th Grade)



EDITOR'S NOTE

With thanksgiving coming up, we all should come together and be thankful for everything we have. Being thankful opens us up to receiving all kinds of wonderful blessings. When in a state of gratefulness, we acknowledge our true selves and radiate the energy to others. Gratitude does not simply mean being polite and saying "thank you" after someone's opened the door for you. Gratitude is **feeling** thankful for the true blessings in your life. "True Blessings" mean the things in your life that resonate importance in your life - the things that touch your core. Being thankful keeps us focused on the positives in our lives. It helps us see the great things we have and do, and puts our frustrations and worries into perspective.

Of course our lives are never perfect but we still strive for perfection. But you know how it is. You reach the top of one mountain and lo and behold! there's another mountain to climb! Don't feel discouraged by this. Be sure to look back at all the mountains you've climbed and acknowledge the growth and progress you've made. Be thankful for the experiences because without them, you wouldn't be where you are today.

And what if where you are today is not where you want to be? Again, be thankful that you are where you are - because now you have a very clear idea of what you *don't* want. You can now work towards what you *do* want. This thanksgiving lets enjoy what we have, and be thankful for it. Being thankful will truly bring us the light and energy we all need.

I would like to thank everyone who has contributed articles to our SOS Children Newsletter and participated in Satsang. Please keep mailing all your articles to me by the 15th of the month. For more information on our Children Satsang and Newsletter visit our website <http://www.sos-kc.org/childrencorner.html>.

- GAUVRI GORAWARA (12th Grade)