

How to *Instantly Increase* Your Level of Gratitude

Coming to Your Senses

Have you ever *really* wondered how fortunate you are?
Have you ever thought your blessings could outnumber the stars?

First, imagine if you suddenly lost your sense of **sight**—
Would you miss *seeing* the differences between day and night?

Now, imagine if you lost the ability to **hear**—
As silence whispers in both ears, could you still persevere?

Now, imagine if you suddenly lost your sense of **smell**—
Could you bid the sweet scent of flowers and fresh air farewell?

Now, imagine if you lost the ability to **taste**—
What joy could come from eating if all flavors were erased?

Now, imagine if you suddenly lost your sense of **touch**—
Does just the thought of such a loss make you *feel* very much?

While each sense is sensational, there's only one you need:
It's the sense to give thanks...the sense from which *all* gifts proceed.

- Jeff Teresi

When is the last time you thought about how incredibly incredible each of
your senses actually is? Try connecting gratitude to each of your senses.