



## **Video Transcript for Summer Healing Sessions: Week - 2 Being Thankful**

Jada: Hey summer healers. Thank you for joining me on redtabletalk.com. I thought that us coming to the '.com' instead of doing the Instagram live, would give us more concentrated time together. It just creates a calmer space for me. Instagram Live's just a little rattling. So, I hope this works and we're going keep experimenting with this and figure out which platform is best. I would love to hear your thoughts around 'Love Without Conditions', the chapter that you read last week. If you could just share with us some of your stories, of some of the benefits that you got from reading that chapter, what realizations you might've had, how it might've helped you, I would love to hear them. This week our theme is 'Being Thankful', and it's the importance of having an attitude of gratitude. In the book, this week we will be reading the chapter 'Gratitude.'

Why is gratitude important? So, for me, believe it or not, gratitude has helped to keep me in present time. I think a lot of times, many of us, we are pondering about the past, or we're worried about the future. When I can look at something that's right there in front of me and be grateful for that, it helps me be present in the moment. It also helps me to understand that and recognize blessings, in that I'm not entitled to anything. I'm not entitled to someone's kindness. I'm not entitled to a bottle of water. I'm not entitled to food. That every blessing, every piece of nourishment of my spirit, of my body is a blessing and so, it really helped to get my sense of entitlement in check. I don't really think that we understand how entitled we feel, and me starting to practice gratitude, really helped me get in contact with my sense of entitlement, that things should just be a certain way, because that's just the way it's supposed to be.

Guess what? That's just not true, so I had to learn how to be grateful, for every single aspect of my life. I've even learned to be grateful for my problems. I have learned to start being very grateful and thankful for the problems that I have, because when I see problems out here that other people are dealing with, I have to take a moment and I

have to just say, "Higher power. Thank you for my problems." How do we get to gratitude? Well, being in a state of gratitude is a choice. It really is, so every moment we are confronted with life's challenges, we have to understand that we can either choose to receive those challenges with anger and resentment, or with love and abundance.

Every challenge is given to us to help us grow, to access our bigger hearts and our bigger spirits. That is the purpose of challenges. It's not about being punished and it's not about not being worthy of having a life that is less challenging. Like life is a challenge. That is what is, there's no way to get around that and what we're here to do is to learn how to build ourselves in a way, in which we can embrace challenges, with big hearts and big spirits. That's it. That's the game right there. Gratitude is also a reflection of worthiness. When we can be grateful and saying thank you, we are showing that we believe that we are worthy of life's gifts and that's important. That's a big, big lesson in understanding that with gratitude and saying thank you, we understand every moment in that state, that we are worthy of life's gifts. That ranges from simple things like a smile, a hug, the air we breathe, every little thing is truly a gift, because life is very fragile.

There's a quote in the book that I really love. "Fear is but the lack of love, scarcity, the lack of abundance and resentment is the lack of gratitude." And let me tell you, that's deep. The resentment. A lot of us are walking around here very resentful, that we don't have the lives that we thought we should have. We don't have the relationships we thought we should have. We don't have the success we thought we should have and we get deeply resentful and that is showing, that we are not paying attention to our blessings and having gratitude for the great things that are happening in our lives. If we're sitting in that space of resentment, count down 10 things right away that you know you should be grateful for. Gratitude from me, my personal experience with the practice of gratitude, it really decreased my expectations of people; me thinking that I was entitled to somebody's love, or somebody's attention, or entitled to somebody's time.

It really helped me focus on being grateful for what life and what people in my life, had to offer and to focus on what was going well, instead of always focusing on what wasn't going right and the more grateful that I got, the happier I became. That's one of the benefits of gratitude. It really offers happiness. It offers lightness, it offers more joy. Gratitude improves self-esteem. It encourages feeling more loved and cared for and more worthy. It also creates a longer, more manageable life. How about that? Optimism and positive emotions have been shown to extend people's life span and that's very true. I feel like I'm getting younger as I get older. That's how I feel, I don't know if it's true, but that's how I feel, because as I get older, I just get more grateful. I get lighter and I get happier.

There're a couple activities I'd like to share with you, some activities that really helped me, in my practice of gratitude. When you get into a space of anger, resentment, depression, or you just feeling like you're in a funk. I want you to say out loud 20 things that you're grateful for. Run it down. This is an exercise I practice with myself, it's an exercise that I practice with my daughter a lot. When you feel like you're in a state of upset, just run down 20 things, or even 10 things, that you're grateful for and you can even practice that waking up in the morning, you wake up in the morning, run down 10 things you're grateful for, before you go to sleep at night. Run down 10 things you're grateful for, but definitely try it when you're in an upset state. I promise you it really helps.

The other thing I would love for you to do sometime this week, is create a prayer book for yourself. This is an activity that Jay Shetty shared with me and it has been so helpful. A prayer can be three lines, it can be three pages, it's up to you, but I have a prayer book. It's a little journal that I have and each day I write a prayer for myself, so it could be something like, "Dear higher power. Thank you so much for holding me close to you. I ask that you continue to fill me with your life. Thank you." Something as simple as that, but you should do it every day. Just a little journal, your prayer book, your own personal prayer book. I find it to be so uplifting and it's something that sometimes when I'm in a funk, I go to my prayer book and I look for my own personal prayer, that will work for me for that moment. So, just journal a prayer each day and tell me next week, how it made you feel.

Hey guys, I wanted to share just a few comments from our week one experience, our theme, 'You Matter' from our "Love Without Conditions" chapter.

We got Paige Ryalls. "I've recently started putting boundaries in place with family and friends, but I realize I must do this with myself too. I must start making time for me and getting to know me again. I need to start doing at least one activity, one day out of the week, that makes me feel happy and where I get to know myself that bit more, so I'm thankful to be part of this self-love and healing process. I believe it's the kick start needed for my personal journey, so thank you RTT family, Jada, Willow and Gam for making this happen and for spreading love."

Paige, thank you for being in here with us. Sally Henson - "I love the book. I was so into it. I read the whole thing yesterday, highlighted it to the hilt. Thank you for the timing of these sessions and for wanting to put it out there. XOXOXOXOXO." Thank you Sally.

Vanessa - "A reminder that I am enough. Thank you." You are Vanessa, you really are. We can't forget it.

Thank you for sharing. Guys, continue to share with us. You can hashtag us at #RTThealing. I want to hear all your stories, all your experiences, and I just love that we can do this together.