

# Manifesto of Gratitude

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**Thanksgiving Day, 2009**

***Here I am: Heaven and Earth. Blessed be!***

***Smiling, clothed with its immensity and vibrating to the beat of life.***

***Opening wide roads of gratitude in my heart and throwing petals into the future, to the splendid tomorrow, which always greets me with the infinite abundance of the universe and the promise of eternal love.***

***My being integrates the past when inhaling the aroma of these flowers, and my heart fills up with happy expectations before the white candle that lights my faith.***

***My hands open throwing petals in my home, creating peace... sending to all beings in the world the love of this magical and sacred elixir, unleashing her scent a cosmic dance that sweetens all loves forever and ever!***

***My future manifests itself from this moment on, full of this festival of lights, sprinkled with white flowers.***

***Thank you, thank you, thank you.***

## **Suggestions:**

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**Prepare a simple altar in your home. Place a white tablecloth with white candles in the center. If desired, put some of your favorite fruits to the right of the candles and facing these, three flower petals in a glass cup. Light the candles and read the Manifesto of Gratitude aloud at least three times. While walking around your house in a clockwise direction, shower petals on the floor.**

## **Thanksgiving Dinner:**

**You can create a centerpiece with the same arrangement shown above. Upon sitting at the table, read the Manifesto and scatter the petals on the tablecloth. Allow the petals to remain there throughout the meal.**

**Happy Thanksgiving Day!**

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