

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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Living Gratefully -Mishelle Knuteson M.H.

November seems to help people focus more on gratitude. In fact, I would say that Thanksgiving is one of my favorite holidays because of the reflection on things I am thankful for and being with family. Although, to have a joy filled and successful life, we should be focused on gratitude every day, not just at Thanksgiving. I heard a quote by leader and mentor Tim Kelly, "To live a joyful life you must become an expert at gratitude."

The people that I reflect on that emanate a joyful spirit, frequently express gratitude and often during the most challenging circumstances. Dr. John R. Christopher is one among many that I recognize as an expert at gratitude. His son David Christopher expressed in the book, *An Herbal Legacy of Courage*, "My father's abiding happiness seems even more exceptional when I reflect on all the reasons he had to be unhappy...yet I cannot erase from my mind's eye the gentle kindness of my father's perpetual smile." As a student of the School of Natural Healing, I hear the gratitude expressed often throughout his lectures.



One of my favorite books states, *He who receives **all things** with thankfulness will be made glorious and the things of this earth will be added unto him, even a hundred fold and more.* Receiving all things with thankfulness and gratitude can be challenging at times unless we train ourselves to be an expert at gratitude.

I have learned a tool that I want to share with you that has helped me along the path in changing my focus to gratitude. Much of being grateful is a mind game - training our minds to see and focus on that bigger picture. Our minds are divided, the left side of the brain is more logical and the right side is more creative. So to create more harmony and change, these two sides of the brain need to connect. The tool I learned is to feed the left side of the brain first so that the right side will open and create more.

The left side of the brain loves facts and figures, so one thing we can do to satisfy this side of the brain is to give it a list of things we are grateful for so it can see concrete evidence. By creating a gratitude list, a long list that keeps growing, we give the evidence that stimulates the left brain. It can see how much is there which allows the right side of the brain to kick in and create even more, opening up much larger vision and focus.

Keeping this list visible, reviewing it daily and continually adding to it helps you to transform your way of seeing life through more gratitude. I want to thank you for letting me share a tool that is working for me. I'm grateful to all those that read my articles and I hope that they inspire and help you to live a more happy, healthy and fulfilled life.

Mishelle Knuteson is certified in *Rapid Eye Technology (RET)* an emotional release therapy, teaches classes in *The Art of Feminine Presence* and a *Master Herbalist* ~ graduate of *The School of Natural Healing*. *Mishelle* currently works as an *Educative Master Herbalist (MH)* for *The School of Natural Healing* and as *Office Manager of Christopher Publications*.