**Thank you for…**

Thank you for a thick, warm sunbeam, gently caressing my face.

Thank you for a silver star, mysteriously twinkling in space.

Thank you for a floating snowflake, drifting in the sky.

Thank you for a snow capped mountain, stretching up so high.

*Close your eyes. Draw in a deep, life-giving breath.*

*And in the silence, give thanks.*

Thank you for a colourful flower, swaying quietly in the breeze.

Thank you for its potent perfume, attracting busy bees.

Thank you for a precious raindrop, long awaited by desert sands.

Thank you for a wealth of creatures, unique to different lands.

*Close your eyes. Draw in a deep, life-giving breath.*

*And in the silence, give thanks.*

Thank you for the seas and oceans, their secrets cold and deep.

Thank you for the seeds of creation, sowing in order to reap.

Thank you for a carpet of grass, a field of emerald green.

Thank you for heaven and earth and the mystery in between.

*Close your eyes. Draw in a deep, life-giving breath.*

*And in the silence, give thanks.*

Thank you for a forest of trees, damp jungles and ancient woods.

Thank you for a puddle to stamp in; left by ruthless floods.

Thank you for my spirit’s essence, as I am truly unique.

Thank you for the answers to the secrets that I seek.

*Close your eyes. Draw in a deep, life-giving breath.*

*And in the silence, give thanks.*

For if we appreciate all that’s around us, it’s good to be alive…

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