

**THURSDAY * OCTOBER 20
I AM THANKFUL
FOR CLARITY**

A spiritual teacher once taught that for the enlightened mind there are only three words, “yes, no and ah.”

Today I let my words be simple and clear. If I mean no, I say “No,” not “maybe,” or “we’ll see”, “ No!”

If I mean, “Yes” I clearly say, “yes.” With yes and no I open the door to the experience of “Ah” in my life.

I am thankful for the power of clarity in everything I say.

DAILY GRATITUDE LIST

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- 2.
- 3.
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- 10.