



Gratitude

Gratitude is more than thankfulness; it is a way of seeing. It shifts our attention from what is missing to what is already here, reminding us that many of the things that give our lives meaning were never ours to earn.

In Satyoraism, gratitude is not a reaction but a practice. Gratitude can draw our attention toward what we value without requiring us to deny what is absent, difficult or genuinely needed. It does not ask us to ignore hardship; it allows appreciation and difficulty to exist together.

Gratitude begins with the Self. It is the quiet appreciation for the effort that carried us here, even when the journey has been imperfect. It allows us to acknowledge our growth without demanding perfection. Gratitude toward Others recognises the unseen gifts people offer each day—their time, patience, kindness, and presence. It reminds us that every act of generosity carries a part of someone's life within it. Gratitude toward the Environment is expressed through reciprocity. We receive from the living world each day, and gratitude invites us to care for it in Return.

Entitlement asks, *"What more can I have?"*

Gratitude quietly asks, **"How did I become so fortunate to have this?"**

Neither question tells the whole story, but gratitude can help us Notice what might otherwise have passed unseen.

**“Gratitude reminds us that even the most difficult seasons
can hold meaning, purpose, and moments worth
appreciating.”**

The Wall

2016

Our daughter was born five weeks early.

She struggled to feed and breathe at the same time, and on Christmas Eve she was transferred to a hospital with a neonatal intensive care unit over an hour away. I had just undergone a caesarean section and couldn't travel immediately. Before she left, I held her one more time. I had only held her for a few minutes since her birth, and as I let her go, I quietly wondered if it would be the last time.

On Christmas Day, we made the journey to see her. The roads were almost empty. My husband drove slowly so every bump hurt a little less. When we arrived at the NICU, the first thing we saw was a wall dedicated to the babies who had never made it home.

Everything changed. Until that moment, all I could see was what we were going through. Standing before that wall, I realised how much we still had to be grateful for.

When we finally reached our daughter, the nurse smiled and told us she had been pulling out her feeding tube. Soon after, she learned to feed on her own and Returned to the special care nursery.

That wall stayed with me.

It reminded me that gratitude is not found when life becomes easy. Sometimes it arrives in the quiet realisation of what is still here.

Nine years later, I still think about the paramedic who placed her back into my arms for one last cuddle before she left.

It wasn't the last.

And for that, I will always be grateful.

— **J. Bhardwaj**



Self

I realised that gratitude wasn't waiting for life to become perfect. It was learning to see the gifts in everyday moments.

Others

I learned that the smallest acts of kindness, offered without expecting anything in Return, create opportunities for gratitude.

Environment

That hospital wall changed the way I saw our situation. The Environment around us became part of the lesson I carried home.

Awareness

I realised I had been focused on what could be lost instead of what I still had.

Authenticity

I allowed myself to feel both fear and gratitude at the same time.

Compassion

Gratitude deepened my appreciation for the people whose quiet acts of kindness became part of our story.

Responsibility

I chose to remember the moments that carried us, not just the moments that challenged us.