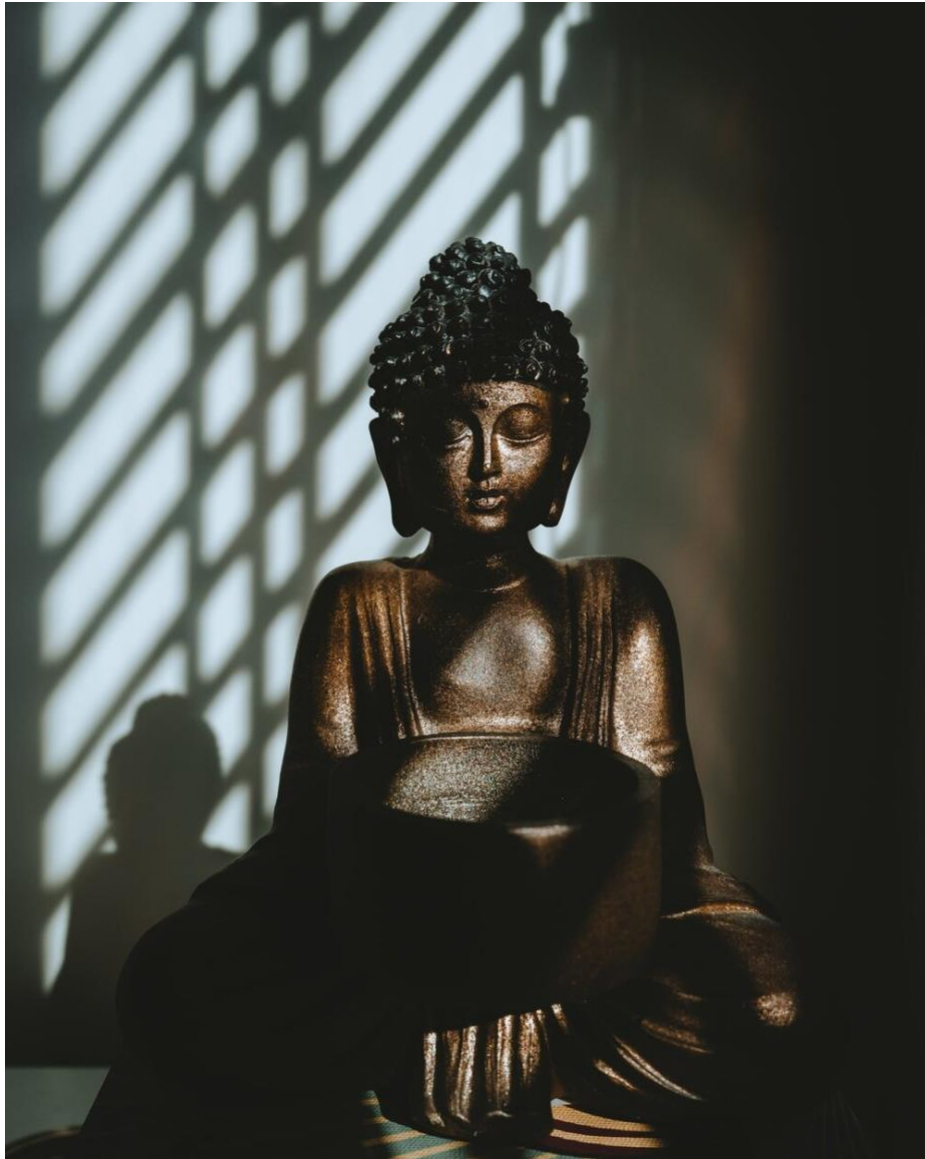


Gratitude Meditation¹



How did the coffee end up in your cup?

¹ This exercise is an adaptation from: Roach, Geshe Michael. (2000). The diamond cutter: The Buddha on managing your business and your life. New York: Doubleday. P. 108.



“Are there people back home – spouse, parent, or someone who does some special job around the house for you – whose presence in your life allows you to do what you do? When was the last time you thanked them? Is there not in fact a whole support network around you which helps you get to the office [work] to do what you do? The dry cleaner? The dentist? The postman? The people at the grocery store, the people at our bank, the person who delivers your morning paper? You can say, ‘Oh, those people are paid to do those things – it’s not as if they would get up in the morning and do this for me if they couldn’t get anything out of it.’ . . . Paid they may be, but this doesn’t change the fact that they are spending precious hours of their lives, valuable moments of their few healthy years, to help you accomplish what you want to. The failure to recognize how much others support you, the failure to appreciate how much of what we do is done only through the kindness of those around us, is very much a weakness of modern Western thinking.” (Roach, 2000, p. 108).

Introduction

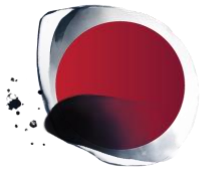
This meditation is designed to open the field of thought and feeling to include all those individuals who currently support you being here today in this environment.

Exercise

Simply close your eyes and bring your attention to the last action you performed. This is an action such as a phone call, an email, a conversation that occurred in the course of being here today.

Allow that image of your action to arise in consciousness. Look around and open to the connecting experiences that made your action possible. It could be as simple as your cup of coffee.

How did the coffee end up in your cup? Who made the coffee? How did it come to be? Who ground it? note continue with development of this exercise.



Rationale

This may or may not include emotions, but the main point is to open the thinking process to more breath and feeling and to release the tension that is there because of disallowing this open and “natural” internal environment.

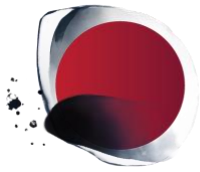
Teaching Tale

[Gratitude: Find the Courage to Accept Them Just the Way They Are](#)

A friend reminds me of the gratitude she has for her child’s presence in her life. Every night before she goes to bed, she stops into her daughter’s room and checks on her, adjusts her blanket, says a quiet prayer, and steepers herself in her gratitude for her daughter’s presence in her day, life, heart. Sometimes, she admits, this evening ritual is painful. Looking down at that fragile, innocent mystery she wonders, how many more days will I have with her?” Each moment is so precious.

I try to imagine what it is like for fathers who feel alienated from their children. I know many men who are, and I hear the sad stories that ring like plaintive bells in an empty countryside. It is as though there is nothing, they can do about it, as though time has taken away their options on feeling connected and involved with their child. It is in these moments that gratitude arises for me. I am grateful for this one simple understanding: children will always gift us with their presence. Children are a part of us whether we have access to them or not. They are a gift that we have been given, and the only thing that keeps us from receiving this gift is our reluctance to feel what it is like to have them in our life. We need to feel our feelings, just as they are, without the expectation that things could, would, should be different.

Even when we are absent from their life or they from ours, our children are still a gift to us. Whether you are fortunate enough to have access to your child daily or are with them



for occasional holidays, the work is the same. As a father, you must find the strength to receive them just the way they are:

- Not when you have the time.
- Not when they are available.
- Not when you feel like it.
- Not when it is convenient.
- Not when it feels good.
- Not only when you are with them

For Fathers

Having a child in your life is one of the greatest challenges a man can face. It is also an extraordinary opportunity to embrace the blessings their presence brings. Bringing a life into the world is our most creative act. Few actions in our life have such far-reaching ramifications.

Whatever feeling you must endure, do so. Find within yourself the understanding that your children are precious gifts. Find the courage to accept them just the way they are. You are the father. They only have one.

Reference

[Gratitude: Find the Courage to Accept Them Just the Way They Are](#)

Image courtesy of: [Ravi Palwe](#) [ravipalwe](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.