

# Count your blessings

**VN Chhibber**

■ [letters@innervoice.com](mailto:letters@innervoice.com)

Sri Chinmoy says: "Offer your gratitude to God. Then you will feel that inside you a sweet, fragrant and beautiful flower is growing. That is the flower of humility."

All of us complain, at times. But there are some people who complain perpetually. Grumbling is their forte. Their energy and intellect are so focussed on finding fault that they cannot focus on good aspects of others. What a futile way!

Let's stop focussing on all that is wrong and focus instead on all that's right. Let's take the time to appreciate people as they are.

When we habitually complain and criticise, we are inviting negativity into our system. The reverse is also true. When we believe things are good, they become better. When we visualise success and think positive, success begins to take shape.

When you thank God or

another, your heart expands. This strengthens the immune system — the body's shield against disease. Positive feelings of gratitude and joy release 'endomorphins' into the bloodstream, the body's natural painkillers. They stimulate dilation of blood vessels and relaxes the heart muscles — making us strong.

But, negative emotions such as revenge, ill-will, anger, and bitterness dump high levels of adrenaline in the blood, constricting blood to the heart; and it slows down movement of white blood cells that fight disease.

Gratitude releases happy hormones and inhibits 'unhappy' hormones in our system so we live longer.

If you are not grateful enough, you will not be able to solve your life problems. The law of life: focus on your troubles and they will multiply; count your blessings and your life will grow more joyful. Osho has this to say: "The only way to show our gratitude is to help others."