

GRATITUDE



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What Should We Be Grateful For?

This is quite a powerful question to ask with a multitude of possible answers. We can all be grateful for many things in this life, things which are all relevant to who we are and what we hope to achieve. Should we be grateful for the air we breathe? The easy access to water? The roof over our heads? Perhaps the car we drive or the latest phone we possess?

In the English Dictionary, the word 'Gratitude' means... *the quality of being thankful; readiness to show appreciation for and to return kindness.*

I asked my children what they are grateful for in their lives and the four of them responded with these answers:

1. Wifi

2. Xbox One

3. Waterpolo

4. Gift of Life

I thought their answers were endearing and also realised that in a way they are non-discriminate, ie. how are the answers of my four children any different from that of an adult? What about if you have everything? How many celebrities are truly happy with the possessions they own and the numbers in their bank account? How must it feel to wake up every morning knowing that money is no object and you could spend your day purchasing goods, services etc for material objects that perhaps you don't even need or want? So, what does a person hope for when they have everything? I put this question to my partner and he said, "the only thing they can ever have enough of is breathing".

This statement made me think deeply about us as human beings and what our core basic needs are, of which have never changed over the passage of time. It's only due to the technological advances over the past 20 years that has changed the dynamics of someone's personality, home, relationship, hopes and dreams. With the advent of social media, different advertising platforms across road and railway systems, pop-up ads on devices and the changing diversity of TV commercials, this has, and is, all having a negative impact on us humans and distorting our minds and values as to what is really important in our daily lives.

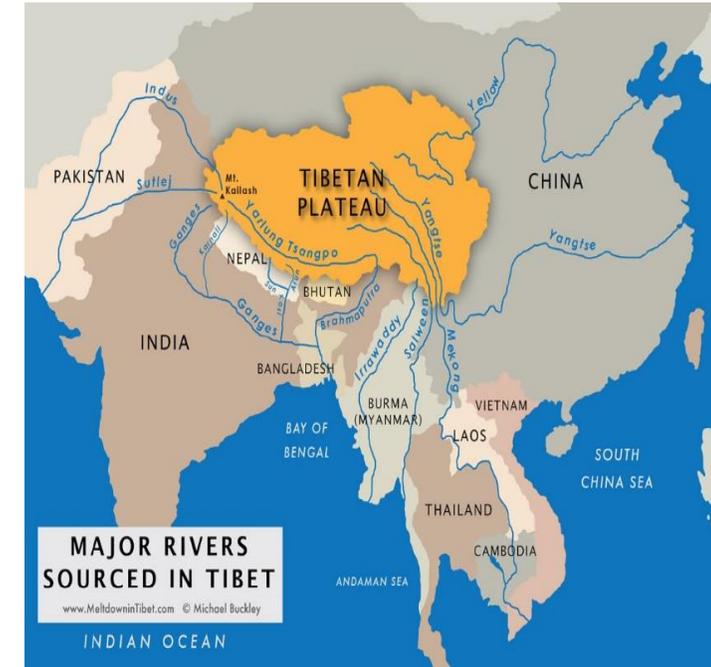
TIBET: THE SYMMETRICAL CONE-SHAPED MOUNT KAILASH (21,780 FEET) 'NAVEL OF THE UNIVERSE'

I recently watched a very interesting and insightful documentary on BBC2 called Wild China. The episode I watched was about the indigenous people of Tibet and how they live off the land and lead a very happy life. Tibet, which is in South West China, has a vast plateau which is home to a culture of people whom are shaped by Buddhism. The Tibetan Plateau is one of the largest land-based wilderness areas let in the World. It is a global ecoregion and is referred to by many as the "Roof of the World". At its peak the Tibetan Plateau connects landscapes from Europe, Asia and the Middle East.

Tibet is blessed with mountains and glaciers which provide vital life support for HALF the Planet! The wildlife is abundant with jewel-coloured birds, elephants, yaks, antelopes and snow leopards. The Himalayas is a biodiversity hot spot which allows many different species of flowers, trees, mammals and forests to thrive.

In geographical terms, Mount Kailash, also known as Kangri Rinpoche 'Precious Snow Mountain' to Tibetan Buddhists, is unique as it connects four major sacred rivers in Asia:

- Brahmaputra River
- Mapcha Tsangpo – Karnali/Ganges River
- Langchen Tsangpo – Sutlej River
- Senge Tsangpo – Indus River



TIBET: MOUNT KAILASH – THE ULTIMATE HAPPINESS

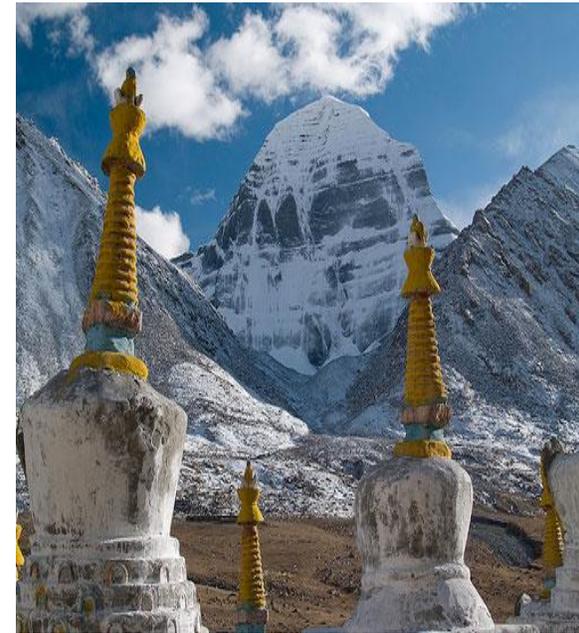
Amongst the diverse range of mammals in the Himalayas, there is one mammal that is pivotal to the wellbeing of the indigenous people - Wild Yaks. These amazing mammals play a significant role to the Tibetan people as they provide not only a source of food, but also provide shelter due to the outer hair of the yak, and even its dung is required as a fundamental fuel, which is left to dry in little cakes on the walls of most Tibetan houses.

The wild yaks not only provide milk and cheese, they also provide butter for the ubiquitous butter tea and offerings to butter lamps in monasteries. Yak meat is high in protein with only one-sixth the fat of regular beef. During the summer months the meat is dried, but in winter it will be eaten raw.

The outer hair of the yak can be woven into tent fabric and rope, whilst the soft inner wool is spun into chara (a type of felt) which is used in religious practices. The leather from the yaks can be used for coats and tents and the hide is used for the soles of boots. The heart of the yak is used in Tibetan medicine. The wild yaks are a major source of fundamental requirements to the Tibetan people of which they are extremely grateful for. In fact, Tibetans are so grateful for what the mammals provide for them, they have decided to individually name them just like children.

The indigenous tribes in Tibet are testament to what it is to be human. To appreciate the gift of life itself; to give thanks for the food, water, shelter and love that is uniquely abundant and precious between the human and mammal kingdoms.

So why are so many people on this Planet depressed and lonely even though they possess such bountiful riches? How can any one human being feel this way when they have acquired material objects, wealth and love, and yet many have still not found inner happiness and peace?



*The beauty of a blanket of snow
The mesmerising light of a candle
The new beginnings
The new you!*

THANK YOU FOR JOINING ME THIS MONTH AND FOR SUBSCRIBING TO
THE MISSING PIECE MAGAZINE.

COMING UP IN NEXT MONTH'S ISSUE....**LOVE!**

I LOOK FORWARD TO REACHING OUT TO YOU ALL AGAIN SOON!
UNTIL THEN, KEEP SAFE & KEEP POSITIVE!

