

HealthWyze Newsletter

Begin the New Year with Gratitude



Gratitude is the fairest blossom which springs from the soul.
~Henry Ward Beecher

Gratitude connects us to the present moment . . . this very moment. When we experience gratitude, we essentially let go of the ego. Gratitude has a way of opening the heart to compassion and love, and experiencing gratitude can help us feel happier and more balanced. It can uplift our spirits and feed our hearts.

Sometimes it is just remembering the simple things in life that we take for granted from day to day, moment to moment. Maybe it is feeling grateful for our breath that gives us life. Or, how we feel in our heart that is pulsing with love, compassion and peace. Our eyes that let us see colors, faces and smiles, the sunrise and sunset, the rainbow, the

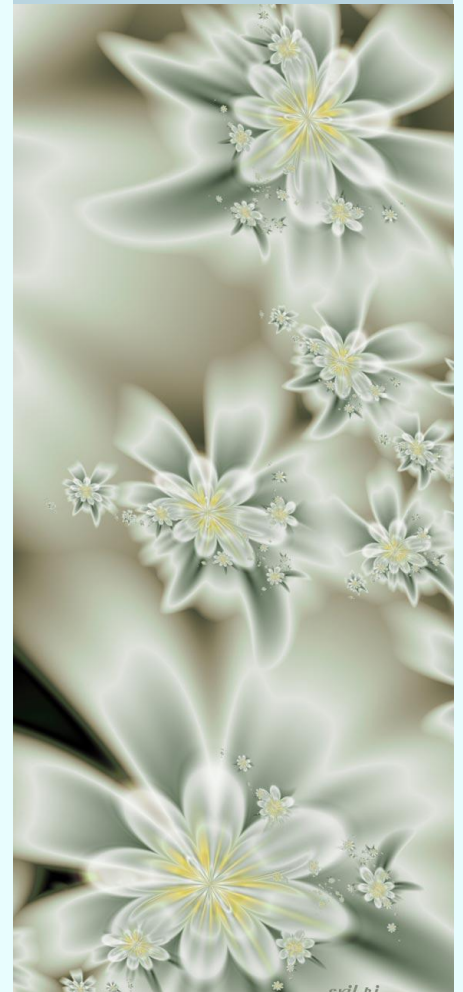
moon and stars, or our very selves in the mirror.

How about our ears that beam in wonderful sounds, music, laughter, the voices of those we love, or the silence that ever so often permeates the sounds of life; our nose that smells the ocean breeze, the flowers, trees, and the inviting aromas of the food. Or, maybe it is just about being grateful for our ability to see growth and potential in every moment of our lives, or our connection to those things that are sweet, loving and honorable and just feel right. When we no longer take life for granted, we become grateful for everything we have. Assuming that we are entitled to anything in life robs us of the awe and the opportunity to be grateful.

Interested in the benefits of Meditation, but not sure how to start?

**HealthWyze guides
Meditation sessions the
1st and 3rd
Wednesday of the
month, 7 -8 PM**

Location:
Natural Path Consulting
2185 S. Milford Rd.,
Milford
(248) 684-4411



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Starting today, we can explore the gratitude in our lives by asking ourselves these five questions:

1. What do I take for granted?
2. What relationships do I have that I cherish? Do I have a certain person in my life that I connect to? Do I have a pet that I shower with affection? Is there a relationship that fills me and that I feel lucky to have?
3. What freedoms, what unique gifts, and what opportunities do I have that truly are gifts to me? And, this can be based on where you live, what you do for a living, who you

surround yourself with, or what divine talent has been bestowed upon you?

4. What advantages have I been given in life?
5. Who are my backers in life out there rooting for me? Who are our champions, our defenders, our supporters, and our comrade in arms? Who are our partners in life who have helped us get where we are right now?

So, let us start and end each day by counting our blessings, and let our life unfold with greater depth, fulfillment and joy!

HeathWyze wishes you and yours a healthy, prosperous, and peaceful New Year!



HealthWyze comprises three healthcare therapists in the Milford area. Their vision is fueled by the belief that optimal health is more than chance, it is a choice.

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Healthwyze believes that the strength of a community depends on the health of its residents, and is committed to providing education and support in this area.

HealthWyze also conducts corporate educational programs in health and wellness.

For more information on HealthWyze, please contact Meena, Terry, or Gretchen.