



## daily GOOD

If the only prayer you said was thank you, that would be enough.  
--Meister Eckhart

### Thanksgiving Address

Says Robin Wall Kimmerer, "You can't listen to the Thanksgiving Address without feeling wealthy. And, while expressing gratitude seems innocent enough, it is a revolutionary idea. In a consumer society, contentment is a radical proposition. Recognizing abundance rather than scarcity undermines an economy that thrives by creating unmet desires. The Thanksgiving Address reminds you that you already have everything you need. That's good medicine for land and people alike." This wonderful recording of the Thanksgiving Address captures the multidimensional ways that the Haudenosaunee greet and give gratitude for the natural world.

### Be The Change:

Read a related excerpt from Kimmerer here, "Allegiance to Gratitude."