

# Feeling Gratitude a Gift

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Sundari: Gratitude has always been a big thing for me. I realized in my twenties that if I was not feeling grateful, I had lost the plot and gotten sucked in to maya. It is the signature key to happiness.

Stephania: I agree with you about gratitude. It's something I need to cultivate more. Being so long in the business world, you sometimes feel that you're continually at war. I'm thankful that I have Isvara to be thankful to and continue to work on that!

Sundari: Gratitude and devotion is not a requirement of the jiva, it is a gift to the jiva from the self. As the self/Isvara you do not need devotion or gratitude because you are all that is. It is given to the jiva as the best way to experience its true nature.

Stephania: Wow! Your explanation of gratitude and devotion answers my confusion. I know what you mean about not needing them as I am the self, but feeling that I want to express them. I didn't quite see where they all fit together. Thank you, Sensei!

Sundari: Yes, many people don't get it...forgetting that all this inquiry business is for jivaji , after all ...and the main objective is for jivaji to feel good, all the time, no matter what. Gratitude and devotion amp up the bliss . And the more you indulge the better. Not many things you can say that about!