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## Honoring the Supports in our Lives Decreases Entitlement & Irritation

***The Taos News has committed to implement a weekly column to help educate our community about emotional healing through grief. People may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.***

Dear Readers,

On Thanksgiving Day I was thinking about all the special gifts in my life and how grateful I am for the people who truly help to support me in my challenges, successes and all the other ways that show up in my life. The first thoughts of gratitude were my wife, family, friends, community, clients and business supports. As I made my list, sitting there feeling very satisfied, I pondered on how many seemingly invisible supports that I could possibly be taking for granted. Did I feel entitled to receive these supports, such as electricity, gas, protection to feel safe, travel, food, phone service, my computer and so many other technology and resource supports that allow me to do my life? Yes, many of these supports I pay for via bills, taxes, or some sort of trade, and often I forget that on the other end of that support is another human being, that through their intelligence, personal labor, care, time or some other use of energy is allowing me the right to obtain whatever it is I am receiving.

I believe this awareness popped deeply into my consciousness about two weeks ago when I received a thank you note from someone who had felt I had helped them during a difficult time ten years ago. I hadn't thought about that situation in a long time and the gratitude was energy for me to continue to do the work that allows me to help others. The morning after I read this note of gratitude, I went into the hospital for surgery. I was so impressed with the care and concern that I received while I was in the prep room and in the recovery room. As I was waiting to go home, I took a moment to be grateful for all the people that allowed this to happen, from the intake person, the nurses, the doctors and the person who made it clean and safe enough for surgery.

There are many silent heroes in our world from the grocery clerk, police officer, the snowplow driver, the snowmaker and cat driver at the ski areas, to all the individuals who allow us to navigate this world we live in. Even though we may buy a service or product, taking the time to acknowledge all the effort that has gone into that product can help open someone to a place of gratitude and replace the sense of entitled discontentment, dissatisfaction, disconnect and internal and external irritation. So as the holiday season is here, I personally would like to challenge you to take a moment to have gratitude for all the different energies that have made your life just a little bit easier. I would like to thank all the wonderful silent heroes that continuously show up in service of others and hope to pay it forward while acknowledging the gift of connection, allowing each of us to have the supports to navigate this world. I wish you well. Until next week, take care.

Golden Willow Retreat is a nonprofit organization focused on emotional healing and recovery from any type of loss. Direct any questions to Ted Wiard, LPCC, CGC, Founder of Golden Willow Retreat at (575) 776-2024 or [GWR@newmex.com](mailto:GWR@newmex.com)