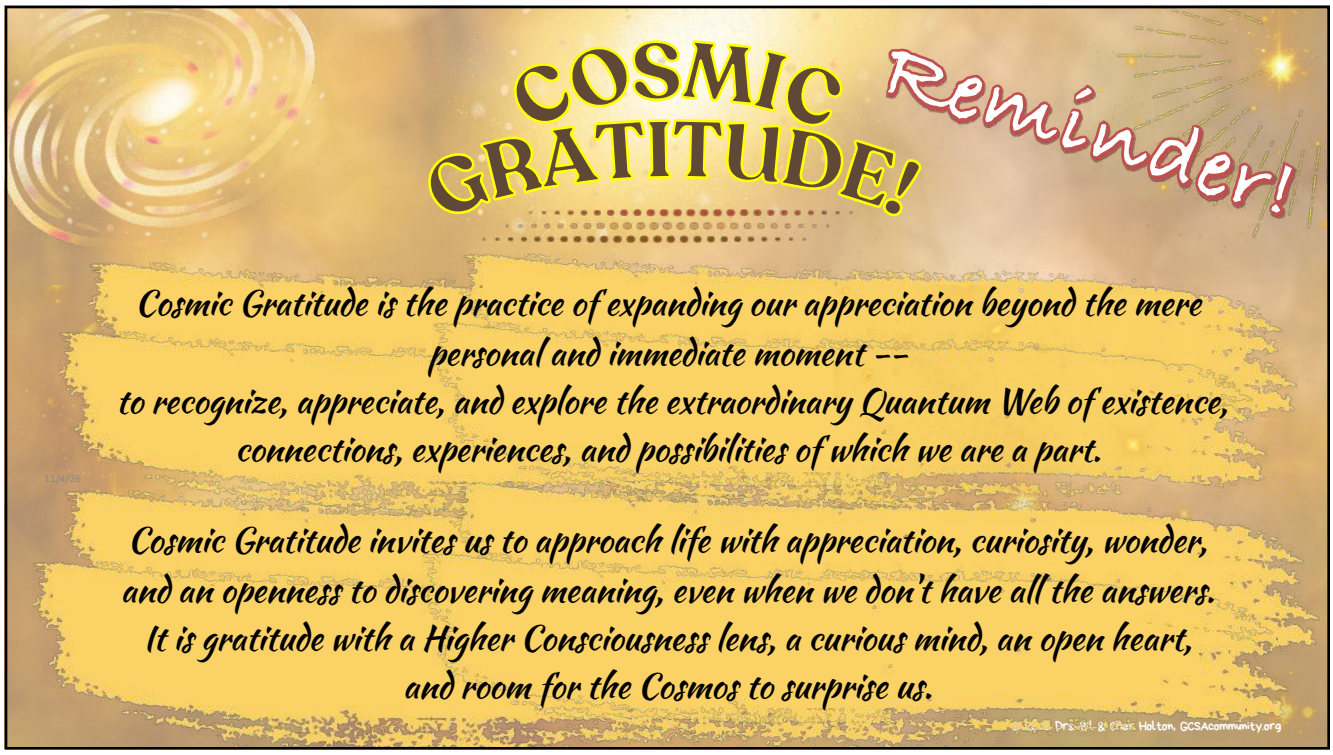
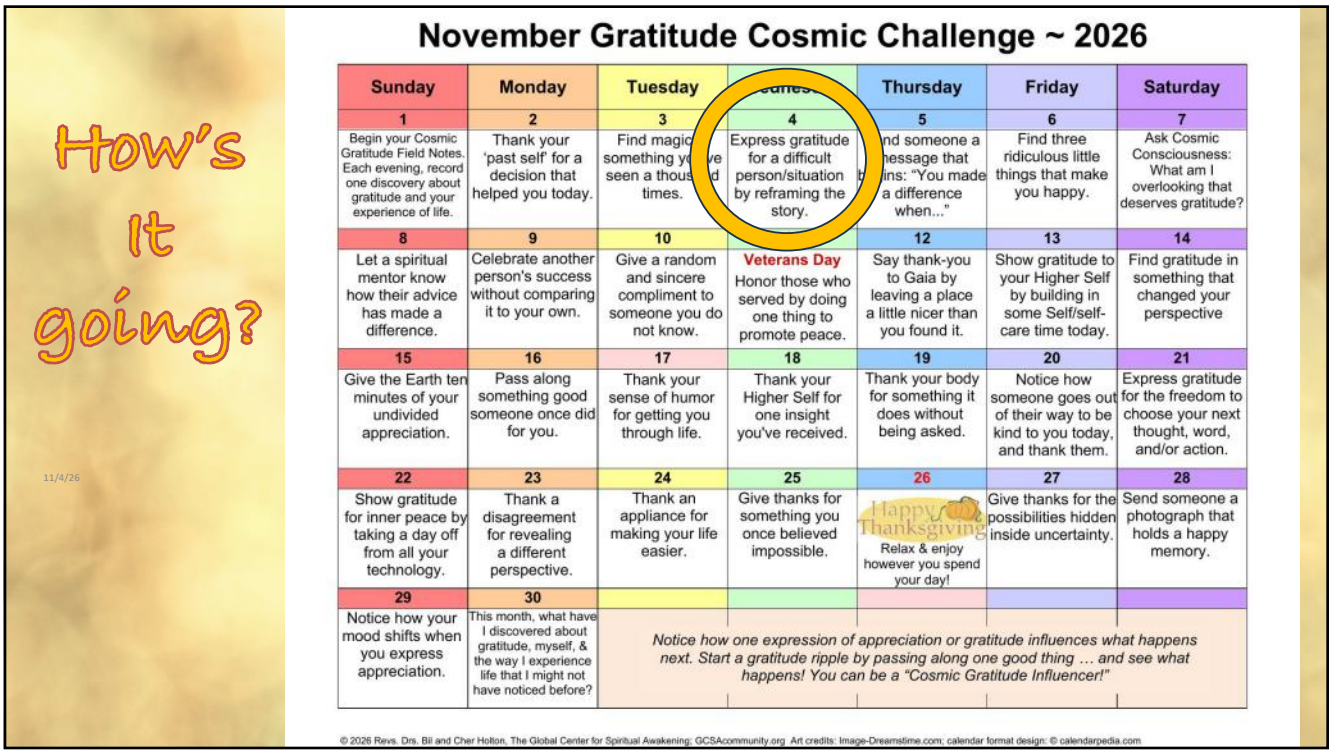

Spiritual Café
Mastering the Art of Living MetaSpiritually
Cosmic Gratitude
COSMIC GRATITUDE!
A Month-Long Gratitude Discovery Lab
with Revs. Drs. Bil & Cher Holton
Part 2

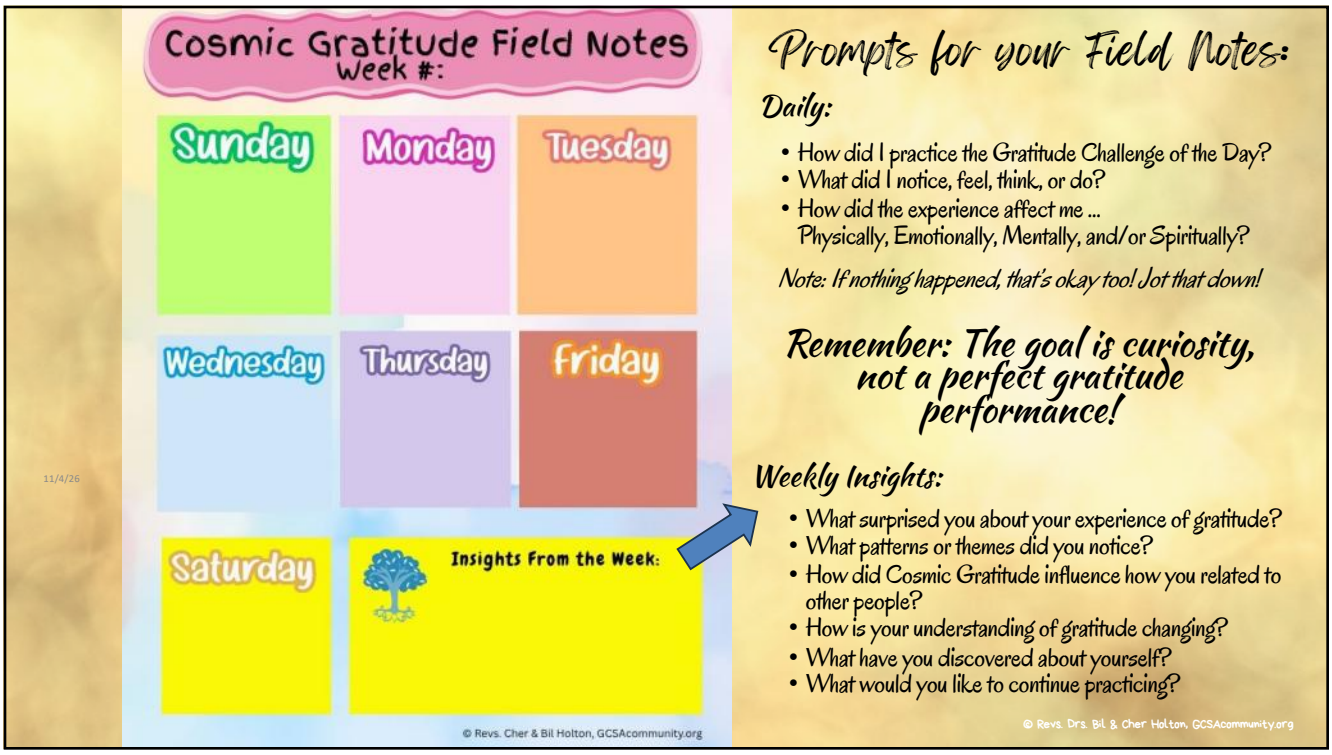
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COSMIC GRATITUDE!
Reminder!
Cosmic Gratitude is the practice of expanding our appreciation beyond the mere personal and immediate moment --
to recognize, appreciate, and explore the extraordinary Quantum Web of existence, connections, experiences, and possibilities of which we are a part.
Cosmic Gratitude invites us to approach life with appreciation, curiosity, wonder, and an openness to discovering meaning, even when we don't have all the answers.
It is gratitude with a Higher Consciousness lens, a curious mind, an open heart, and room for the Cosmos to surprise us.
Drs. Bil & Cher Holton, GCSAcommunity.org

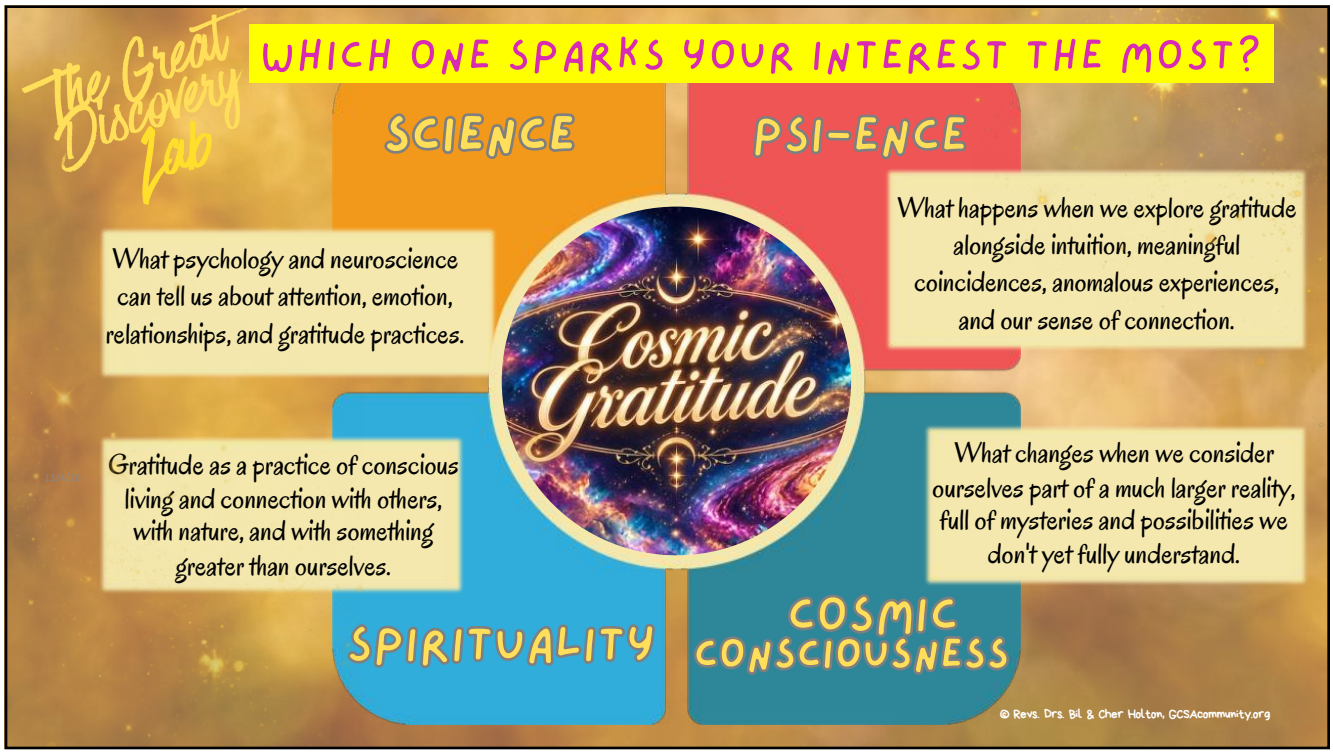
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How's It going?
11/4/26
November Gratitude Cosmic Challenge ~ 2026
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
1
Begin your Cosmic Gratitude Field Notes. Each evening, record one discovery about gratitude and your experience of life.
2
Thank your 'past self' for a decision that helped you today.
3
Find magic something y seen a thous times.
4
Express gratitude for a difficult person/situation by reframing the story.
5
nd someone a essage that ins: "You made a difference when..."
6
Find three ridiculous little things that make you happy.
7
Ask Cosmic Consciousness: What am I overlooking that deserves gratitude?
8
Let a spiritual mentor know how their advice has made a difference.
9
Celebrate another person's success without comparing it to your own.
10
Give a random and sincere compliment to someone you do not know.
Veterans Day
Honor those who served by doing one thing to promote peace.
12
Say thank-you to Gaia by leaving a place a little nicer than you found it.
13
Show gratitude to your Higher Self by building in some Self/self-care time today.
14
Find gratitude in something that changed your perspective
15
Give the Earth ten minutes of your undivided appreciation.
16
Pass along something good someone once did for you.
17
Thank your sense of humor for getting you through life.
18
Thank your Higher Self for one insight you've received.
19
Thank your body for something it does without being asked.
20
Notice how someone goes out of their way to be kind to you today, and thank them.
21
Express gratitude for the freedom to choose your next thought, word, and/or action.
22
Show gratitude for inner peace by taking a day off from all your technology.
23
Thank a disagreement for revealing a different perspective.
24
Thank an appliance for making your life easier.
25
Give thanks for something you once believed impossible.
26
Happy Thanksgiving
Relax & enjoy however you spend your day!
27
Give thanks for the possibilities hidden inside uncertainty.
28
Send someone a photograph that holds a happy memory.
29
Notice how your mood shifts when you express appreciation.
30
This month, what have I discovered about gratitude, myself, & the way I experience life that I might not have noticed before?
Notice how one expression of appreciation or gratitude influences what happens next. Start a gratitude ripple by passing along one good thing … and see what happens! You can be a "Cosmic Gratitude Influencer!"
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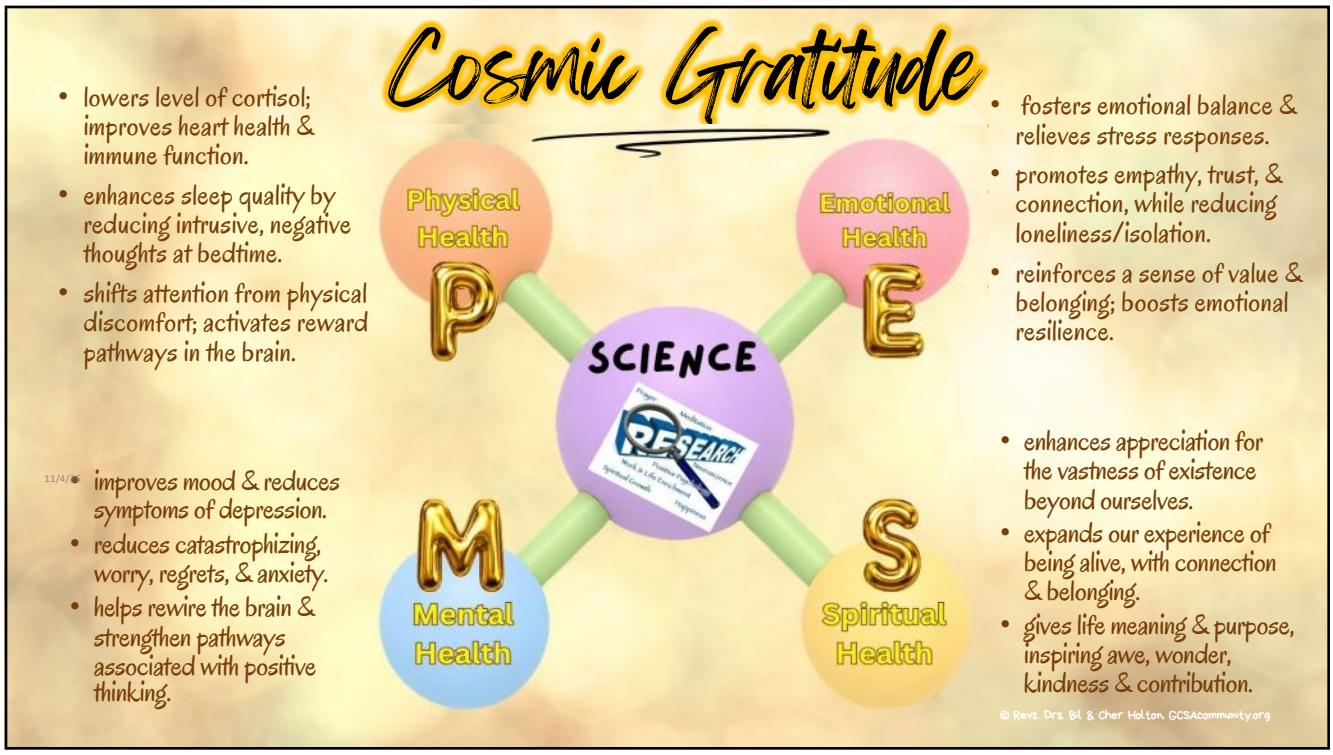
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Cosmic Gratitude Field Notes
Week #:
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Insights From the Week:
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11/4/26
Prompts for your Field Notes:
Daily:
• How did I practice the Gratitude Challenge of the Day?
• What did I notice, feel, think, or do?
• How did the experience affect me ...
Physically, Emotionally, Mentally, and/or Spiritually?
Note: If nothing happened, that's okay too! Jot that down!
Remember: The goal is curiosity, not a perfect gratitude performance!
Weekly Insights:
• What surprised you about your experience of gratitude?
• What patterns or themes did you notice?
• How did Cosmic Gratitude influence how you related to other people?
• How is your understanding of gratitude changing?
• What have you discovered about yourself?
• What would you like to continue practicing?
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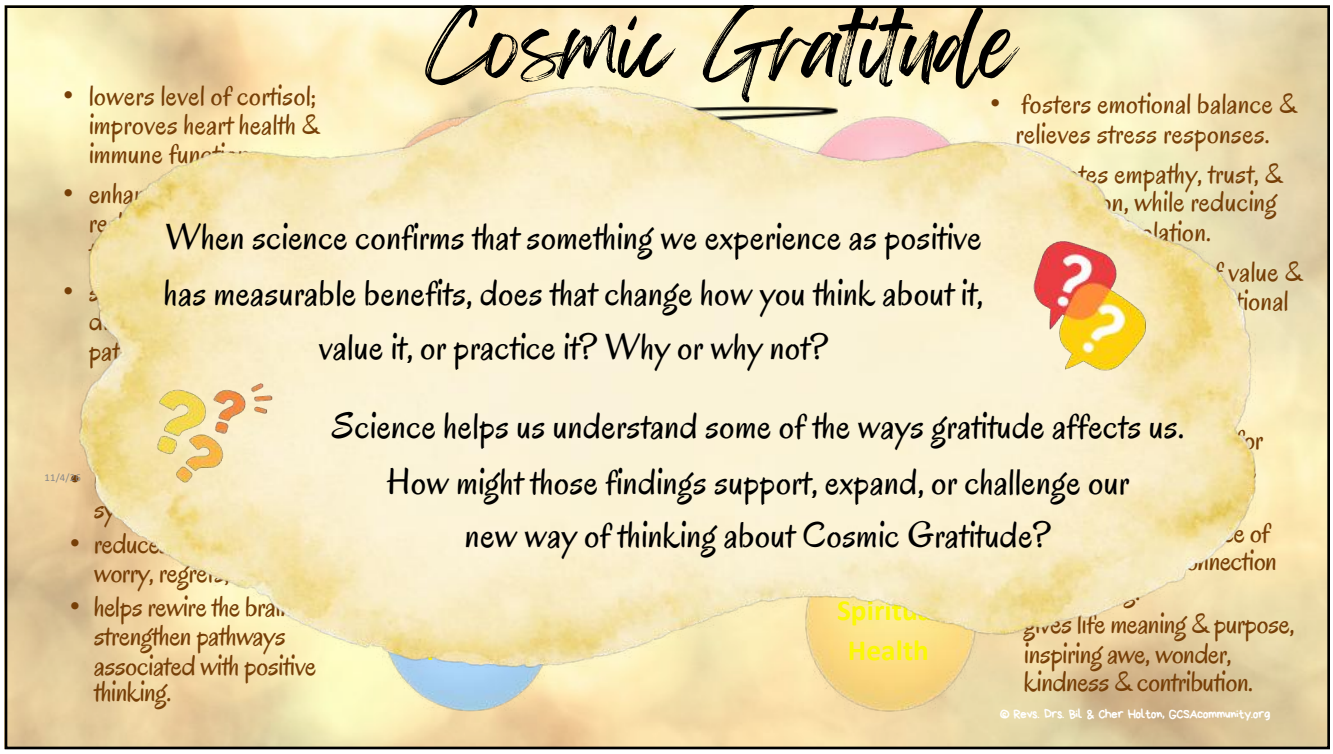
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The Great Discovery Lab
WHICH ONE SPARKS YOUR INTEREST THE MOST?
SCIENCE
What psychology and neuroscience can tell us about attention, emotion, relationships, and gratitude practices.
PSI-ENCE
What happens when we explore gratitude alongside intuition, meaningful coincidences, anomalous experiences, and our sense of connection.
Cosmic Gratitude
SPIRITUALITY
Gratitude as a practice of conscious living and connection with others, with nature, and with something greater than ourselves.
COSMIC CONSCIOUSNESS
What changes when we consider ourselves part of a much larger reality, full of mysteries and possibilities we don't yet fully understand.
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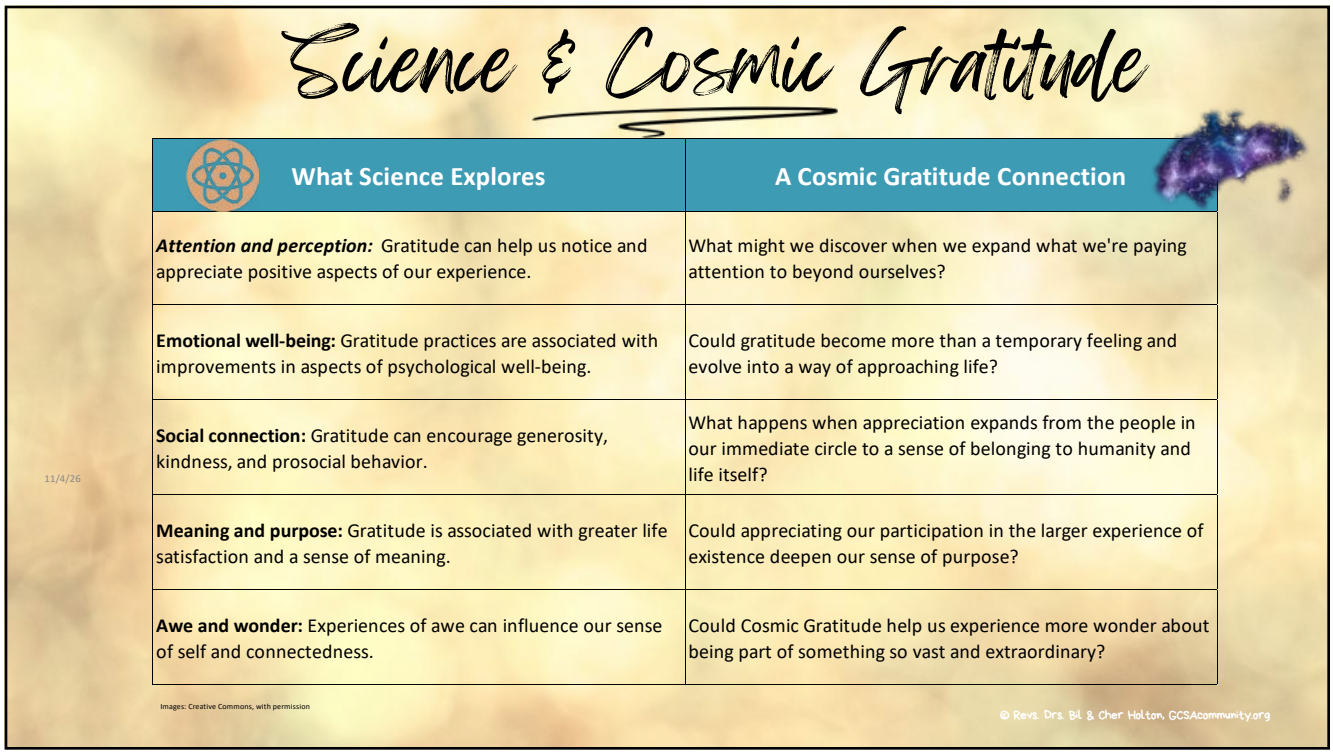
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Cosmic Gratitude
• lowers level of cortisol; improves heart health & immune function.
• enhances sleep quality by reducing intrusive, negative thoughts at bedtime.
• shifts attention from physical discomfort; activates reward pathways in the brain.
Physical Health
P
Emotional Health
E
SCIENCE
RESEARCH
M
Mental Health
S
Spiritual Health
• improves mood & reduces symptoms of depression.
• reduces catastrophizing, worry, regrets, & anxiety.
• helps rewire the brain & strengthen pathways associated with positive thinking.
• fosters emotional balance & relieves stress responses.
• promotes empathy, trust, & connection, while reducing loneliness/isolation.
• reinforces a sense of value & belonging; boosts emotional resilience.
• enhances appreciation for the vastness of existence beyond ourselves.
• expands our experience of being alive, with connection & belonging.
• gives life meaning & purpose, inspiring awe, wonder, kindness & contribution.
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Cosmic Gratitude
lowers level of cortisol; improves heart health & immune
fosters emotional balance & relieves stress responses.
When science confirms that something we experience as positive has measurable benefits, does that change how you think about it, value it, or practice it? Why or why not?
Science helps us understand some of the ways gratitude affects us. How might those findings support, expand, or challenge our new way of thinking about Cosmic Gratitude?
helps rewire the brain to strengthen pathways associated with positive thinking.
gives life meaning & purpose, inspiring awe, wonder, kindness & contribution.
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Science & Cosmic Gratitude
What Science Explores
A Cosmic Gratitude Connection
Attention and perception: Gratitude can help us notice and appreciate positive aspects of our experience.
What might we discover when we expand what we're paying attention to beyond ourselves?
Emotional well-being: Gratitude practices are associated with improvements in aspects of psychological well-being.
Could gratitude become more than a temporary feeling and evolve into a way of approaching life?
Social connection: Gratitude can encourage generosity, kindness, and prosocial behavior.
What happens when appreciation expands from the people in our immediate circle to a sense of belonging to humanity and life itself?
Meaning and purpose: Gratitude is associated with greater life satisfaction and a sense of meaning.
Could appreciating our participation in the larger experience of existence deepen our sense of purpose?
Awe and wonder: Experiences of awe can influence our sense of self and connectedness.
Could Cosmic Gratitude help us experience more wonder about being part of something so vast and extraordinary?
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We are not merely observers of this magnificent universe. We are participants in its unfolding.
11/4/26
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The more we appreciate our connections, the less alone we feel.
The more we appreciate our possibilities, the less limited we become.
11/4/26
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Consider again that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every 'superstar,' every 'supreme leader,' every saint and sinner in the history of our species lived there — on a mote of dust suspended in a sunbeam.

~ Carl Sagan, excerpt from Pale Blue Dot: A Vision of the Human Future in Space

Earth, as seen by Voyager I, February 14, 1990. Image credit: NASA/JPL-Caltech. - with permission

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Earth, as seen by Voyager I, February 14, 1990. Image credit: NASA/JPL-Caltech. - with permission

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Earth, as seen by Voyager I, February I4, I990. Image credit: NASA/JPL-Caltech. - with permission

The Back Story

The excerpt from Carl Sagan's book *Pale Blue Dot* was inspired by an image taken, at Sagan's suggestion, by Voyager 1 on 14 February 1990. As the spacecraft was departing our planetary neighborhood for the fringes of the solar system, it turned it around for one last look at its home planet.

Voyager 1 was about 6.4 billion kilometers (4 billion miles) away, and approximately 32 degrees above the ecliptic plane, when it captured this portrait of our world. Caught in the center of scattered light rays (a result of taking the picture so close to the Sun), Earth appears as a tiny point of light, a crescent only 0.12 pixel in size

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