

The Game of Gratitude

*All prosperity begins in the mind
and is dependent only
on the full use of our creative imagination.*

-Ruth Ross

We normally gift you a ritual with the new moon. However, this month, we have a very special “game” to share with you. This originally sprouted organically from the brilliant imagination of one of our dear sisters and supporters of the Global Sisterhood movement Stephanie Ansin. Stephanie and Lauren were having a text conversation when this “game” naturally emerged.

This month’s theme of Vibrant Gratitude is an invitation for us to practice opening our perception to the blessings that are all around us and to receive these gifts with an open heart and mind. This game is a wonderful way to practice how to stay playful with the practice of gratitude.

To make this really fun, it’s best to have at least 3 sisters to play with. Enjoy and make it your own.

To most efficiently explain **how to play**, here’s an example with an imaginary group of 3 sisters: Sara, Adele, and Lucia.

Sara turns to face Adele. She looks at her in the eyes, and says, “Adele, I appreciate your sense of humor, the way that you listen with your whole body, and how seen I feel in your presence. And I give to you a flying carpet, woven of the finest gold, that will carry you and whomever you desire anywhere in the world.”

Then the Adele responds, saying, “I accept this flying carpet, woven of the finest gold, that will carry me and whomever I desire anywhere in the world, and I invite all of my sisters to fly with me to have dessert in the finest restaurant in Paris.”

Then Adele turns to Lucia and says, “Lucia, I appreciate how kind you are, your imaginative way with words, and how open-minded and adaptive you are. And I give you one thousand tiny unicorns that fit in the palm of your hand.”

Lucia then says, “I accept these one thousand tiny unicorns that fit in the palm of my hand, and I create a unicorn sanctuary where they can continue to thrive in the woods.”



Then Lucia turns to Sara and says, "Sara, I appreciate how strong of a leader you are, how gracefully you facilitate and hold space for others, and how you're always there for me when I need you. And I give to you a magic mirror that will give you anything your heart desires."

Sara says, "Thank you, Lucia. I accept this magic mirror that will give me anything my heart desires, and I create the home of my dreams, move in with my family, and thrive for all time on the most beautiful land, with my soul community."

By now, you're beginning to get the idea.

- The first person appreciates the sister to her right and gifts her with something fantastical. The more imaginative, fun, and creative the better. (Remember: laughter is one of the best medicines!)
- Then the sister who was gifted has to accept the gift and tell us all what she's going to do with the gift.
- Then the circle continues until it comes back around to the first woman.
- This can work even in a circle where women are meeting for the first time. We can always find something to appreciate about another sister.

The key is to have fun, keep it light, and open up your imagination and receptive heart to feeling grateful. Also, this is a reminder that imagination is real magic. If you can believe it, you can create it.

With love,

The Global Sisterhood team

