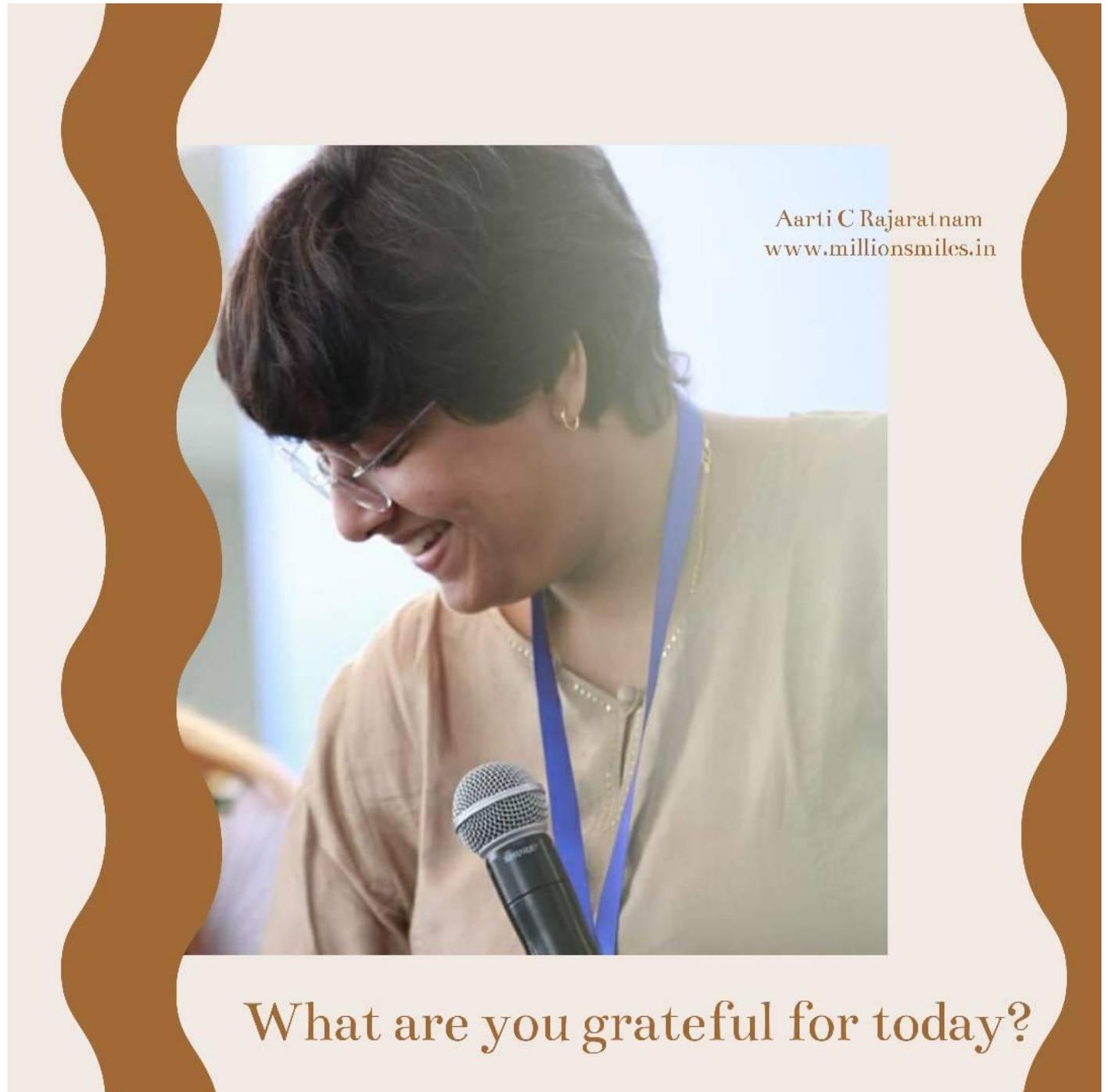


## Lessons in Gratitude



Having travelled for almost 20 days a month through a deeply gratifying career spanning two decades, I never once thought about health or immunity because they were never issues. Random hotels, make shift arrangements to rest the night, obscure countries, cities, towns and villages,

## Million Smiles

Creating a million smiles with holistic education

<https://millionsmiles.in>

---

airports, railway stations, bus depots, boat jetties, crudely arranged transport within a village nothing deterred me from reaching out to children in need, to educators and parents in all these years. This morning in meditation, I took a moment to realise how grateful many of us need to be to our immune systems. With every surface, grocery bag, object being sanitized a million times, I just looked back at some of my journeys and adventures and how many vicious microbes I probably was exposed to in each of those vehicles I travelled in, the places I stayed in, the places I transited through and the number of people I interacted with. And yet not once did this immune system even let me know that a microbe was too hard to deal with.

Through today's Deliberate Gratitude Exercise (originally coined by Seligman and something I teach in my Mental Fitness sessions) the one thing I could be deeply grateful for was this immune system that has silently protected me in so many million ways.

I wrote once, the greatest forces work in silence. At that time I was referring to sunlight and trees, today I acknowledge with deep gratitude the millions of soldiers within my body who work in silence.

Each time we wash our hands or sanitize a surface or object may we also become consciously aware of and grateful to the millions of cells within our body that fight silently to keep us healthy.