

An aerial photograph of a waterfall. The top of the image shows a textured, brownish-green surface, possibly a rock face or a forest floor covered in moss. Below this, a wide waterfall cascades down, creating white foam and splashing water. The bottom of the image is a dark blue pool of water.

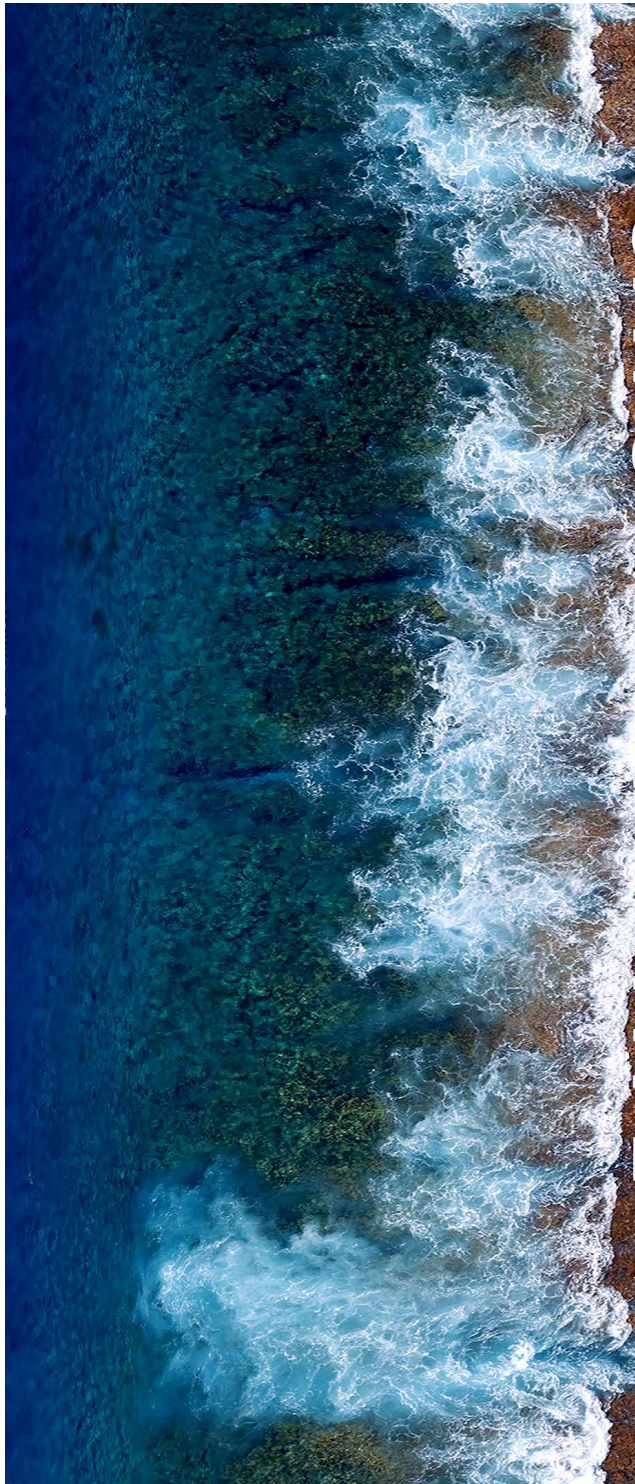
FROM THE DIRECTOR
OF FANTASTIC FUNGI

GRATITUDE REVEALED

CATCH THE WAVE

GUIDE & PRACTICES

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ABOUT THE FILM

An epic journey forty years in the making

Gratitude Revealed from acclaimed filmmaker, Louie Schwartzberg, the director of *Fantastic Fungi*, takes us on a transformational, cinematic experience of how to live a more meaningful life full of gratitude through his intimate conversations with everyday people, thought leaders, and personalities revealing gratitude is a proven pathway back from the disconnection we feel in our lives; disconnection from ourselves, our planet, and each other.



LETTER FROM THE DIRECTOR

I've dedicated my life to making films celebrating life and the human spirit. From a young age, my parents, both Holocaust survivors, appreciated all the little things in life and the blessing of having children. My upbringing taught me the importance of living a daily life full of gratitude.

After graduating from UCLA, I began to shoot flowers 24/7, 365 days a year and still have time lapse cameras rolling non-stop. To this day, I am in awe of the beauty of nature, whether oceans, mountains, flowers, bees, or mushrooms. Each day, I am thankful for the opportunity to film nature's beauty and share my images with a worldwide audience with the hope that people are seduced by the beauty of this planet and fall in love with it and are willing to protect it.

During the pandemic, I was moved by how society was disconnected, and the small things in life, whether meeting a friend for coffee or hugging a family member, were taken away from them.



I felt compelled to show my gratitude for our world during such a complex and unpredictable time. I wanted to help people in desperate need of connection, both inner and external, and address the global suffering from isolation, stress, and anxiety due to the pandemic. So, I decided to make Gratitude Revealed.

My goal is to provide an audience with an immersive cinematic experience. Through vignettes of everyday and remarkable people, we find the beauty in humanity and the resilience of the human spirit, and the desire to reconnect with each other.

The film provides a global audience an opportunity to open our hearts and see each other with compassion and understanding and build bridges with those who think differently. In addition, the film provides the audience with a shift in consciousness on gratitude's vital role in their lives and how they can work towards experiencing more of it daily, as it builds resilience, gives purpose, and health benefits in these troubled times.

In gratitude,

Louie Schwartzberg

USING THE GRATITUDE REVEALED GUIDE

Gratitude is as richly diverse as it is highly valued. It is expressed in spiritual practices, art, and relationships, understood through science, philosophy and other disciplines, and experienced through feelings of awe, wonder, and curiosity. As a virtue and value, gratitude is deeply interconnected with many beneficial qualities and emotions that are shared across cultural, religious, and geographical boundaries.

In the opening of *Gratitude Revealed*, Catholic Benedictine Monk and Author Brother David Steindl-Rast reflects on the practice of gratitude in his life. “I grew up during the war years [WWII] in Austria. That was a time when we were very poor. In fact, there were many days when we thought we’d starve to death. And when you have very little, you’re very grateful for what little you do have.

You think this is just another day in your life. It’s not just another day. It’s the one day that is given to you. Today. It’s a gift. It’s the only gift that you have right now. And the only appropriate response is gratefulness. The main virtue I would see in grateful living is trust in life.”

The resource guide created for *Gratitude Revealed* is an invitation to explore the multifaceted qualities of gratitude in order to expand and benefit from its practice in our own lives. The materials are assembled for audiences in higher education, faith-based organizations, and general community screenings.

Each audience section includes these resources that can be used flexibly to meet your screening or learning objectives.



WATCH

This includes two film segments from *Gratitude Revealed* to help focus discussions



READ

One or two readings relevant to the audience are included to deepen understanding and forge greater connections



QUESTIONS

Questions for discussion, research, and study: Film-specific discussion questions are included to inspire reflection and conversation



CREATE & EXPRESS

Additional links to continue learning and exploring the practice of gratitude.



LEARN MORE

There is also a *Gratitude Revealed Parent Handbook* that includes discussion questions, ideas, and activities specific for families available at gratituderevealed.com.

*Make sure to look at (and play) *The Gratitude Game* included in this resource. It can be easily adapted for any audience and is a great and creative way to exercise more gratitude in our lives.

CREATING SPACE FOR GRATITUDE REVEALED

“We’re on two journeys,” Norman Lear shares in *Gratitude Revealed*. “A horizontal journey and a vertical journey. The horizontal journey is ‘I’ve studied this and I am studying that and I’m learning more as life goes on.’ The vertical journey is into oneself and into the meaning of being – that is the longer, I find, and perhaps the more rewarding journey.”

As you plan and moderate your screening, consider all the ways you can bring a similar spirit of a life-long learning to your event. Keep in mind these recommended community guidelines to insure it is inclusive, accessible, and meaningful for all.

1

Identify Your Priorities and Goals

As you think about all the reasons why you want to invite a group to watch *Gratitude Revealed*, keep in mind that your goals for conversation and learning need to be in sync with creating an inclusive, accessible, and a welcoming space.

2

Everything You Need to Know About Moderating

Remember a moderator guides, rather than leads, a conversation. Introduce a question or theme and then step back and let the group share their own thoughts and reactions.

- ✓ Take a moment to recall your own experiences of gratitude and share with your group why you wanted to bring this film to (faith-based, campus, community event, etc.)
- ✓ Be ready for strong emotions. It is likely people in your group will have different levels of comfort and experience sharing the place of gratitude in their lives including talking about beliefs, faith, spirituality, and science.
- ✓ Get comfortable with the idea that different people will have different perspectives on gratitude and how people in the film experience and shared their understanding.
- ✓ Prepare to encourage curiosity, active listening, and respectful exchange. The goal is for people to try to understand each other, not to change minds.
Try to get everyone to share. It may be helpful to keep an ongoing list of ideas on a white board or a shared online space so your group can remember and return to them later, even if you move on from them during your conversation.
- ✓ Give participants plenty of time to put their thoughts together. Thoughtful expression sometimes takes a minute. Don’t interrupt or allow others to interrupt. It may be helpful to provide pen and paper and suggest people write down their thoughts before responding.

3

Details and Planning

It may be helpful to use a planning checklist. Here’s an example on the next couple pages to help you get started:



continue on
next page

PLANNING CHECKLIST

MILESTONES	TWO MONTHS PRIOR	ONE MONTH PRIOR	SIX WEEKS PRIOR	DAY(S) BEFORE	DAY OF SCREENING
	<input type="checkbox"/> SIX WEEKS TO TWO MONTHS PRIOR				
		<input type="checkbox"/> ONE MONTH PRIOR			
				<input type="checkbox"/> DAY(S) BEFORE	
					<input type="checkbox"/> DAY OF EVENT

SIX WEEKS TO TWO MONTHS PRIOR

- Set a time, date and location and decide if it will be in-person or virtual**
 - Don't forget to consider details such as weekday vs weekend, time of day, physical accessibility, childcare, and refreshments when possible.

- Brainstorm possible community partners to plan with for support and outreach.**
 - Together compile your guest list.
 - Choose an invitation format that best suits your group and send it early so people can make arrangements to attend.
 - Together decide on event title. What will catch people's attention? Think about your audience (faith-based, students, activists, community leaders) and be inviting!
 - If your event will be online, send instructions on how to use the platform in advance and maybe send it again as a reminder 24 hours in advance.

- Decide on the format for your post-screening event**

Tailor the format to best fit your audience. Feel free to pick and choose from this guide to meet your needs and insuring that all voices can be heard.

 - Panel discussion:** Invite two or three individuals plus a moderator to discuss questions topics from the guide including questions from the audience, or your own questions.
 - Community discussion:** Consider an open-ended format with a community partner serving as a moderator. If your group is meeting virtually and is large, consider using poll questions, breakout rooms, or other ways to encourage participation.
 - Workshop:** Dive right into the Digging Deeper section in the guide. You will find suggested film segments, readings to use, discussion questions for connection, and creative exercises to foster new opportunities for gratitude.

PLANNING CHECKLIST

MILESTONES	TWO MONTHS PRIOR	ONE MONTH PRIOR	SIX WEEKS PRIOR	DAY(S) BEFORE	DAY OF SCREENING
	<input type="checkbox"/> SIX WEEKS TO TWO MONTHS PRIOR				
		<input type="checkbox"/> ONE MONTH PRIOR			
				<input type="checkbox"/> DAY(S) BEFORE	
					<input type="checkbox"/> DAY OF EVENT

ONE MONTH PRIOR

- Send out invitation with time, date, location and description of event.
- Continue coordinating with community partners.
- Decide roles and responsibilities for the screening so that all partners can prepare and participate fully.

DAY(S) BEFORE

- Send reminder to the community attending. Re-watch the film, review this guide and your agenda. Test your a/v equipment on-site or online for a virtual screening.

DAY OF SCREENING EVENT

- Arrive at least an hour prior. This allows for enough time if you need to set up the room, test the a/v equipment, greet guests and panelists, and review your agenda.



Let us know how it goes!

Often the most rewarding feelings surrounding gratitude happen when they are shared. We know the people and their stories are a gift to be shared and we hope you will!

- We can't wait to hear what the screening and discussion was like for you and your group! Please provide us with your thoughts on this short feedback form [here](#). (Our goal is to quantify the impact of the Gratitude experience on audiences through screening events and your reflections are instrumental to this effort.)
- Share on social media, which may inspire others to follow your lead in hosting an Impact Gratitude Event. You can use the hashtag [#GratitudeRevealed](#)

[Trailer](#)
[Facebook](#)
[Twitter](#)
[Instagram](#)



“GRATITUDE IS A SENSE OF WONDER, DELIGHT, HUMILITY, AND CONFUSION. BEWILDERMENT IS THE HOLIEST OF HOLY EXPERIENCES. YOU LOSE YOUR HUBRIS. AND THIS BECOMES SACRED IN EVERY MOMENT. THAT'S GRATITUDE.”

– DEEPAK CHOPRA,
GRATITUDE REVEALED

BACKGROUND

While there are numerous terms associated with gratitude that are referenced throughout the documentary, one important place to begin is to define and clarify “What is gratitude?”

Exploring the Meaning of Gratitude

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness. Roman scholar Cicero (106 - 43 BCE) claimed that “Gratitude is not only the greatest of virtues, but the parent of all of the others.” In general, people experience or feel gratitude as a positive emotion that includes feelings of love, compassion, enthusiasm, confidence and satisfaction with life. Gratitude can also be a thankful appreciation directed toward a benefactor for what an individual receives, whether tangible or intangible, gift, or action.

[Brother David Steindl-Rast](#) shares that gratitude has two important qualities – the first being the appreciation of something you deem valuable and the second that it must be given freely. Leading Psychologist [Robert A. Emmons](#) from the University of California, Davis reinforces this idea state that gratitude has two core components – first as “an affirmation of goodness” and then as a way for us to acknowledge that the “sources of this goodness are outside of ourselves.” (Emmons, 2010).

In *Gratitude Revealed* Sociologist Christine Carter shares another angle – gratitude can also be a skill to cultivate. She shares, “Gratitude is a skill that we can practice in order to not just cope with life’s difficulties, but to really embrace those difficulties, and then let the positive emotions emerge from within.” Mindfulness techniques and building a culture of compassion and gratitude at home or in workplaces can go a long way to healthier minds, bodies, and relationships.

With all of these ideas in mind, it is clear that people understand and experience gratitude in a variety of ways including through spiritual traditions or cultural rituals. Many of these traditions and rituals hold gratitude as a virtue to be cultivated over a lifetime in order to be a good and moral person in the world and connect to something larger than themselves as individuals – whether towards the natural world, towards animals, or to the wonder of life itself.



¹ <https://www.bps.org.uk/volume-20/edition-1/gratitude-parent-all-virtues>

² Lambert N., Fincham, F., Braithwaite, S., Graham S. “Can Prayer Increase Gratitude?” *Psychology of Religion and Spirituality* (3):139-149, August 2009.

BACKGROUND

The Science of Gratitude

Over the past twenty years, scientists have investigated the roots and biological benefits of gratitude to better understand the positive effects on our physical, social, and mental wellbeing. They have found that gratitude is one of many paths to wellness with fields such as [Positive Psychology](#) publishing studies supporting an association between gratitude and an individual's overall wellbeing.

[The Greater Good Science Center](#) at the University of California, Berkeley is a hub of activity on the science of gratitude. For example, they have found that people who practice gratitude consistently:

- ✔ Have better physical health including adopting healthier lifestyles, better sleep, better management of stress, stronger immune systems, lower blood pressure.
- ✔ Have greater life satisfaction, more optimism, greater happiness, more joy and pleasure.
- ✔ Have healthier relationships, more helpful, more forgiving, more outgoing, feel less lonely and isolated.

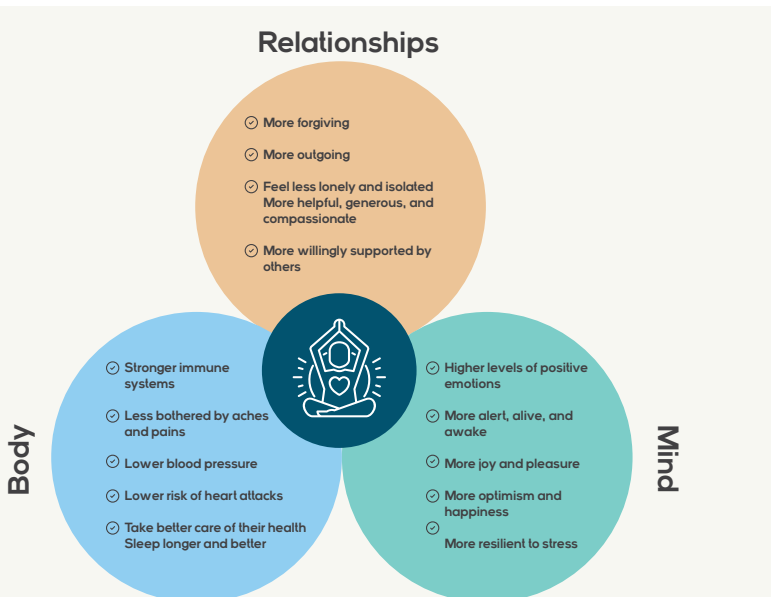
Source: https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf

[Neuropsychological](#) studies have found that gratitude revolves around our individual human emotions and plays a crucial role in how we relate to others, or our relational emotions. Chemical activities in various regions in the brain indicate that expressions and feelings of gratitude correlate to moral judgment and motivates people to make positive changes in their lives and in the world around them including these outcomes:

- ✔ Connectedness – gratitude rewards us with a strong network of relational support and encouragement, leading us to feel we can tackle difficult challenges in our lives
- ✔ Elevation – gratitude inspires us to become healthier and more generous people and better, more productive at our workplaces
- ✔ Humility – expressing gratitude to others highlights how other people have contributed to goodness in our lives
- ✔ Generosity – gratitude encourages us to recognize and reciprocate the good others have given us and reinforces the pro-social value of kindness

https://greatergood.berkeley.edu/article/item/how_gratitude_motivates_us_to_become_better_people

They have visualized these benefits in training materials completed in partnership with the American Nursing Association.



Source: https://ggsc.berkeley.edu/images/uploads/Gratitude_Nurses_Toolkit.pdf



BEFORE WATCHING GRATITUDE REVEALED: PRACTICE GRATITUDE



Before starting the film, give your group members 30 seconds to reflect on the question:



What does gratitude mean to you?



Invite a few group members to share their answers for a quick discussion, not to arrive at a right answer but rather to introduce the idea of gratitude as a complex and nuanced topic. Next, ask group members to reflect to themselves, share aloud, or in a larger group invite them to share their answers with the person sitting next to them:



What is something about today that you are grateful for?



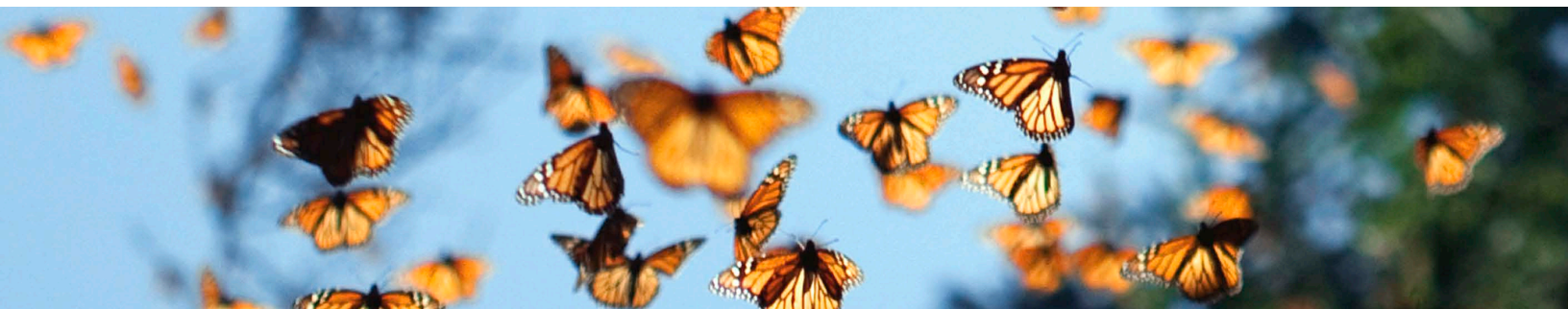
Who is a person in your life you are grateful for?



What is something about today that you are grateful for?



Let your group know that they have just completed a gratitude practice that if they do everyday, can lead to all sorts of benefits to their health and well-being. As you begin the film, invite your group members to listen and watch for other ways to practice and experience gratitude in their lives.



AFTER WATCHING: EXPLORE THE ASPECTS OF GRATITUDE



Offer your group a few moments to reflect on their reactions to the film before delving into your chosen activity. You can prompt a general discussion with the following questions:

- ① What did you see or hear that changed or deepened your thinking on gratitude?
- ① What are the ways in which you express gratitude?
- ① When are you inspired to think about gratitude in your life?



Share Handout I: Connections for Impact Gratitude with ideas from thought leaders in Gratitude Revealed. Choose one quote and share it with a neighbor or in small groups

With the Impact Gratitude qualities in mind:



Creativity



Courage



Curiosity



Generosity



Happiness



Humor



Imagination



Love & Relationships



Mindfulness



Purpose



Spirituality

Choose one or two of the qualities that resonate the most with you.

- ① What does that quality mean to you?
- ① What do you think is the relationship between that quality and gratitude?





[The Greater Good Science Center](#) offers the following 10 ways to become more grateful in your life. Print or project this list for your group and discuss what stands out to you or feels possible to accomplish in your daily life:

1. Gratitude Journal

Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness.

2. Remember the Bad

Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness.

3. Ask Yourself Three Questions

Utilize the meditation technique known as Naikan, which involves reflecting on three questions:

“What have I received from __?”

“What have I given to __?”

“What troubles and difficulty have I caused?”

4. Learn Prayers of Gratitude

In many spiritual traditions, prayers of gratitude are considered to be the most powerful form of prayer, because through these prayers people recognize the ultimate source of all they are and all they will ever be.

5. Come to Your Senses

Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.

6. Use Visual Reminders

Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people.

7. Make a Vow to Practice Gratitude

Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as “I vow to count my blessings each day,” and post it somewhere where you will be reminded of it every day.

8. Ask Yourself Three Questions

Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.

9. Go Through the Motions

If you go through grateful motions, the emotion of gratitude should be triggered. Grateful motions include smiling, saying thank you, and writing letters of gratitude.

10. Think Outside the Box

If you want to make the most out of opportunities to flex your gratitude muscles, you must creatively look for new situations and circumstances in which to feel grateful.

FOR DIGGING DEEPER: AUDIENCE SPECIFIC

Higher Education

Gratitude is often approached in higher education settings as a topic within disciplines such as Religion, Sociology, Psychology, Philosophy, and Science. The resources collected in this section support using Gratitude Revealed in these fields of study and in campus-wide screenings to engender conversations around mental health and wellness and to increase the practice of gratitude as an integral aspect of campus culture.



WATCH

Two video segments to revisit and focus

🕒 15:39 - 18:24

Start: (Jack Kornfeld) "One of the things we've lost in the modern world with its speed and complexity is the sense of belonging, and a sense of connection."

End: (Christine Carter) "Gratitude is a skill that we can practice in order to not just cope with life's difficulties, but to really embrace those difficulties, and then let the positive emotions emerge from within."

🕒 1:02:11 - 1:10:53

Start: (Brother David Steindl-Rast) "We are all born with openness for mystery..."

End: (Rancher) "You get a horse to trust you. And you have a wonderful thing, a lifelong relationship that isn't going to let you down and go away sometime."



READ

How Gratitude Changes You and Your Brain

One recent study "How Gratitude Changes You and Your Brain" from The Greater Good Science Center looked at how the practice of gratitude can be an antidote to anxiety, depression, suicide, and other mental health related issues. While conducted prior to the global pandemic, the current crises in mental health makes these findings increasingly important and pertinent.

The Science of Gratitude

A white paper prepared for the John Templeton Foundation, this paper summarizes two decades of studies comprising the science of gratitude including the biological roots of gratitude, the various benefits that accompany gratitude, and ways people can cultivate gratitude in their day-to-day lives.

FOR DIGGING DEEPER: AUDIENCE SPECIFIC

(CONTINUED)



READ (CONTINUED)

Here are several excerpts from the larger paper with guiding questions germane for coursework in Religion, Psychology, and Biology.

For Courses in Religion, *The Science of Gratitude*, pgs. 24-25.
Refer to Appendix I.

For courses in Biology, *The Science of Gratitude*, pgs. 16-18.
Refer to Appendix II.

For Courses in Psychology, *The Science of Gratitude*, pgs. 18, 19.
Refer to Appendix III.



REFLECT & DISCUSS

Take the Gratitude Questionnaire (GQ-6) from the Greater Good Science Center as a point of reference to measure a person's level of gratitude as an affective trait or disposition.

- _____ 1. I have so much in life to be thankful for.
- _____ 2. If I had to list everything that I felt grateful for, it would be a very long list.
- _____ 3. When I look at the world, I don't see much to be grateful for.
- _____ 4. I am grateful to a wide variety of people.
- _____ 5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- _____ 6. Long amounts of time can go by before I feel grateful to something or someone.



CREATE & EXPRESS

Create a visual Journal

Ask students to use photographs (from their phone or images they find) to create a visual gratitude of their daily lives. As they create their gratitude journals, ask students to notice whether it becomes easier or harder to find things to be grateful for.

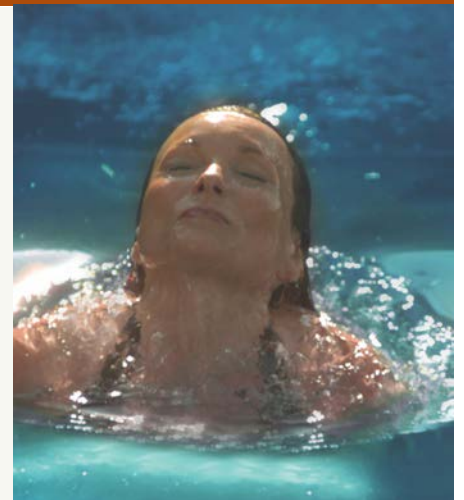
If students are comfortable, share their visual gratitude journals with a friend or family member, noticing how doing so affects their experiences of gratitude.

NURTURE A CULTURE OF GRATITUDE



Create a culture of gratitude in your classroom or campus community by describing a culture of gratitude using the following prompts:

- ❓ Why do we want a culture of gratitude?
- ❓ How does it feel to live in a culture of gratitude?
- ❓ What are words and phrases we use to express gratitude?
- ❓ In what situations or instances is it easier to tap into gratitude?
- ❓ How might we prompt others to consider gratitude?



LEARN MORE



["Four Great Gratitude Strategies,"](#) by Juliana Breines

["How Gratitude Beats Materialism,"](#) by Jason Marsh and Dacher Keltner

["Can Giving Thanks Help Us Heal from Trauma?"](#) by Jeremy Adam Smith

["Why Gratitude is Good,"](#) by Robert A. Emmons

["Gratitude Greatest Hits,"](#) compiled by Jeremy Adam Smith



[Click Here to Watch](#) the collection of short videos from the Greater Good Science Center on the relationship of gratitude to physical, social, and relational health.



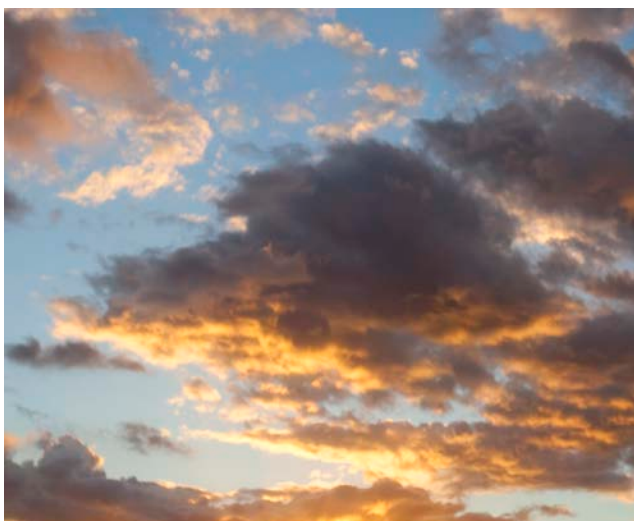
FAITH BASED ORGANIZATIONS

Expressing and feeling gratitude is a common practice within religious and spiritual practices. In Judaism, Christianity, Buddhism, Hinduism, and Islam, being grateful and demonstrating compassion and other aspects of gratitude are foundational principles.

The documentary also engages with the idea that gratitude can come out of other spiritual practices. Jack Kornfeld shares:

In the Tibetan Buddhist monasteries. They pray for suffering, "grant that I may be given enough suffering that my heart will truly open with compassion." But you don't have to ask for it. It is going to come and it's not a mistake. I remember my teacher in the monastery saying, "Where have you learned the most, when you're having a good time cruising and it's easy, or when you have to go through tough things? Where did your heart grow wise? Where did you become somebody that had courage and dignity and a deeper kind of love?"

The resources collected in this section will support using Gratitude Revealed in any gathering focusing on the relationship between gratitude, spirituality, and faith. The film segments, readings excerpted directly from the documentary, and opportunities to reflect and create are not specific to any one belief system or religious practice. Rather, this section can be an opportunity to have both inter-faith or faith based conversations.



WATCH

Two video segments to revisit and focus

🕒 24:30 - 31:27

Start: (Jack Kornfeld) "One of the things we've lost in the modern world with its speed and complexity is the sense of belonging, and a sense of connection."

End: (Christine Carter) "Gratitude is a skill that we can practice in order to not just cope with life's difficulties, but to really embrace those difficulties, and then let the positive emotions emerge from within."

🕒 38:35 - 46:52

Start: (Grape grower) "Every once while you get this time in your life that's sealed, signed and delivered."

End: (Louie) "it's these blessings, that the heart remembers his gifts that engenders gratitude."



READ

"Gratitude and Wonder", Jack Kornfeld

If we cannot be happy in spite of our difficulties, what good is our spiritual practice? –Maha Ghosananda

Gratitude is a gracious acknowledgment of all that sustains us, a bow to our blessings, great and small. Buddhist monks begin each day with chants of gratitude for the gifts of food and shelter, of friendship and for the teachings that benefit all.

Gratitude is the confidence in life itself. In it, we feel how the same force that pushes grass through cracks in the sidewalk invigorates our own life. In Tibet, the monks and nuns even offer prayers of gratitude for the suffering they have been given: "Grant that I might have enough suffering to awaken in me the deepest possible compassion and wisdom."

(Continued on page 19)

FAITH BASED ORGANIZATIONS

(CONTINUED)



READ (CONTINUED)

Gratitude does not envy or compare. Gratitude is not dependent on what you have. It depends on your heart. You can even find gratitude for your measure of sorrows, the hand you've been dealt. There is mystery surrounding even your difficulties and suffering. Sometimes it's through the hardest things that your heart learns its most important lessons.

As gratitude grows it gives rise to joy. We experience the courage to rejoice in our own blessings and in the good fortune of others. In joy, we are not afraid of pleasure. We do not mistakenly believe it is disloyal to the suffering of the world to honor the measure of happiness we have been given. Joy gladdens the heart. We can be joyful for people we love, for moments of goodness, for sunlight and trees, and for the very breath within our lungs. Like an innocent child, we can rejoice in life itself, in being alive.

Encounter every new moment with wonder and gratitude, and you'll experience that it's never too late to open your mind and your heart. As Bob Dylan sings, "He not busy being born is busy dying." Give birth to a grateful spirit and you will discover how to live fully and freely.



QUESTIONS FOR DISCUSSION, RESEARCH AND STUDY

In any faith-based community, beginning with a shared moment of contemplation is one opportunity to connect and be grounded. Consider reading aloud this quote from Jack Kornfeld shared in Gratitude Revealed as a point of departure for your community conversation.

And as you quiet, how can you be anything but grateful, grateful for the next breath. And someone who's sick knows that really well. Grateful to be able to walk and eat. Grateful for the eyes that allow yourself to see the colors of the world. Grateful for the life you've been given. And this awareness, this presence, it is who we really are, it is your birthright. You don't have to be grateful. You are gratitude of the world expressing itself through. You are the love of the world. Remember this as your true nature. Trust, it is your home.

- ① What associations or feelings surface when you think about Jack Kornfeld's reflection?
- ① What aspects of your life right now are you grateful for?
- ① In what ways does gratitude emerge in your faith community's spiritual practice?
- ① How do your spiritual practices or religious rituals enrich your life today?

FAITH BASED ORGANIZATIONS

(CONTINUED)



CREATE & EXPRESS

Compose a Gratitude Prayer

In a 2009 study, researchers found that the practice of prayer increases the experience of gratitude in daily life.²

“Prayer” takes different forms in different religious and faith communities, and is not necessarily associated with an individual belonging to any specific religious group. Prayer can be musical, physical, spoken, written or thought, and it can be directed towards a specific higher power or it can be non-specific.

Offer members of your group time to compose prayers they can use to access gratitude as part of their spiritual practice.

Create a Community Gratitude Wall

In a shared physical space or on a digital wall, invite members of your community to reflect on and share what they are grateful for. Their thoughts and ideas may be specific to your faith group or community, or more broadly about each individual’s lives and families.



LEARN MORE



[Fetzer Institute](#)

[The Greater Good Science Center](#)

[Grateful Living](#)

[Wonder & Awe](#)

² Lambert N., Fincham, F, Braithwaite, S, Graham S. “[Can Prayer Increase Gratitude?](#)” In Psychology of Religion and Spirituality 1(3): 139-149, August 2009.



COMMUNITY SCREENINGS

The accessibility, beauty, and diversity of conversations in Gratitude Revealed can appeal to any audience from public library screenings, community events, wellness workshops, conferences, and more. Consider the recommended film segments as only two of many points of conversation to focus a community conversation.

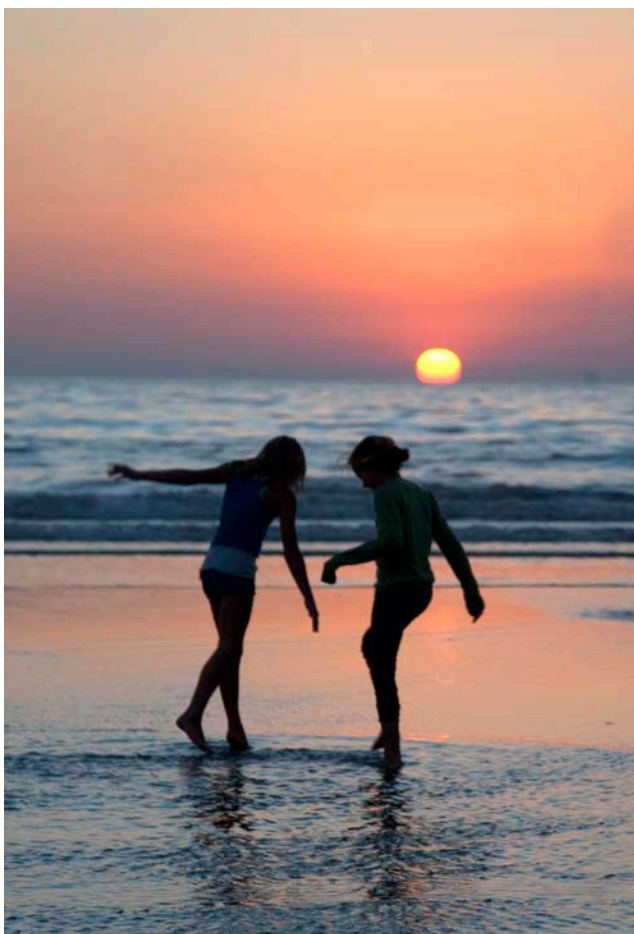
Use these final lines from the film as an invitation and as a point of departure to bring more gratitude to your community screening event.

Let the gratefulness overflow into blessings all around you.

– Brother David Steindl-Rast

Appreciation is what we feel in the moment.
Gratitude is what we remember
That opens our heart.

– Louie Schwartzberg



WATCH

Video segment to revisit and focus

🕒 2:30 - 4:40, Brother David Steindl-Rast

Start: "I grew up during the war years in Austria..."

End: "We are all born with openness for mystery."

🕒 50:33 - 59:25

Start: (Michael Beckwith) "Ultimately, gratitude is a way of life. It's an attitude and a vibrational altitude that we live in.

End: (Amnity Woman) "Life is a work of art. Life is creative, and it's what I create in my life. That's the most important."



READINGS

"The Only Reason We're Alive," IN-Q
(Poem in Gratitude Revealed)

I want to fall in love at 85

Go on shuffleboard dates, and dance to hip hop from 95.

We'd rock matching tracksuits and rope gold chains.

We'd look like Run DMC, but in their old age.

We take aerobics classes, and wear bifocal glasses and eat at I-Hop and hold hands at Sunday masses, and when it comes to the bedroom,

Well, nothing much would happen in the bedroom because we're eighty five. But we would still be down to take a walk or take a drive or sit and talk or have a drink. Watch the passersby ask each other why and how and who and where and when. And then we'd laugh and cry again about the people we had been.

I would touch you're withered skin and comment on how thin it is to keep in something infinite. And she would smile sweetened blush and tell me that I think too much. She's right. I think too much. It's always been a problem. Then again, that's how I made my green like a goblin.

When I was in my 20s I was eating Top Ramen, counting up my penny saving up to go food shopping. But now I'm eighty five, and somehow I feel more alive. I turned my hearing aid up and bumped Jurassic five. And when it comes to the bedroom, (Continued on page 22)

COMMUNITY SCREENINGS

(CONTINUED)



READINGS (CONTINUED)

Well hopefully, every once in a while, she lets me knock her boots into the floor patterns of our bedpost, then hold her head close, like death isn't chasing us, planning on erasing us and replacing us with better versions of us, reshaping us remaking us than recreating us with new identities so we can make new memories. Hush little baby, learn to walk and talk and think and lie and feel and fight and love and die and never get the answers why?

When I first saw, I was totally in awe. She was classical. So I was like Yo Yo Ma. And that was all it took a single look and I was shook. I fell for like some loose shingles from our Spanish roof. And I'm a lover too. She loses every last tooth and has to glue dentures to her gums to chew solid food. Ooh.

Now that's real love, dude
 that's some push comes to shove love.
 Not when it's convenient. Love.
 Hospital bed, love
 Feed her ice chips, love
 Never leave the room, love
 Sleeping in the chair, love
 Pray to up above, love
 Have to pull the plug, love
 Miss her in my bones love everything about her love, die within a month love can't live without her love.

Love.

The only reason that we are alive.
 And none of us should have to wait until we're 85

Book excerpt: *Gratitude*, Oliver Sachs

At nearly eighty, with a scattering of medical and surgical problems, none disabling, I feel glad to be alive – 'I'm glad I'm not dead!' sometimes bursts out of me when the weather is perfect. (This is in contrast to a story I heard from a friend who, walking with Samuel Beckett in Paris on a perfect spring morning, said to him, 'Doesn't a day like this make you glad to be alive?' to which Beckett answered, 'I wouldn't go as far as that.')

I am grateful that I have experienced many things – some wonderful, some horrible – and that I have been able to write a dozen books, to receive innumerable letters from friends, colleagues, and readers, and to enjoy what Nathaniel Hawthorne called 'an intercourse with the world.'

"I am sorry I have wasted (and still waste) so much time; I am sorry to be as agonizingly shy at eighty as I was at twenty; I am sorry that I speak no languages but my mother tongue and that have not traveled or experienced other cultures as widely as I should have done."

COMMUNITY SCREENINGS

(CONTINUED)



QUESTIONS FOR DISCUSSION, RESEARCH AND STUDY

- ❓ What does “gratitude” mean to you?
- ❓ Is gratitude important to you? Why or why not?
- ❓ What happens to a person or a life in the absence of gratitude?
- ❓ What are ways that you express gratitude? What words, gestures, or other signs do you use to show gratitude?
- ❓ Do you feel committed to practicing more gratitude in your life? Why or why not?



CREATE & EXPRESS

WEEK ONE

Prompt a Gratitude Poem

Provide groups members with paper and pen and prompt your group with the following questions:

- ❓ Write three words that come to mind when you think of gratitude.
- ❓ Write a sentence about a moment in your life when you felt profoundly grateful.
- ❓ Write down three-five words about how your body feels when you are grateful.
- ❓ Describe how a person looks when they are grateful.
- ❓ Write down a scent you are grateful for, a texture or sensation you are grateful for, a sound you are grateful for.
- ❓ Write your favorite phrase to express gratitude.

Each of your group members has just completed a poem about gratitude. Ask any group members who are willing to share theirs.



LEARN MORE



[“Should Women Thank Men for Doing the Dishes?”](#) by Jeremy Adam Smith

[“Gratitude is for Lovers,”](#) by Amie Gordon

[“Five Ways to Cultivate Gratitude at Work”](#) by Jeremy Adam Smith

[“Gratitude Activities for the Classroom,”](#) by Vicki Zakrzewski

HANDOUT 1 – CONNECTIONS FOR IMPACT GRATITUDE

There are many associated qualities and emotions linked with gratitude that strengthen, enhance, enrich this virtue. With any audience, use these words of inspiration from the documentary to open up a discussion, punctuate a point of conversation, or as a closing sentiment for the audience to walk away from their screening of [Gratitude Revealed](#).

Creativity

I'm scared every time I go out there. I mean, I get butterflies when I know it's gonna be big. It's scary, but it's exciting. It takes a lot of courage to create things that are remarkable.

– Buzzy Kerbox (Surfer), [Gratitude Revealed](#)

Courage

Courage has a lot to do with getting up in the morning. It's hard to be a human being, I have not failed to notice. But the more difficult the more worthwhile the effort.

– Norman Lear, [Gratitude Revealed](#)

Curiosity

A rich life of learning has been a luxury that most people haven't had a chance to have. I believe that's changing. It's really quite extraordinary. It's going to be a unique time in history where in principle, anyone on the planet can learn curiosity. It could open the door to a very beautiful future and a flourishing of human creativity, knowledge and empathy... Wonder is the gradual satisfaction of curiosity in a beautiful and surprising way.

– Chris Anderson (TED Talks), [Gratitude Revealed](#)

Love and Generosity of Spirit

One of the great things about a small farm is you get to see your child grow up, you know, they care and that kind of thing. Now, I have my son halftime every other week.

He's here with me all day, and it's just delightful. Just watch him grow up here. And look I like how he's over there with that cow. It's just a beautiful thing. Just beautiful. There's nothing more important than watching your children grow up learn new things every day. Just love him more than anything else.

– George Woodard, [Gratitude Revealed](#)

Happiness

All people want to be happy and joyful, I make a difference between happiness and joy. Joy is the happiness that doesn't depend on what happens. So that's what we really want. We want the lasting happiness.

– Brother David Steindl-Rast, [Gratitude Revealed](#)

HANDOUT 1 – CONNECTIONS FOR IMPACT GRATITUDE (CONTINUED)

Humor

So the creativity and in using my life to make people laugh has made me appreciate it more. Life is a work of art. Life is creative, and it's what I create in my life. That's the most important.

– Amity Foundation participant, Gratitude Revealed

Imagination

When you immerse a child into the living world, the perception and the interaction with that changes their brain changes their mind. And these minds are the most innovative minds that can be because innovation comes from connecting things in novel ways.

– Paul Hawken, Gratitude Revealed

Questions in your head, imagination. If you don't have imagination, you can't have curiosity because you need to think and say hey, what is this?

– Dylan Santana, Gratitude Revealed

Relationships

A person's happiness is best predicted by the breadth and the depth of their connections to the people around them and their social ties.

– Christine Carter, Gratitude Revealed

Mindfulness

And as you quiet, how can you be anything but grateful, grateful for the next breath. And someone who's sick knows that really well. grateful to be able to walk and eat. Grateful for the eyes that allow yourself to see the colors of the world. Grateful for the life you've been given. And this awareness, this presence, it is who we really are it is your birthright. You don't have to be grateful. You are gratitude of the world expressing itself through you. You are the love of the world. Remember this as your true nature. Trust it, IT is your home.

– Jack Kornfeld, Gratitude Revealed

Purpose

We should stop trying to get folks to go to heaven, or hell, and get folks to live with each other here on the earth right now.

– Cecil Williams, Gratitude Revealed

Spirituality

What is this tiny blink of an eye that we call life, the whole of life. And everything in it is a spiritual exercise. just immersing myself in nature puts me much more in touch with that.

– Jay Hartmann, Gratitude Revealed

We try to make art everyday. It's our meditation. It's our spiritual life. Art. We've been in the room together for 40 years making art very day. And when you think about that, that is a spiritual practice.

– Allyson Gray, Gratitude Revealed

APPENDIX I – READINGS FOR HIGHER EDUCATION, RELIGION



GUIDING QUESTIONS

- ❓ How is gratitude expressed within various religions?
- ❓ How is faith related to mental health and well-being?



READ

[The Science of Gratitude](#), pgs. 24-25.

[G]ratitude is an important component of many religious traditions, and a number of studies have investigated potential relationships between personal religiosity and gratitude, with varying results.

In one study, more grateful people reported higher intrinsic religiosity (engaging with religion for its own sake) and lower extrinsic religiosity (engaging with religion for other gains, such as improved social status) (Watkins et al., 2003) [628]. Other studies have found positive associations between gratitude and a number of religious attributes, including frequently engaging in religious practices, ascribing importance to religion, having a personal relationship with God, experiencing spiritual transcendence (Emmons & Kneezel, 2005) [118], and expressing religious commitment (Rosmarin, Pirutinsky, Cohen, Galler, & Krumrei, 2011) [49]. And a recent study that examined the relationship between religion and gratitude in people ages 17 to 24 found that religious efficacy (“experiencing an answer to one’s prayers and/or a miracle from God”) and having friends who are religious were positively associated with feelings of gratitude, whereas religious affiliation, private devotion, participation in organized religion, otherworldly belief, religious salience (the importance of religion in one’s daily life), and being spiritual but not religious were unrelated to feelings of gratitude (Kraus, Desmond, & Palmer, 2015) [7].

Christians reported significantly higher gratitude than atheists in one recent study (Morgan et al., 2017) [2]. However, there were some nuances: While Christians rated themselves higher in grateful emotions than atheists did, there was no difference between the two groups in attitudes toward gratitude (e.g. attitudes towards recognizing valuable benefits or evaluations of the importance of gratitude) or gratitude-related behaviors (e.g., expressing thanks to people or recognizing how many things they had to be thankful for).

Religion, gratitude, and mental health

Other studies have examined the relationships between religion, gratitude, and psychological well-being. For example, a longitudinal study of older U.S. adults found that: 1) prolonged financial difficulties were associated with depressive symptoms over time in less grateful older people, and 2) older adults who attended church more frequently and had stronger beliefs that God helps people overcome their difficulties showed Social and Cultural Factors Linked to Gratitude 25 greater increases in gratitude over time (Krause, 2009) [78].

APPENDIX I – READINGS FOR HIGHER EDUCATION, RELIGION

(CONTINUED)



READ (CONTINUED)

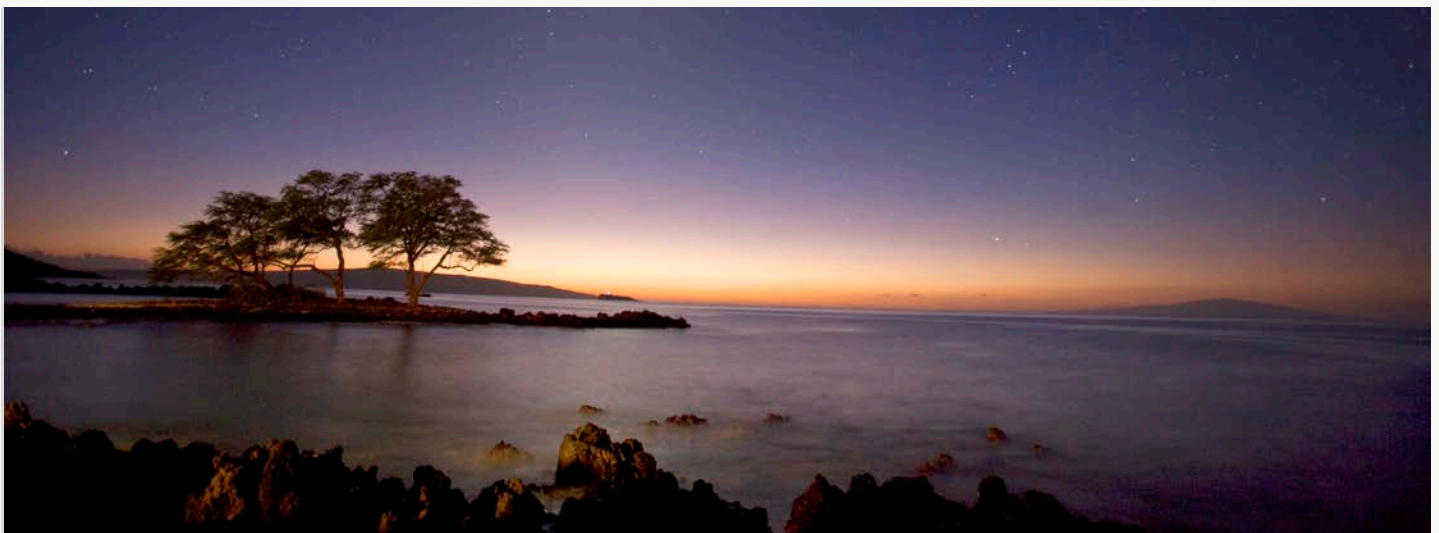
A later study found evidence that religious involvement was significantly positively associated with dispositional gratitude, regardless of whether someone generally experiences more positive or negative affect (Rothenberg, Pirutinsky, Greer, & Korbman, 2015) [4]. This study also found that religiousness was significantly associated with religious coping (using religion to deal with stress, such as by trying to see how God may be trying to teach a lesson or by praying), which was in turn significantly associated with increased gratitude.

These findings suggest that religion may help people maintain gratitude even in the face of emotional distress. Possible mechanisms for this include the social support inherent in religious involvement; the act of praying, which can stimulate gratitude; and the direct benefits that can come from religious coping strategies, such as seeing negative events as lessons or as opportunities to form a stronger connection to God.

Experimental studies of religion and gratitude

Other studies have sought to experimentally manipulate elements of religiosity to see if they could influence gratitude. One study found that people who were assigned to pray in general or specifically for their partner reported higher gratitude at the end of four weeks than did those assigned to think about daily activities or to think positive thoughts about their partner, suggesting that prayer may indeed increase feelings of gratitude (Lambert, Fincham, Braithwaite, Graham, & Beach, 2009) [96].

However, another study found that priming people to think about religion—by having them unscramble a sentence filled with religious words such as “spirit,” “divine,” and “God”—did not cause them to feel more gratitude or to give more money to a partner in an economic game (Tsang, Schulwitz, & Carlisle, 2012) [48]. And, while there was a significant association between participants’ self-reported intrinsic religiousness and their trait gratitude, intrinsic religiousness was not associated with gratitude or gratitude expression in response to a specific favor.



APPENDIX II – READINGS FOR HIGHER EDUCATION, BIOLOGY



GUIDING QUESTIONS

- ① In what ways can gratitude be measured in the body?
- ① What are the physical benefits of gratitude?
- ① What theories exist for the biological role of gratitude in human development and evolution?



READ



[The Science of Gratitude](#), pgs.16-18

Over the past few years there has been growing interest in determining the biological correlates of gratitude and other positive emotions, particularly with regards to neuroanatomy and genetics.

Gratitude and the brain

A handful of neuroimaging studies have shed light on brain areas that are likely involved in experiencing and expressing gratitude.

One functional magnetic resonance imaging (fMRI) study found that experiencing emotions involved in maintaining social values, such as pride and gratitude, activated areas in the mesolimbic and basal forebrain, regions involved in feelings of reward and the formation of social bonds (Zahn et al., 2009) [234]. A follow-up study found that people who more readily experience gratitude have more gray matter in their right inferior temporal cortex, an area previously linked to interpreting other people's intentions (Zahn, Garrido, Moll, & Grafman, 2014) [19].

Another fMRI study that asked participants to imagine they were Holocaust survivors who had received gifts such as shelter or lifesaving food from strangers found that people who imagined that they would feel more grateful in these scenarios had more brain activity in the medial prefrontal cortex (PFC) and anterior cingulate cortex (ACC), brain regions associated with moral cognition, perspective taking, and reward (Fox, Kaplan, Damasio, & Damasio, 2015) [16]. Similarly, an older study found that the ACC and dorsomedial and ventromedial PFC (DMPFC and VMPFC) were activated when participants imagined being helped Origins of Gratitude 17 by someone—although this study did not ask participants whether or not they felt grateful (Decety & Porges, 2011)[70].

Together these studies suggest that gratitude involves assessing the moral intentions and actions of others, is inherently social (or “other praising”), and likely feels rewarding as well, especially for more grateful people—meaning that it could be self-perpetuating.

APPENDIX II – READINGS FOR HIGHER EDUCATION, BIOLOGY

(CONTINUED)



READ (CONTINUED)

Research suggests that more grateful people may also have more neural hallmarks of altruism. A recent study found that people with more trait gratitude appeared to have more altruistic brains, as shown by the response of their VMPFC and other brain areas associated with feelings of reward, when they were told that a charity would receive money (Karns, Moore, & Mayr, 2017) [0]. Furthermore, this neural response could be strengthened: It was stronger in participants who had been assigned to keep a gratitude journal for three weeks than it was in participants who were assigned a different (non-gratitude) journaling activity. This suggests that practicing gratitude changes the brain in a way that orients people to feel more rewarded when other people benefit, which could help explain why gratitude encourages prosocial behavior.

While these studies focused on determining the neural correlates of experiencing gratitude, scientists are also interested in how expressing gratitude is processed in the brain. In one study, participants were given the opportunity to express gratitude by donating to charity some of the money they had received in an experiment (they were also asked how motivated they were to do so by gratitude, by a desire to help the cause, and/or by guilt) (Kini, Wong, McInnis, Gabana, & Brown, 2016) [8]. Greater gratitude expression –i.e., giving more money to the charity– was correlated with more activity in the parietal and lateral prefrontal cortex, areas of the brain associated with making mental calculations, suggesting that gratitude is a cognitive—not just emotional—process. This study also found that participants who had written gratitude letters in a therapeutic intervention expressed more gratitude and had more activity three months later in their pregenual anterior cingulate cortex, an area involved in predicting the outcomes of actions, suggesting that a simple gratitude intervention can have lasting brain changes even months after the intervention ends. The researchers propose an interesting interpretation of their findings: Practicing gratitude may increase brain activity related to predicting how our actions affect other people. “To the extent one predicts and evaluates the likely effects of one’s actions on others,” they write, “one might be more willing to direct those actions towards having a positive impact on others.”

Together these studies suggest gratitude’s deep roots in human cognition, emotion, and behavior and also hint at how activity differences in various brain regions may relate to differences in gratitude across



APPENDIX II – READINGS FOR HIGHER EDUCATION, BIOLOGY

(CONTINUED)



READ (CONTINUED)

Gratitude and genetics

A few studies have examined whether genetics may explain why some people have higher dispositional gratitude than others. In one study, twins filled out a survey (Values in Action) in which they rated the extent to which they felt they exemplified 24 character strengths (Steger, Hicks, Kashdan, Krueger, & Bouchard, 2007) [123]. Similar to other results of twin studies that have identified the genetic components of Origins of Gratitude 18 psychological traits, the strength of the correlation in self-reported gratitude was greater among identical twins—who are essentially genetically identical—than among fraternal twins—who share 50 percent of their DNA—suggesting that there may be a genetic component to gratitude.

What genes may underlie this genetic component of gratitude? One study found that a particular variation in the CD38 gene, which is involved in the secretion of oxytocin (often referred to popularly as “the love hormone”), was significantly associated with the quality and frequency of expressions of gratitude toward a romantic partner in both a laboratory setting and in daily life (Algoe & Way, 2013) [26]. These results suggest that oxytocin, a hormone implicated in social bonding, may also be involved in feelings of gratitude, “the glue that binds adults into meaningful and important relationships.” Another recent study found that individuals with particular variants of the COMT gene, which is involved in the recycling of the neurotransmitter dopamine in the brain, reported more dispositional gratitude, suggesting that dopamine may also play a role in the experience of gratitude (Liu, Gong, Gao, & Zhou, 2017) [1]. Again, these studies suggest that gratitude is an intrinsic part of being human, part of the very building blocks of human biology.



APPENDIX III – READINGS FOR HIGHER EDUCATION, PSYCHOLOGY



GUIDING QUESTIONS

- ❓ How would you describe the interplay of gratitude and mental health?
- ❓ What is the role of gratitude in interpersonal relationships?
- ❓ What is the role of gratitude in a community?



READ

Developmental Origins

While research suggests that gratitude has deep evolutionary and biological roots, other researchers have studied how gratitude develops throughout childhood. These studies not only point to the deep human propensity for gratitude but may also suggest parenting and educational strategies for further developing this virtue in childhood.

Research suggests that as children mature and develop, so do their expressions of gratitude. A 1938 study of Swiss children between the ages of seven and 15 found that concrete gratitude (wishing to give a benefactor something in return) was seen more in younger children while verbal gratitude (thanking the person) was seen more frequently in older children, although there was also a good deal of individual variability (Baumgarten-Tramer, 1938) [129]. A later study found that eleven-year-old or older Trick-or-Treaters spontaneously said “thank you” four times more often than children younger than six, again suggesting that children increase in their tendency to express gratitude as they get older (Gleason & Weintraub, 1976) [205]. However, recent cross-cultural studies have found cultural differences in the development of different forms of gratitude expression, suggesting that socialization—via parents and the larger culture—likely plays an important role in the development and manifestation of gratitude in children (Wang, Wang, & Tudge, 2015) [17] (Tudge, Freitas, & O’Brien, 2016) [2].

While these studies may tell us something about how children become socialized to express grateful sentiments, they do not tell us much about how children experience feeling gratitude. Studies of young children have found that most children have some understanding of gratitude by age five—they associate receiving something with a positive feeling that is sometimes tied to a particular benefactor (J. A. Nelson et al., 2013) [27]. There is individual variability here, too: Children with better knowledge of emotions at age three, and those who were more understanding of the mental states of others at age four, showed more understanding of gratitude Origins of Gratitude 19 at age five. Research also suggests that feelings of gratitude—such as they are—are not impacted by a benefactor’s motives for five- and six-year old children, but older children feel less grateful when they are told that someone is being kind just to follow the rules (Graham, 1988) [132]. Additionally, while children as young as six can recognize that gratitude differs from expressing good manners, they have difficulty answering prompts used to measure gratitude in adults, suggesting that they may have different conceptualizations of gratitude from adults (Hussong, Langley, Coffman, Halberstadt, & Costanzo, 2017) [2].

Taken together, these studies suggest a proclivity for gratitude that exists early in human development, though it seems that a host of factors help determine how much gratitude an individual actually experiences and expresses.

Luminaries

Norman Lear
IN-Q (poet)
Dylan Santana
Christine Carter
Luisah Tiesh
Rick Bayless
Jason Silva
Brother David Steindl-Rast
Allyson Grey
Alex Grey
Jay Harmon
Deepak Chopra
Brian Grazer
Jack Kornfeld
Billie Riess
Rupert Sheldrake
Lynne Twist

Extraordinary People

Dan Klennert - metal sculptor
Mosie Burks - pastor
Buzzy Kerbox - surfer
James Anderson III - jazz musician
Trombone Shorty - jazz musician
Ed Holt - wine maker
Larry Bannock - bead/costume creator
Francis Dellenbach - rancher, clock winder
Bandaloop - dancers
Michael Bennett - Olympic boxer
George Woodard - farmer
David Krakuer - clarinetist
Marc Savoy - NoLA accordion player
Frank Fuentes - car club head
Roudy Roudebush - cowboy on continental divide
Minnie Yancy - rug weaver
Palm Springs Follies - performers
Little Milton - blues musician
Mike "Biker" Sherlock - skateboarder
Chase - graffiti artist
Kermit Ruffins - NoLA musician
Patty Wagstaff - aerial stunt pilot
Erik Weihenmayer - blind adventurer
Stephan Baird - street performer/ chemical engineer
Marvin Finn - woodworking artist
Harrod Blank - car artist
Hannah Beecher - Maine child who likes to explore paths
June Kantz - teacher in Maine and lobster fisher
Bill McBride - barber
Alex Conley - haberdasher
Vazquez brothers- salsa dancers
Cecil Williams - pastor
Ben Cohen - Ben and Jerry's
Amity Foundation - humor workshop
John Harriman - newspaper editor