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This crystal light bridge was built by Colleen Foye Bollen, Alan Bollen, and several other people on October 11, 2008. The group will be holding another crystal gathering on November 23 to celebrate gratitude, and they invite everyone to participate from their own home PHOTO BY ALAN BOLLEN

A Web of Gratitude

It's party time. And you are invited.

Like most of you, I have read umpteen articles about the importance of

expressing gratitude. And, while the written word serves as a great reminder to be thankful, I want to take that concept one step further by inviting you to join me in a giant gratitude celebration.

As Thanksgiving draws near, it is a perfect time to tap into gratitude's healing energy. This powerful tool helps us recognize our connections

with other people, animals and all sentient beings. On a heart level, as we acknowledge the beneficial value of those relationships we replace the illusion of separateness with an acknowledgement of our interdependence.

For the past decade my husband Alan and I have gotten together with groups of friends for what we call "crystal gatherings." This month, on Sunday Nov. 23, I am inviting you to create your own crystal gathering and help expand gratitude around the globe.

Here is how the celebration will work. In your home or garden, gather together crystals, stones and sacred objects (statues and pictures of gods, goddesses, saints and gurus). You can also include objects



Everyday Spirituality

by Colleen Foye Bollen

that represent earth (soil/ flower), wind (feather/metal), fire (candle/incense) and water (liquid/snow globe), photographs of family, friends and slips of paper with prayers of thanks.

Once the items are collected, arrange them on a table or the ground in whatever

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If you choose to join me in this playful endeavor, here are a few general guidelines:

- **On Sunday Nov. 23**, gather together with friends or create your individual connection.
- **As you chose what to include in your group of objects**, and later when you are creating an arrangement with your items, think about all the things for which you are grateful. The more personalized you make your thoughts of gratitude, the more meaning the final arrangement will hold. Once you have completed arranging your items, send thoughts of thankfulness up to the heavens, down into Mother Earth and to all sentient beings.
- **Visualize your cluster** connecting with all the other clusters created on this day of gratitude and imagine them forming a giant web of gratitude.
- **Finally, take time to sit with the cluster** for a few minutes and meditate on gratitude.
- **Allow your intuition** or circumstances to determine how long you leave your cluster together. It can be left up for a few hours or a few days.