

# Importance of Gratitude

Post by “Don” of May 27, 2022 at 7:19 AM

Spot on, @EricR . Thank you for that. Ευχαριστώ.

I would note, too, that there was no invocation of a supernatural god in that video. Just be grateful for the day and the experience of life and nature and our fellow human beings.

Fragment 469. *Praise be to blessed Nature: she has made what is necessary easy to get, and what is not easy to get unnecessary.* χάρις τῇ μακαρίᾳ φύσει ὅτι τὰ ἀναγκαῖα ἐποίησεν εὐπόριστα, τὰ δὲ δυσπόριστα οὐκ ἀναγκαῖα.

[Henry George Liddell, Robert Scott, A Greek-English Lexicon, χάρις](#)