

# 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](#)